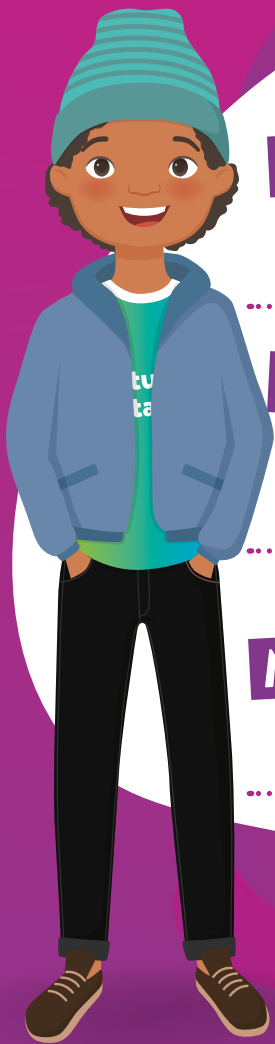


MY JOURNEY TO SECONDARY SCHOOL

MY NAME:

MY PRIMARY SCHOOL:

MY NEW SECONDARY SCHOOL:



ABOUT THIS BOOKLET

This booklet has lots of fun activities to help you remember primary school and to prepare you for your new exciting adventure to secondary school. It's an interactive booklet with buttons to click, spaces to write and places to add pictures. It works best if you use it on a computer or laptop, instead of a tablet or phone.

It is split into 3 sections and each section will help you move on to secondary school and give you opportunities for discussion with your teachers, parents and carers.

“TA-TA FOR NOW! (TTFN)”

Everyone has lots of memories of primary school and it's good to reflect on time spent there with friends and teachers. In the **‘Saying goodbye to primary school’** section you'll find activities to help you look back on those happy memories and capture these forever.

These are GREAT activities to do **at school with your teacher and friends.**

If there are any activities in this book which you cannot complete at school – **be creative!** Use letters, email, text messages or social media to help you complete them or ask your teacher, parent or carer to help.

“ALWAYS BE PREPARED!”

It's also a good idea to think about the new challenges you'll face at secondary school and prepare yourself for these. In the **‘Prepare for secondary school’** section you'll look at the different ways to fully prepare for the exciting leap to secondary school.

These are BRILLIANT activities to do **at home with your parent or carer.**

“HELLO THERE!”

Once you've thought about the changes that are ahead, it's time to jump into life as a secondary school student! In the **‘Saying hello to secondary school’** section you'll find activities that will help you adapt quickly to your new school and the new experiences it will bring.

These are SUPER activities to do **at home with your parent or carer.**

“DO TRY THIS AT HOME!”

When you see the UEA Glint, it will indicate an extra activity you can do at home with your parent or carer. **Tick the box** next to it when the task is completed. Have fun!





SAYING GOODBYE TO PRIMARY SCHOOL

MY JOURNEY SO FAR

You'll have lots of great memories from your time in primary school and it's good to remember these by writing them down so you can look at them again in the future.

WHAT TO DO:

Write about your **3 favourite memories** of primary school. You may like to share these memories with your teacher and friends. They'll love to hear about them!

1.

2.

3.

**FINISHED
THIS TASK?**

Does your parent or carer know about your favourite memories of primary school? Share them together. Ask them to tell you about their memories from their time at primary school.



POSTCARD TO MY FRIENDS

Having friends at primary school and secondary school is important because they can make lessons, break times and school clubs more enjoyable and fun. Friends can also be supportive and helpful when you move to a new school.

WHAT TO DO:

On the postcard, add in a picture, and write a kind and supportive message to one of your primary school friends. Let them know that you have had fun with them at primary school. You may not both be going to the same secondary school, so you may want to give them a message of encouragement for the future.

Once you've written your message, you may want to take a photo of the postcard and send it to your friend to make sure they see your supportive message.



**CLICK AND
ADD A PICTURE**

TO:

MESSAGE:

FROM:

Are your primary school friends going to the same secondary school as you?
How do you feel about this? Talk to your parent or carer about your
thoughts and discuss how you could keep in touch with all your friends.

**FINISHED
THIS TASK?**



REMEMBER ME?



Friends are important to us all. It's good to keep memories of our friends so we can look back on them in the future and remember everyone.

WHAT TO DO:

Use this space to keep a picture of your primary school class. You could ask your teacher to take a class photo and email it to you, or you may already have a photo saved at home to upload.

CLICK TO UPLOAD YOUR
PRIMARY CLASS PHOTO HERE



If you don't like the image you've uploaded, you can clear the image and start again by clicking 'Clear image'

Why not show this photo to your parent or carer? Do they know everyone in your class? Ask them if they have an old school photo from when they were at school. Can they remember the names of all their old school friends?

**FINISHED
THIS TASK?**



SCHOOL FASHION

Every school has a different school uniform. Your uniform helps to identify you as a student at a particular school. What are the differences between your primary school uniform and your secondary school uniform? Do you have to wear a tie or a blazer? Do you have to wear a shirt or a jumper? What shoes do you have to wear?

WHAT TO DO:

In the space below **upload a picture of yourself in your primary school uniform.**

ME IN MY PRIMARY SCHOOL UNIFORM!



Chat to your parent or carer about your new school uniform. After P.E. lessons you'll be expected to get dressed super quick! Practice getting dressed into it in under 5 minutes.

FINISHED THIS TASK?



PREPARING FOR SECONDARY SCHOOL

HOW DO YOU FEEL?

Everyone has a mixture of happy feelings and worries about moving on to secondary school. This is perfectly normal. However you're feeling, it's good to talk to someone you trust about your feelings.

WHAT TO DO:

Look at the table and decide if you are worried, happy or unsure about each new thing. **Tick the box** under the emoji which shows how you are feeling about each thing.

WORRIED



HAPPY



UNSURE



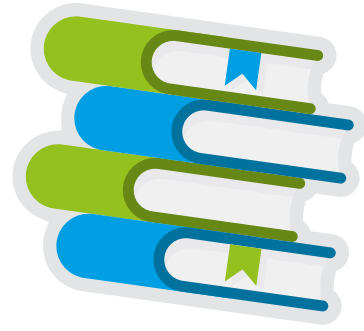
HOW DO YOU FEEL?				HOW DO YOU FEEL?			
MAKING NEW FRIENDS				LEARNING A NEW TIMETABLE			
LUNCH TIMES				BEING MORE INDEPENDENT			
HAVING A DIFFERENT UNIFORM				BEING ON TIME			
FINDING MY WAY AROUND				BREAK TIMES			
GETTING TO SCHOOL				LEARNING NEW SUBJECTS			
HAVING A NEW DAILY ROUTINE				JOINING CLUBS			
BEING WITH FRIENDS				SCHOOL RULES			
HOMEWORK				MEETING MY NEW TUTOR			
MEETING MY NEW TEACHERS				BEING ABLE TO DO THE WORK			
BEING WITH OLDER PUPILS				GETTING CHANGED FOR SPORT / PE			

Ask your parent or carer to do the same. They have feelings too about you going to big school! Are you worried about the same things? Talk about it.

**FINISHED
THIS TASK?**



WHAT ARE THE FACTS?



It is useful to know lots about your new school before you arrive on your first day. This will help you feel more confident and settle in quickly.

WHAT TO DO:

Find the answers about your school and fill in the chart. You could look at your new school website or ask your parent or carer about your new school.

WHAT DO I NEED TO KNOW?	ANSWER
THE NAME OF MY NEW SCHOOL IS...	
MY NEW HEAD TEACHER OR PRINCIPAL IS...	
THE ADDRESS OF MY NEW SCHOOL IS...	
THE TELEPHONE NUMBER OF MY NEW SCHOOL IS...	
THE EMAIL OF MY NEW SCHOOL IS....	
MY NEW FORM TUTOR IS...	
SCHOOL STARTS AT...	
BREAK TIME STARTS AT...	
LUNCH TIME STARTS AT...	
SCHOOL FINISHES AT...	



You may like to print this out and stick it on the fridge or somewhere else in your house. Choose a place where you can easily find it, just in case you, your parents or carers need to contact the school.

FINISHED THIS TASK?

A SPACE OF MY OWN



It will be important to have a space at home where you can complete homework and stay focused.

WHAT TO DO:

Have a look at the list below. Which things do you think are important for having a good study space at home? Walk around your house with your parent or carer to find the best place to create your study space.



ANY ROOM WITH A CLOSED DOOR		A ROOM ONLY USED TO STUDY	
A DESK OR TABLE		A CLEAR AND CLUTTER FREE WORKSPACE	
SITTING UPRIGHT		A COMFY AND SUPPORTIVE CHAIR	
GOOD LIGHTING		NATURAL LIGHTING	
PENS AND A PENCIL CASE		PAPER AND NOTEBOOK	
A QUIET WORKSPACE		LISTENING TO MUSIC OR RELAXING SOUNDS	
PHOTOS OF FRIENDS AND FAMILY		INSPIRING WALL ART – MOTIVATIONAL QUOTES	
FOOD		A DRINK	
KEEP MOBILE PHONE OUT OF SIGHT		KEEP MOBILE PHONE NEXT TO ME	
FRESH AIR		A CLOCK	

**FINISHED
THIS TASK?**



CHECK IT, DON'T FORGET IT!



There are lots of things to think about and prepare before moving to secondary school. This is very exciting but can also feel a little scary. However, remember to talk to your teachers, parents and carers because they can help you.

WHAT TO DO:

With your parents or carers go through your new school checklist. **Tick off** each task when it is completed.



WHAT DO I NEED TO DO?	I'VE DONE IT
SET AN ALARM ON A CLOCK OR MOBILE PHONE	
TELL THE TIME ON AN ANALOGUE CLOCK	
I HAVE MY NEW P.E. KIT	
I HAVE MY NEW SCHOOL UNIFORM	
I CAN TIE MY SHOELACES	
I CAN TIE MY TIE	
MY PENCIL CASE CONTAINS A PENCIL, PEN, RUBBER, RULER, PENCIL SHARPENER AND COLOURED PENS	
I KNOW MY ROUTE TO SCHOOL	
I HAVE MY NEW SCHOOL TIMETABLE	
I KNOW THE RULES AND EXPECTATIONS OF MY NEW SCHOOL	
I KNOW IF I AM HAVING A SCHOOL OR PACKED LUNCH	
BUY SOMETHING AND WORK OUT THE CORRECT CHANGE FROM £5	
I KNOW WHERE I CAN GO AT BREAK TIMES AND LUNCH TIMES	
I KNOW A TEACHER I CAN GO TO WHEN I NEED HELP	
I KNOW WHERE TO GO AT THE START OF MY FIRST DAY	
I CAN REMEMBER MY PARENT'S OR CARER'S PHONE NUMBER	

Where will you keep your school bag at home? How will you know which subjects to pack for? Chat with your parent or carer and decide these things now, so you have a good routine when you start secondary school.

**FINISHED
THIS TASK?**



A LETTER FROM MY FUTURE SELF

Imagine you can see into the future. What advice would your future self give you about going to secondary school?

WHAT TO DO:

Imagine your future self has been at secondary school for 6 months and wants to send you some encouragement and support about this new exciting adventure!

In **50 words or less**, write a letter from your future self (who is happy and enjoying secondary school) to your current self (who is a little bit unsure of how secondary school will be).

EXAMPLE

Dear me,

I am really enjoying secondary school and I'm on the football team. I was worried about making friends, but now I have 5 friends who I walk home with every day. I am really enjoying French and drama.

Love, Future me.



Have a chat with your parent or carer and ask them what they would say to their 11 year old self now.

**FINISHED
THIS TASK?**



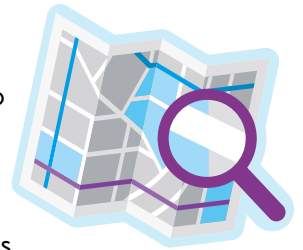
SAYING HELLO TO SECONDARY SCHOOL

WHICH WAY NOW?

Your new secondary school will probably be much bigger than your primary school. Your lessons will take place in different classrooms and you will need to find your way from one classroom to the next, quickly. Your new secondary school might give you a map to help you find your way around.

WHAT TO DO:

Using the school timetable below, find your way from one classroom to another, using the **map**. Think about the quickest ways to move around the building using outdoor and indoor routes, staircases and hallways.

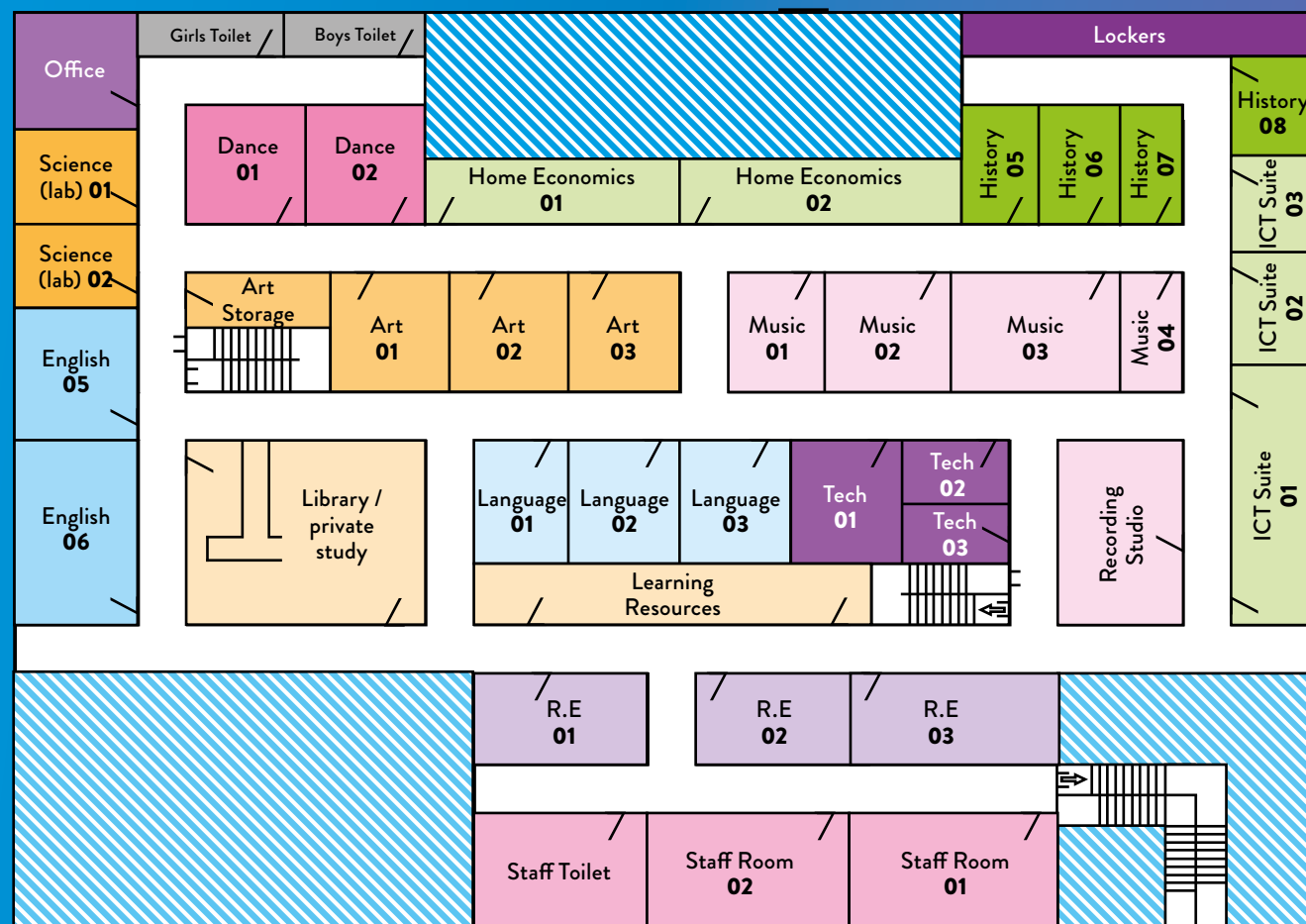
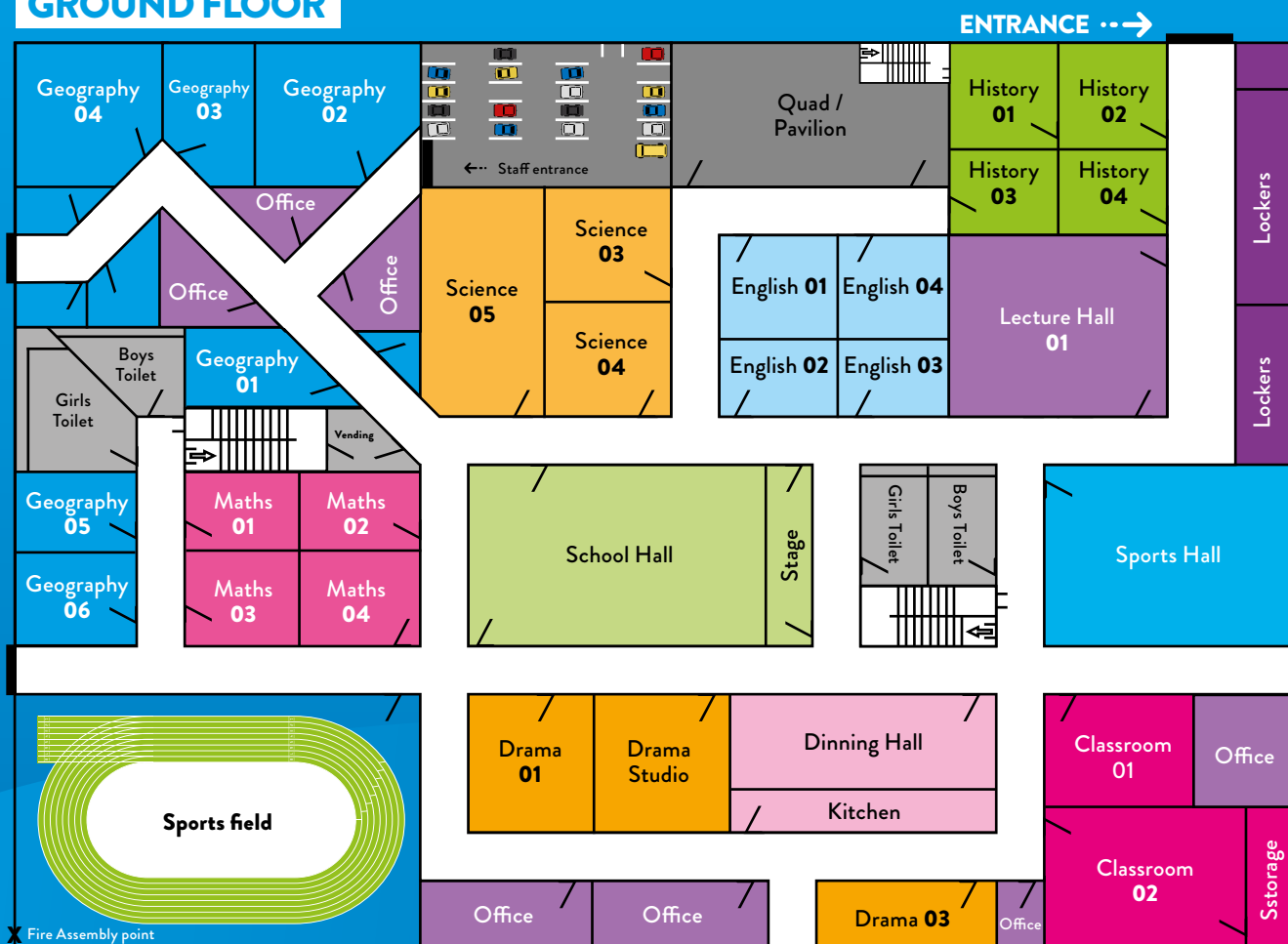


TIME	LESSON / ACTIVITY	LOCATION
08.30	ENTER SCHOOL	STUDENT ENTRANCE
08.35	COLLECT TEXTBOOKS FROM LOCKER	LOCKERS
08.40	TOILET STOP	TOILET
08.45	REGISTER WITH TUTOR	CLASSROOM 02
09.00	ASSEMBLY	SCHOOL HALL
09.20	ENGLISH LESSON	ENGLISH 06
10.10	DRAMA LESSON	DRAMA STUDIO
11.00	BREAK	SPORTS FIELD
11.15	HISTORY LESSON	HISTORY 07
12.05	ICT LESSON	ICT SUITE 01
12.55	LUNCH	DINING ROOM
13.20	PUT TEXT BOOKS BACK IN LOCKER	LOCKERS
13.25	CHEMISTRY LESSON	SCIENCE LAB 02
14.15	MATHS LESSON	MATHS 04
15.15	TOILET STOP	TOILET
15.20	AFTER SCHOOL SPORTS TRAINING	SPORTS HALL
16.00	LEAVE SCHOOL	STUDENT ENTRANCE

How good are your map reading skills? Ask your parent or carer to show you different kinds of maps and use them to find your way around different places.

**FINISHED
THIS TASK?**

GROUND FLOOR



FIRST FLOOR



TACKLING HOMEWORK AT SECONDARY SCHOOL



Secondary school homework will come from lots of different teachers and lessons, so it's important that you are organised and keep track of the different homework you are given. It is good to get into an organised routine of knowing – what is the homework? When does it have to be handed in? When am I going to get the homework done?

WHAT TO DO:

Imagine today is Monday 1st February.

You have lots of homework to complete in the next two weeks:

- **Maths homework.** Due in *Thursday 4th February*. It will take you 30 minutes
- **Science homework.** Due in *Tuesday 2nd February*. It will take you 20 minutes
- **An English essay.** Due in *Wednesday 10th February*. It will take you two hours
- **Two separate History questions.** Both due in on *Friday 5th February*. They will take you 30 minutes each
- **Making sure your art sketch book is up to date.** Due in on *Thursday 11th February*. It will take you three hours

Use the pull out diary page to write in the following:

- **When each piece of homework is due in**
- **When you are going to complete each piece of homework**

You also have other commitments that are already written on your diary page. You'll have to make sure you complete your homework around these commitments.

How will you fit it all in over the next two weeks?

Ask your parent or carer to help you. Talk about how you will organise your time and homework when you start secondary school. Do you need to buy a diary or calendar? Could you use a blank piece of A3 paper to create your own weekly calendar and use sticky notes to plan your homework on it?

**FINISHED
THIS TASK?**



DIARY



MONDAY 1 FEBRUARY

DONE ✓

MONDAY 8 FEBRUARY

DONE ✓

TUESDAY 2 FEBRUARY

DONE ✓

TUESDAY 9 FEBRUARY

DONE ✓

WEDNESDAY 3 FEBRUARY

DONE ✓

WEDNESDAY 10 FEBRUARY

DONE ✓

THURSDAY 4 FEBRUARY

DONE ✓

4.30pm - 7.30pm - Babysit Sam

THURSDAY 11 FEBRUARY

DONE ✓

4.30pm - 7.30pm - Babysit Sam

FRIDAY 5 FEBRUARY

DONE ✓

6pm - 7.30pm - Football match!

FRIDAY 12 FEBRUARY

DONE ✓

6pm - 7.30pm - Football match!

SATURDAY 6 FEBRUARY

DONE ✓

10am - 1pm - Look after Sam

SATURDAY 13 FEBRUARY

DONE ✓

10am - 1pm - Look after Sam

SUNDAY 7 FEBRUARY

DONE ✓

2pm - 5pm - Meet up with friends

SUNDAY 14 FEBRUARY

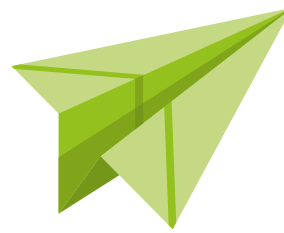
DONE ✓

2pm - 5pm - Meet up with friends



GETTING TO KNOW ME

Teachers at your new school love getting to know their students, knowing all about you means they can help you settle in quickly. If you feel comfortable and supported at school you are able to do your best in all lessons and achieve your potential.



WHAT TO DO:

Complete the “Getting to know me” table below and print it out to take with you on your first day of school. Or copy it out onto paper instead. Give it to your form teacher.

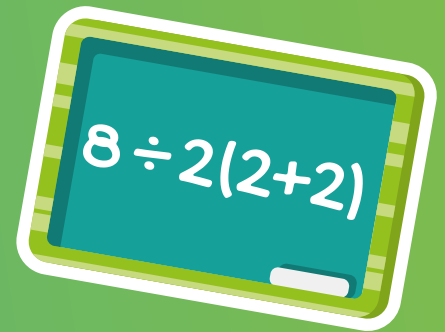
QUESTION ABOUT ME	MY ANSWER
MY FAVOURITE PLACE IS...	
I LIKE...	
I LIKE TO LISTEN TO...	
MY FAVOURITE FOOD IS...	
MY FAVOURITE SPORTS AND HOBBIES ARE...	
MY FAVOURITE SCHOOL LESSONS ARE...	
MY LEAST FAVOURITE SCHOOL LESSONS ARE...	
WHEN I AM OLDER I WOULD LIKE TO BE...	
I DON'T LIKE...	
I WORRY ABOUT...	
THE THING THAT HELPS ME TO RELAX IS...	
YOU CAN HELP ME WITH MY SCHOOL WORK BY...	

**FINISHED
THIS TASK?**



MY FIRST WEEK OF SECONDARY SCHOOL

Writing about your first week at secondary school is a good way to reflect on what happened and how you feel everything went. It also helps you to think about questions you'd like to ask your teachers, parents or carers. Remember that every new student will have a few worries along with lots of things they have enjoyed.



WHAT TO DO:

After each day at your new school, write a few words or sentences about your experiences. You can include things about lessons, teachers, friends, clubs, likes and dislikes.

DAY	WHAT HAPPENED?
1	
2	
3	
4	
5	

Share these experiences with your parent or carer. It is a good idea to be honest when you tell them about how you are getting on. If there are any problems they may be able to help by contacting your school. Also they'll be pleased to hear about all the things you have enjoyed.

**FINISHED
THIS TASK?**

EVALUATION

We hope you've enjoyed working through this activity booklet. Hopefully it's helped you feel more prepared for your secondary school journey.

Knowing more about how you used the booklet will help us make sure it's really useful for other people. Click on the link below to answer some simple questions on how you've found the booklet and press submit at the end to upload your confidential answers.

There are some short questions for you to complete, and then some short questions for parents and carers to complete. It would be great to get feedback from both of you.

We are not asking for any identifying information therefore your answers and those of your child will not be linked back to you. You will not be able to be identified in any reports, publications or materials. If you don't want to take part, that's fine – you don't have to return this page if you don't want to. You can read more about how we use the information you give us on our website:



WELL DONE!

YOU DID IT!

GO YOU!

You've said goodbye to your primary school and you've got memories to remember everyone by.

You've prepared yourself for the changes to come, whether they are slightly scary changes or exciting changes.

You've embraced your new way of life at secondary school and you're ready for your journey to begin.

REMEMBER

When you move on to secondary school you will have lots of new and exciting experiences... just like primary school.

And if things didn't go as well as you'd liked at primary school, then secondary school can be a fresh start.





WE HOPE YOU HAVE A GREAT TIME!

SEE YOU IN YEAR 7!

**Future
Stars**

**MY JOURNEY TO
SECONDARY
SCHOOL**



**NEW
ADVENTURES,
HERE I COME!**