

A guide to help you
move to secondary
school

MOVING UP



Moving from
primary
to secondary
school.
The move to
secondary
school means
lots of changes for you.

Most cope with these changes and get used to them by the end of the first couple of weeks. However, for some the move can be a worry.

This leaflet aims to show some of the differences between primary and secondary schools and offer you some advice on moving to secondary school.

Common worries

New People

- ⦿ Making new friends. Losing old friends.
- ⦿ Coping in a crowd and with older children.
- ⦿ Being bullied.
- ⦿ Getting into trouble.

New Routines

- ⦿ What happens at break and dinner times.
- ⦿ What the toilets are like and when you can use them.
- ⦿ Understanding and following new behaviour rules.
- ⦿ Being organised each day.
- ⦿ Getting around a building independently without getting lost.
- ⦿ Getting to school and on time.

New Costs

- ⦿ Ordering and paying for dinners
- ⦿ Having the wrong uniform or equipment.
- ⦿ Losing things - equipment or uniform.

New Expectations

- ⦿ Coping with harder work.
- ⦿ Having extra homework.
- ⦿ Having lots of new teachers.
- ⦿ Teachers knowing you and their needs.
- ⦿ What to do if there is a problem.

You could discuss this list with your parent/carer if you have any of these worries to see if they can help you with them.

Ask them to look at the leaflet

“A parent/carer’s guide to supporting children through the move to secondary school.”



Sometimes you don't know what your new school will be like.

Knowing what to expect can help you.

Here are some common differences between primary and secondary schools:

- ⦿ Class sizes may be larger.
- ⦿ A bigger school environment.
- ⦿ Lots more people.
- ⦿ More unsupervised time e.g. movement between lessons.
- ⦿ New behaviour rules and reward systems to learn.
- ⦿ No personal desks and the use of lockers to store belongings.
- ⦿ Needing own equipment for lessons.
- ⦿ Subject specific teachers and more of them.
- ⦿ Unfamiliar subjects e.g. Spanish.
- ⦿ Having a timetable.
- ⦿ Homework - greater volume, expectation and independent learning.
- ⦿ The need for greater organisational skills and meeting deadlines.
- ⦿ Independent travel to and from school.
- ⦿ More information given to you rather than to your parents.

How can I prepare for, and settle into, secondary school?

- ⦿ Visit the new school with your parent, carer, such as on open days.
- ⦿ Find out the name of your tutor (main class teacher).
- ⦿ Ask for a larger sturdy bag to transport books, equipment and PE Kit in. Use a locker if available so that it doesn't become too heavy.
- ⦿ Put a copy of your new timetable somewhere on view around the house
- ⦿ Talk to your parent/carer about your homework and make up a homework timetable.
- ⦿ Find a quiet space and time to complete it. Speak to the school if this is difficult for you because you can often do it at school instead.
- ⦿ Prepare for the school day the night before by putting out your uniform and packing your own school bag.
- ⦿ Practise buying things in shops to build confidence in the school canteen.
- ⦿ Have a trial run of the route to school where possible. If walking, arrange for any friends also going to that school to walk with you.
- ⦿ Your parent/carer will not know as much as you about your new school so be prepared to tell them something about your day at school.
- ⦿ Remember to tell your teachers and parent/carer straightaway if you have any problems.

For more ideas and advice you can look at these websites:

Life Central - For all sorts of help with school.

www.life-central.org/children-young-people/school-hq



BBC Bitesize - For videos and advice from Year 7 pupils.

www.bbc.com/bitesize/subjects/zKsyb82



Childline - For useful advice and top tips on moving schools.

www.childline.org.uk/info-advice/school-collage-and-work/school-collage/moving-schools



You can also speak to, or e-mail, a counsellor about any worries you may have for free.