

# INVICTUS

Education Trust



**Pedmore  
High School**

*Aspire, Persevere, Succeed*

## **Year 6 to 7 Transition Booklet**

Name: \_\_\_\_\_

Primary School: \_\_\_\_\_

Secondary School: \_\_\_\_\_

This booklet is yours. It is to help you get ready for your new school in September.  
Your parents / carers can help you with the activities.  
We hope you find it useful!

# All about me!

Complete the questions below to share with a teacher or a friend

I am happiest when.....

I would most like to be.....

At secondary school I am looking forward to .....

I am most relaxed when.....

My favourite food is.....

My favourite music is.....

My favourite sport is.....

My favourite programme is.....

My favourite colour is.....

Three things I like to do when I'm not in school:

1. ....

2. ....

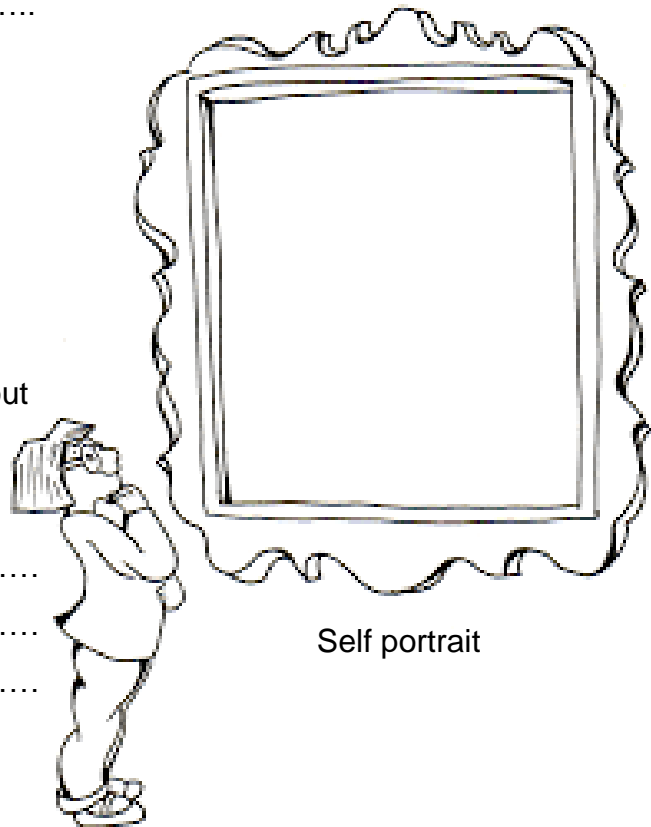
3. ....

Two truths and a lie. (Write two truthful things about yourself and one thing that is not true and ask a friend or teacher to guess which is which).

1. ....

2. ....

3. ....



Self portrait

# My Secondary School Fact Sheet

Name of Secondary School: .....

Address: .....

.....



Questions about getting to school	Best way to find out	Answer
How will you get to school?		
How much will your train fare, bus fare or bus pass cost?		
Who will you go to school with?		
Questions about who's who	Best way to find out	Answer
Who is the Head Teacher?		
Who is the Deputy Head Teacher?		
Who is the Head of Year 7?		
Who is your Form Tutor?		
Who else will be helping you and where will you find them?		

# My Secondary School Fact Sheet

How the School works	Best way to find out	Answer
What time does school start/finish?		
What times are break/lunch times?		
What snacks are sold at break time?		
Approximately, how much will your lunch cost?		
Where do students go at break/lunch times?		
What activities can you do at lunch times?		
Where could you do your homework at lunch times?		
What activities can you do after school?		
How much homework will you get?		
What is the reward system?		
Is there a House System? What House will you be in?		
Who is the best person to talk to if you are having problems?		



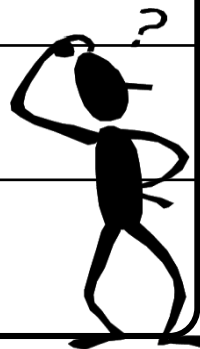
# My Secondary School Fact Sheet

Timetable and learning opportunities	Best way to find out	Answer
How does the timetable work?		
What subjects will you be able to study?		
What facilities does the school have (e.g. sports equipment, science laboratories)?		
What happens if you find the work hard?		
What support is there in lessons?		
Is there an offer of support after school?		
What other activities are offered?		
Which activities would you like to join?		
Timetable and learning opportunities		
How does the timetable work?		
What subjects will you be able to study?		
What facilities does the school have (e.g. sports equipment, science laboratories)?		



# My Secondary School Fact Sheet

School uniform and equipment	Best way to find out	Answer
What will you have to wear to school?		
Where can you buy your uniform?		
What PE/sports kit do you need?		
What stationary must you bring?		
What kind of bag must you bring?		
Is there any other clothing/equipment you will need?		
Any other questions I have	Best way to find out	Answer



# My Secondary School Website

What did you find out? What particularly interested you?

---

---

---

What did you like?

---

---

---

What do you want to know more about?

---

---

---

How different is it from your primary school?

---

---

---

What three things impressed you?

---

---

---



# Going to secondary school... how do you feel?

These could be useful to think about when you think about changing school:

- Use two different coloured highlighters
- Use colour one to highlight the phrases you are worried about
- Use colour two to highlight the phrases you are not worried about

Making new friends

Dinner time

Having a different uniform

Finding your way around

Getting to school

Being with friends

Meeting others my own age

Homework

Meeting my new teachers

Being with older pupils

Managing a timetable

Break times

Being on time

Joining clubs

School rules

Meeting my tutor

Getting changed for Sport/PE

Being able to complete the work



# Time Planning

Now that you are approaching secondary school age you will find that changes will happen/have already happened to your body. This is known as puberty. You probably have already learned about this in Year 5 or earlier in Year 6. It is important now you are older that you start taking responsibility for your own personal care. It is likely you will find you will need to:

- Have a bath or shower more often than before
- Start using deodorant
- Have your clothes washed more often
- Get more sleep
- Use skin cleanser and cream
- Take care with personal grooming
- Eat more healthily






To make sure you have the time to do all of these important things, you will have to plan your time before you go to bed and when you get up each morning. Look at the table below and think about how long each thing will take you to do and when you think you will be able to do them.

Task	Twice daily	Every day	Every other day	Weekly	Twice weekly	How long?	Time in the morning	And/or evening
Bath/shower								
Use deodorant								
Wash hair								
Shirt for washing								
Skirt/trousers for washing								
Skin care routine								
Style hair								
Have breakfast								
Clean teeth								
Get dressed								

What time will you need to get up in the morning so you have enough time to get yourself ready and get to school on time? .....

# Morning Routine!

Before leaving for school there are a lot of things to think about, starting from the night before. **Look at the things to think about in the morning.** Put them in the right order

	Activity	Time order (1-11)
  	Get dressed	
	Check you have the correct equipment in your bag	
	Check your timetable	
	Check you have got your homework	
	Clean your teeth	
	Say "Goodbye"	
	Check you have the correct money	
	Wake up	
	Eat your breakfast	
	Leave for School	
	Wash	

Plan your morning routine with approximate times

Time:      What to do:

Time:      What to do:

Time:      What to do:

Time:      What to do:

Time:      What to do:

Time:      What to do:

Time:      What to do:

Time:      What to do:

# My Journey to School

It is important to plan your journey to school so that you get there on time.

Starting point (address)	
Destination (School address)	
Distance from home to school	
What time do you wish to arrive at school?	
What mode of transport (walk, cycle, bus, car, train) will you use?	
What buses can you catch?	
Details of bus/train changes	
What is the nearest bus stop/train station to your house?	
How long will it take you to get from your house to the bus stop/train station?	
Where is the nearest bus stop/train station to your school?	
How long will it take you to get from the bus stop/train station to school?	
What time are the buses/trains that will get you to school on time?	
What time will you need to leave your house?	

**ROAD TO  
SUCCESS**

Don't forget to plan your return journey

# Fact or fiction?

Sometimes, older children you know might tell you things about secondary school that might worry you.

They sometimes do this to tease you, see your reaction or to make you think it will not be a very nice place to go.

It is therefore important that you do not believe everything you hear without finding out what is true.

This is called **FACT**.

**FICTION** is something that is made up. This activity will make sure you do not have concerns about things that someone else has made up just to get you worried.

Think about these 'stories' and work out the fact for each

FICTION

FACT

You get at least three hours homework every night, even at weekends.

The only way you will not be bullied by the older students is if you pay them to stop.

You won't know anyone and it will be really hard to make friends.

If you can't do your homework you will get two hours detention

You have to pay a £1 fine every time you don't wear the right uniform or you forget to bring an item in



# Managing Situations



It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings. Look at the following situations and think of how you would feel if they happened to you in secondary school. Then try problem solving each situation to help you best manage your feelings and actions.

SITUATION	FEELING How would you feel if this happened to you?	PROBLEM SOLVING – WHAT COULD YOU DO? If this situation happened to you, what could you do to help you best manage these feelings?	WHO COULD HELP? Who would you ask for help and what would you like them to do?
You don't understand your homework. No one in your family can help, it is due the day after tomorrow.			
You have a big argument and fallout with your best friend. You have been friends since primary school.			
One of your teachers shouts at you a lot in class and you think they are 'picking on you'.			
A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names.			

# Getting Involved

Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

You see three of your classmates playing football after school. You know one of them pretty well. You don't know other two. You're quite good at being in goal.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

You hear two classmates talking about the latest PlayStation game. You were playing on it last night

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try to win a contest. You think you may know the answer.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

Four classmates are looking at a text message they have received from a friend. They are laughing. You're sitting at the same lunch table. You like sending text messages.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

Two classmates are asking the teacher for permission to work on an art project during the lunch hour. Art is your best subject and your project is already on display.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

# Asking for help

Sometimes at school things may be difficult or may go wrong. These things could be small:

- not knowing what the homework is
- not being able to find your way around

Or could be bigger:

- getting into trouble
- finding the work hard

There are many people who could help you, but they won't know that you need help unless you tell them.

## Friends

**Friends** Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

## Teachers

**Teachers** Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go

## People at home

People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out whom you would approach in these situations:

- You don't know where your next lesson is.
- You cannot read your homework notes.
- You have got into trouble for forgetting your course book several times.
- In the lesson you did not understand what the teacher wanted you to do.

You have not got a pencil which is needed to complete your work



Remember it's not a sign of weakness to ask for help,  
often it shows great strength!