Whittington Health NHS

Islington Community CAMHS

For children, young people, parents, carers and families

Managing the Transition from Primary to Secondary school

A parent/child workbook

Islington Child Wellbeing (CWP) Service

Introduction

We have lots of different journeys in our lives, and it is important to prepare for each one

It is also important to…

1. Be confident and feel positive about yourself, which will make it easier for you to take brave steps, and *have a go* at new things
2. Think about where you are going and what will be different
3. Think about and say goodbye to the people and places you leave behind

This pack has been put together to help you get ready for the next hugely important and exciting step in your life of starting secondary school!

Talk to your family about the activities in this booklet, or even better, do it together!

A PIC OF ME!

NAME:

I ENJOY……

I AM GOOD AT……

MY TEACHER LIKES THAT I AM……

……

MY ACHIEVEMENTS THIS YEAR……

……

WHY I AM A GOOD FRIEND……

……

FAVOURITE LESSONS……

……

OUTSIDE OF SCHOOL I LIKE TO……

……

Recommendations

What do your friends, family and teachers think are positive and special things about you?

Write their comments below, and their name so you can remember who said them

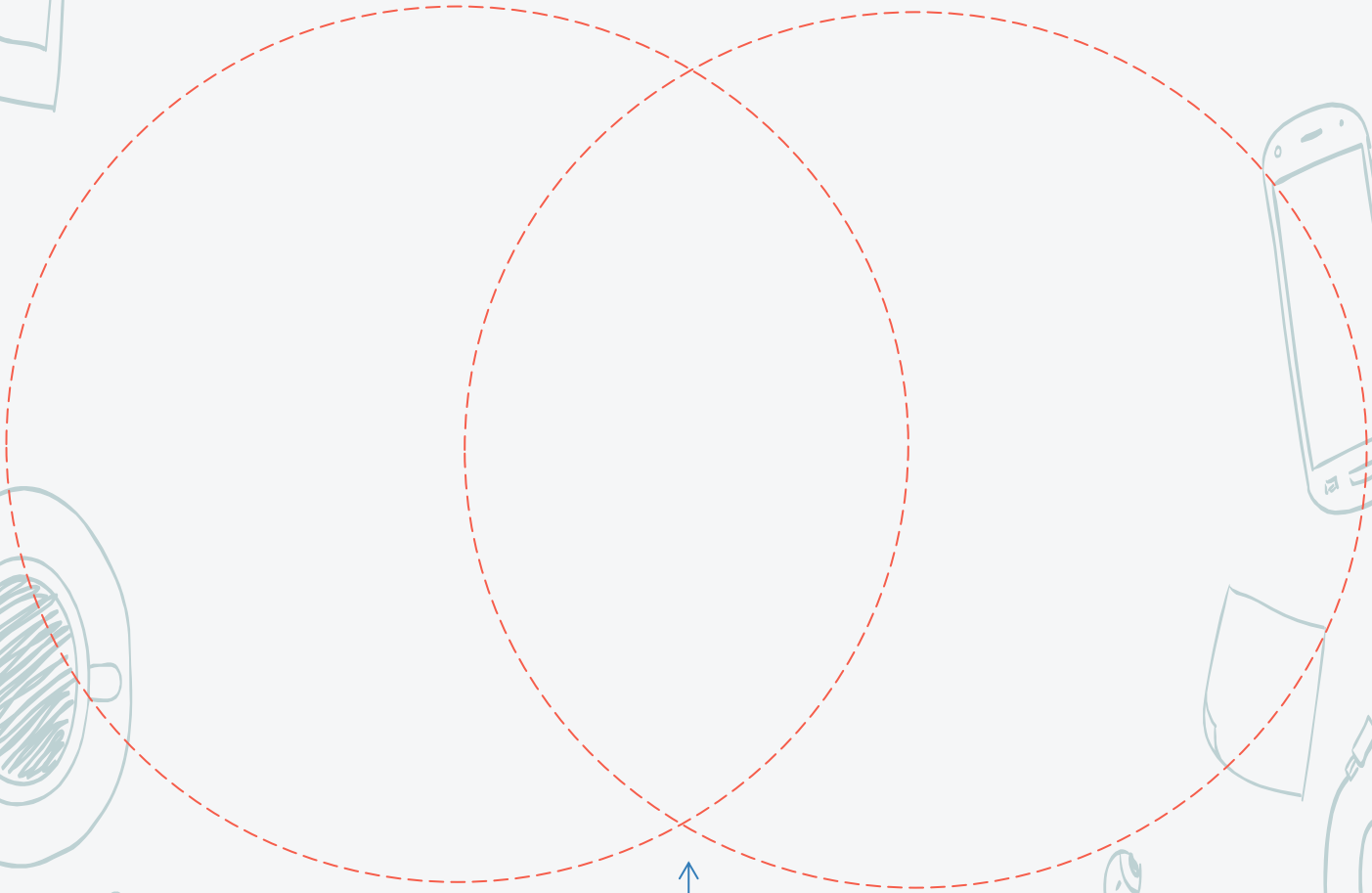
Family

Friends/Teachers

Coping with Change

Similarities and Differences (Venn Diagram)

You can expect secondary school to be very different to primary school, but there will also be some similarities. List below the things that are different about each school and then in the middle, list the things that will be the same.



Coping with Change

You will have lots of different feelings about starting secondary school. Some things might feel exciting, while others might feel a bit scary or worrying.

Together, list all of the things you are excited and worried about. Ask your family what they are excited or worried about too and talk about these.

What I am excited about:

What I am a bit worried about:

Coping with Change

Problem Solving

Have a go at using this problem solving chart to think about possible solutions to some of the worries on your list. Listen, think and talk together with your family.

Problem	All possible solutions (No matter how - weird or wonderful)	Pros and cons for this solution	Is it doable?	How good is this plan? (Rate 0-10)

Once you have had a go at problem solving some of your worries, pick the best solution/s and try them out.

It is important to remember that problem solving is an important skill in your everyday life, and can be used to think about different types of challenges such as:

Getting lost
Bullying
Losing something
Too ill to go to school

Joining a school club
Forgetting lunch/money/card
Not being able to go to toilet during class

Coping with Change

Memory Map

As you are about to take the next big step onto secondary school, it is important to think about the primary school you are leaving behind so you can the look forward.
Together with your family, fill in the memory map for your primary school

- ✓ Special trips, assemblies, sports days, performances:
- ✓ Best and worst teachers and why?
- ✓ Best friends and how long for?
- ✓ Special roles & responsibilities I have had
- ✓ Favourite memories
- ✓ A time something made you laugh
- ✓ Certificates or awards I have received
- ✓ A time something made you worried or scared
- ✓ Favourite lessons and why?
- ✓ Proudest moment or achievement
- ✓ Favourite topic or book

Why not create a scrap book, or fill a special box with photos, drawings, newsletters and any other items from primary school to keep your memories safe.

Getting Organised

Getting to School

Your new school may be further away from where you live. So it will be important to plan and practice your journey before you start.

Shade in the things you will need to think about

How am I getting to school?

Where am I going?

What is the quickest way?

Where is the bus stop?

Is there a school bus?

What time will I have to leave?

Is the route well lit?

Will I go with a friend?

Where can I leave my bike?

How much does the train/bus cost?

Do I get a pass?

How long will it take?

Is there a bike shed

Where can I leave my helmet?

Will I get a lift home?

Is my jacket bright enough?

My Journey Plan

Write down your plan for how you might get to school and rough timings

- .....
- .....
- .....
- .....
- .....

Now that you have decided on the safest and quickest route to and from your new school, set a date to practice the journey

Date: Time:

Who is going?

How long did it take?

What time do I need to remember to leave the house?

(remember to allow time for traffic when you start school in September)

Keeping Safe

Your safety is very important and will be something your family will think about. Agree together the rules for travel to make sure you are safe.

Think about:

- Crossing roads
- Cars seeing you easily
- When you will get home
- Who will be at home
- Texting\ringing family so they know you are ok
- Going to other people's houses after school
- Going to the park
- If you are late
- Buying sweets\fizzy drinks
- Using the internet

OUR safety rules…

School Uniform

Most schools will have a set uniform. This helps create a sense of belonging and makes getting ready for school in the mornings much easier. The school will usually send you a list or you can check their website.
Make a list together of what you will need

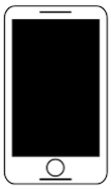
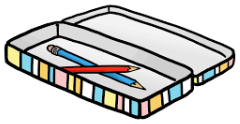
My uniform shopping list

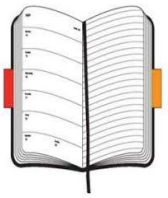
Specific subject items:

E.g. P.E.

Stationary & Equipment

You will probably need items for secondary school that you would not normally need for primary school. It is important to think about school rules - what items you are expected to bring, and what items you are allowed to bring. Which of these will you need?



Books I need to buy:

Routines

Your routine is very likely to change when you begin secondary school, and so it is good to think about and prepare for this before it happens. Talk together with your family about what your routine might look like. Write down tasks and times below.

My Daily Routine

Tasks:	Alternative Tasks/Routine:	Time:
Brush teeth		
Shower/wash		
Pick clothes		
Get dressed		
Eat breakfast		
Go to school		
Finish school		
After school activities		
Arrive home		
Homework		
Dinner		
Leisure time		
Pack bag for school		
Get ready for bed		
Brush Teeth		
Go to sleep		

Routine Tip List

- ✓ Label your belongings with your name
- ✓ Use your timetable as guide to pack your schoolbag the night before
- ✓ Carry your school planner with you wherever you go
- ✓ Set the alarm to allow time to get ready in the morning and eat breakfast (some people set a little earlier to allow for snooze time)
- ✓ Allow plenty of time for your journey to school

Friends

Going to a new school means that you also have the opportunity to make new friends, this can feel quite scary, particularly if you do not know anyone else who is starting the school at the same time as you. Think with your family about what you could do to help make new friends.

Making friends

What things can I try?

- Join a school club
- Give a compliment
- Smile
- Ask someone a question
- Join in with group work
- Invite someone to sit with you at lunch

Thoughts:

How can you tell that someone is a good friend?

How am I a good friend to others?

What qualities do I like in a friend?

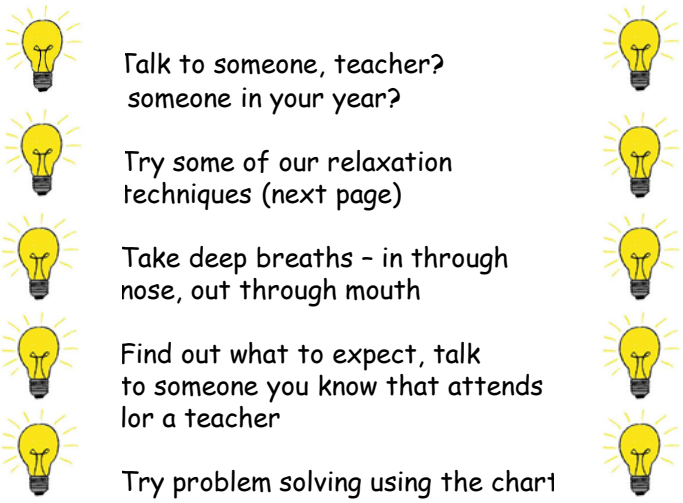
Coping on your first day at school

It is normal to feel more nervous than usual on your first day at a new school. Here are some tips to help you manage those nerves

Helpful thoughts: What could you say to yourself on your first day to help yourself feel more relaxed and confident? Make a list… there are a few to get you started.

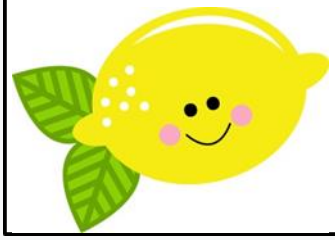
- *Everyone is likely to be feeling the same*
- *Lots of people won't know anyone on their first day*
- *I can do it*

Coping strategies: What other things can you do if on the day you feel worried or nervous? Here are a few suggestions, brainstorm with your family and list your own ideas too.



- Talk to someone, teacher? someone in your year?
- Try some of our relaxation techniques (next page)
- Take deep breaths – in through nose, out through mouth
- Find out what to expect, talk to someone you know that attends lor a teacher
- Try problem solving using the chart

Relaxation Exercise



Squeeze a lemon!

Imagine you have a lemon in your hand. Squeeze it really really tight. Think about how your hands and arms feel.
Count to 5... and relax. How do they feel now?

Stretch like a giraffe!

Imagine you are as tall as a giraffe.
Stretch your neck, your arms and your legs as far as you can. Think about how they feel.
Count to 5..... and relax. How do they feel now?

Hide in your shell!

Imagine you are a little snail and have a shell on your back. Lift your shoulders up and pull your shell up as high as you can. Think about how your shoulders, your neck and your back feel.
Count to 5..... and relax. How do they feel now?

Wiggle your toes in the sand!

Imagine you standing on the beach and you have the sand under your toes.
Wiggle your toes and push down into the sand as far as you can. How do they feel when you are wiggling them?
Count to 5..... and relax. How do they feel now?

Why not practice some mindfulness exercises using an app or youtube. We recommend...

Smiling Mind *(free to use)*

Whittington Health NHS

Islington Community CAMHS
For children, young people, parents, carers and families

With thanks to:

Chums Child Wellbeing Service

Richmond Child Wellbeing Service

Parental Engagement Network (PEN)

CHUMS

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PEN Parental Engagement Network
A COMMUNITY INTEREST COMPANY (CIC)