

Moving on

from...

My Primary school:

to...

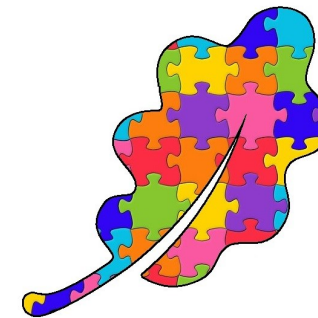
My new Secondary school:

Introduction

When you start secondary school, there are bound to be changes. Everyone who is starting Year 7 will be feeling nervous, and that's OK. It is completely normal to feel anxious about changes especially big ones. Knowing what to expect, talking about your worries and having a plan to manage anything that seems difficult can make changes a lot easier to cope with.

There will be lots of things that are different at your new school, but you may be surprised at how much will be very similar or the same.

This workbook will help you prepare to leave your primary school and move on to your new secondary school.



**Surrey Autism
Outreach Service**

Acknowledgements:



CAMHS and Education, SEN Specialist Support

Stay motivated!

This is me now.

It will take some time to get used to my new school and different routines, and I have some work to do to get to my goal. I **can** make it but it will be challenging along the way. This is OK. My parents, staff in school and my friends will help and support me.



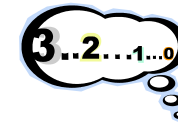
Coping with changes

Every day you deal with many small changes in your routines like going from being at home to being in school, changing between lessons, having different teachers. Sometimes there are unexpected changes such as your mum bought a different cereal for breakfast, your teacher swaps the lessons around, your friend is away or you have a supply teacher.

When the changes have happened before, you know what to expect and you can make a plan. If it is a change which you have not had before it can make you worry about what will happen next.

If this happens you can:

Take 10 deep breaths



Ask for information



Think about the new information



Stay calm



Make a plan



Finding out about my new school

Name and address of my new school:

Phone number:

Email:

Website:

Headteacher:

Photo

School starts at: _____

Break starts at _____

Lunch starts at _____

School finishes at _____

My house name is: _____

My house colour is: _____

My form name is _____

My form tutor is: _____

My Form room

(Photo and location)

My Form Tutor

(Photo and name)

Stick photo's of staff members, classrooms, key areas and 'landmarks' within school to help you remember important people and places.

How will you travel to school?

Which methods are available?

Which one do you think you will usually use?

By train



Train time:

Get on at:

Get off at:

Journey time:

Leave home by:

By car



Driver:

Drop off point:

Journey time:

Leave home by:

Collection point:

By bus



Bus number:

Get on at:

Get off at:

Journey time:

Leave home by:

On foot



Route:

Walking with:

Journey time:

Leave home by:

By bike



Route:



Bike stored in:

Journey time:

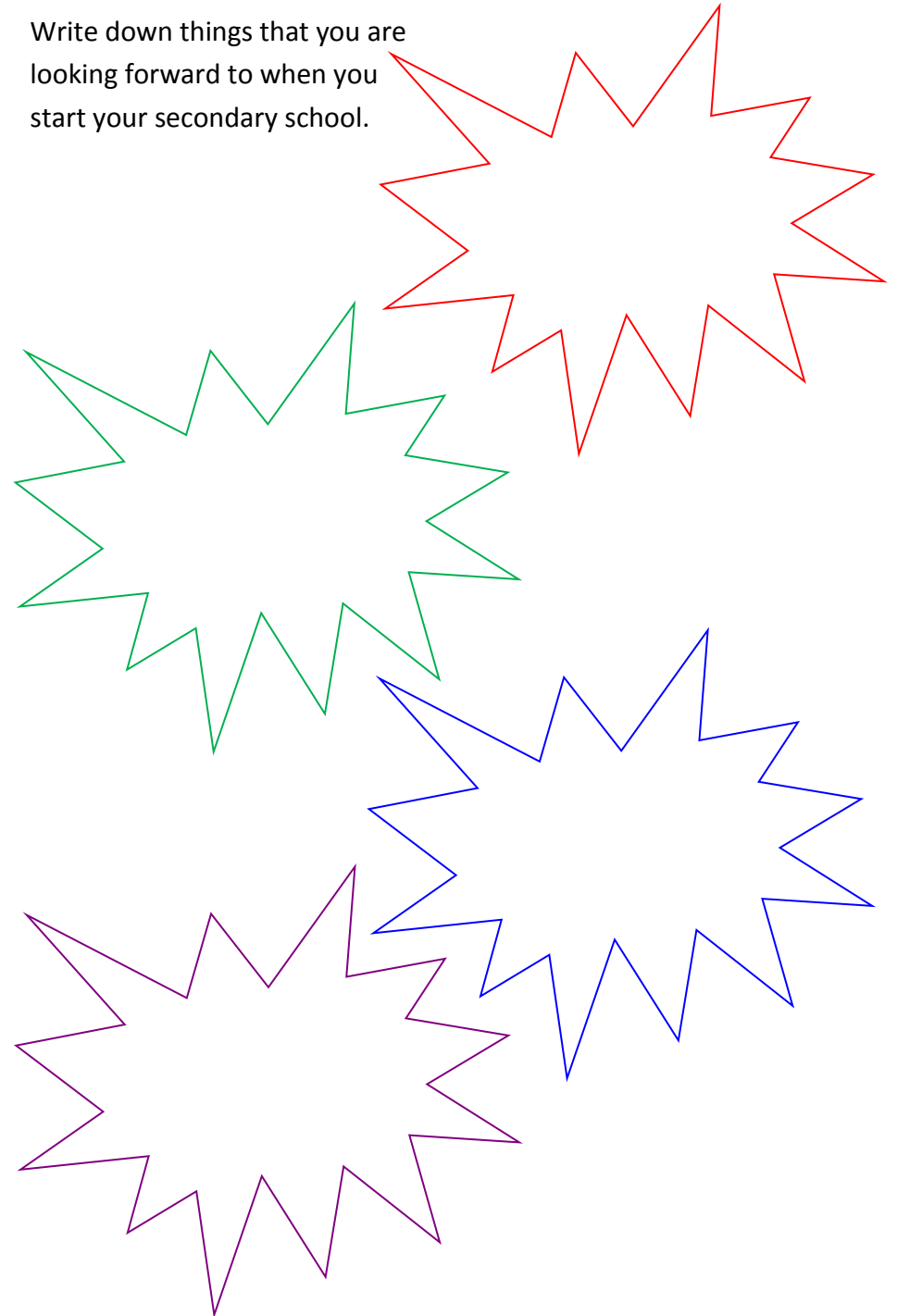
Leave home by:

Feelings about my new school

How do I feel when I think about these things?

				
School uniform				
Getting to school				
Being on time				
Different kinds of lessons				
More clubs				
Moving to different classrooms				
Finding my way around				
Busy, noisy corridors				
Having different teachers				
Harder work				
Homework				
Organising my bag and school equipment				
Being responsible for my things				
Break and lunch times				
Using the toilets				
More people				
Missing old friends				
Making new friends				
Being bullied				

Write down things that you are looking forward to when you start your secondary school.







Sorting things out!

What are my three main worries?

Think of two plans for each one to help the worry go away.

	Plan 1
	Plan 2
	Plan 1
	Plan 2
	Plan 1
	Plan 2

				
Who to ask for help				
Getting in trouble				
Detentions				
Knowing where to sit in each class				
Using a locker				
School or House assembly				
Changing for PE				
Add anything else that's important to you:				
Put a 1, 2 and 3 next to your biggest worries.				

Other things to find out:

Questions	Answers
General:	
Who is my main contact to ask for information or tell if I have problems?	
Who can explain the different school rules to me?	
If I arrive late to school what do I need to do?	
If I have to bring medication into school, who do I give it to?	
If I feel unwell who do I tell?	
Can I use my phone in school?	
How do I know where to sit in the class?	
Can I choose my seat to be near the door/window, at the back/front, next to my buddy?	
Do I have any 1:1 time, and if so, how many hours a week?	
If I find it hard to ask for help in class, what can I do?	

Big changes or staying the same?

Only in primary school:

In both primary and secondary school

Only in secondary school:

Visit to my new school

Things I liked or surprised me



Useful information I found out ...



Things I need to do before I start ...



Questions	Answers
Homework:	
How much homework will I get?	
What should I do if I lose it, forget to complete it or don't understand what to do?	
How long am I expected to spend on each piece?	
Is there a homework club?	
Break/Lunch time	
What food choices are there?	
How do you pay for food?	
Where can you eat?	
Where do the packed lunches go?	
Is there somewhere quiet that I can go?	
Add your own questions below:	

