



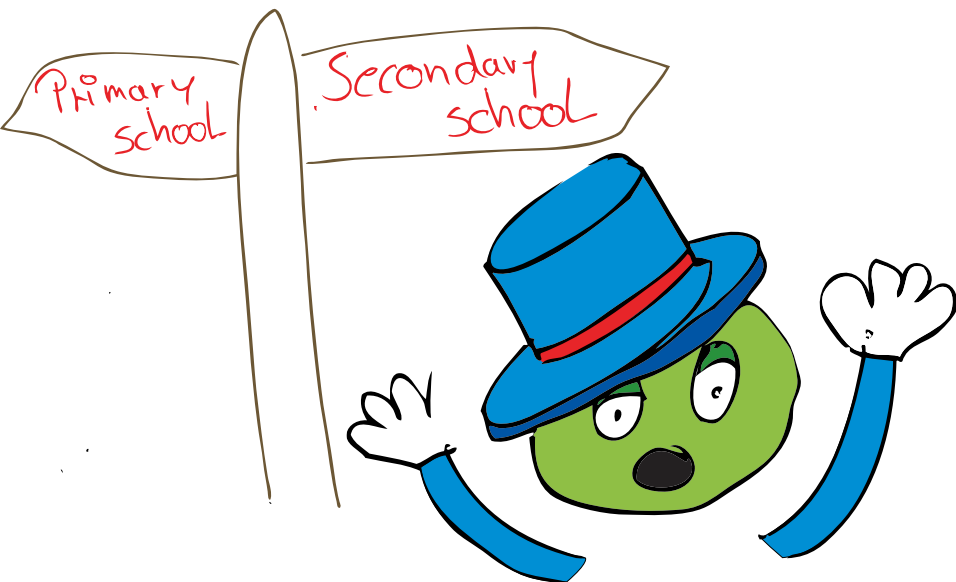
"Don't worry about your new secondary school"

"Listen to our advice"

"Introduction"

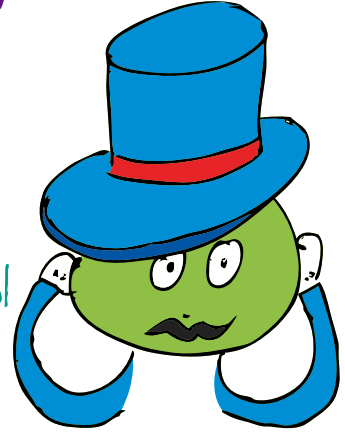
Moving to secondary school can be a difficult time, so we've asked some year 7 pupils what it was like for them.

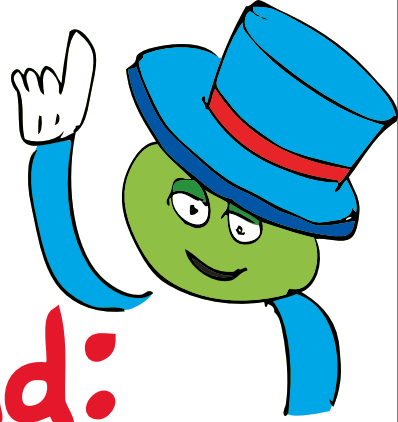
All their useful ideas are shared with you in this booklet, and so are their designs which make the booklet interesting and fun.



"What were you worried about before you came to secondary school?"

- Getting lost
- Not knowing anyone
- Being bullied
- Falling over outside school
 - Being late for lessons
 - Getting told off
- People laughing about the way you talk
 - Not being able to cope with the work
- Worried would be expected to know harder words
 - Pushing in the corridors
 - Strict teachers
 - Getting more homework
- Having the right uniform and equipment





Year 7 said:

“Don't worry!
It's not that bad!
look what helped us!”





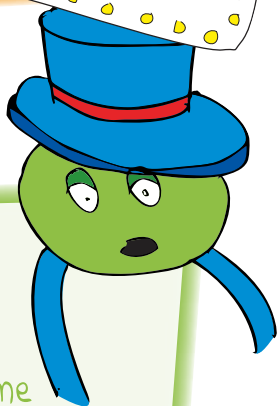
Getting lost

- Use the map of the school planner
- Visit the school before September if you can
- Practice finding your way around school



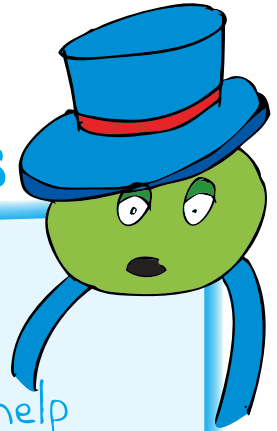
Following the timetable

- Copy out your timetable in larger print
- Laminate your timetable
- Use break/lunch to get to lessons on time
- Look at your timetable the night before
- Highlight your timetable with colour
- Always keep your timetable with you
- Ask at the office if you need help
- Use your visual timetable
- Write or draw timetable changes in your planer



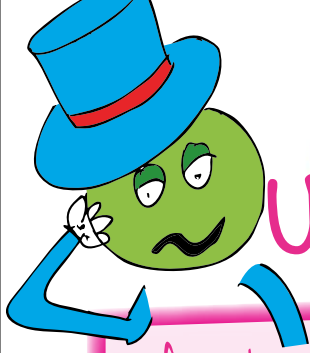
	Mo	Tue	We	Thu	Fri
9-10	Sport	Englisch	Sport	matho	PE
10-11	matho	Englisch	Sport	Englisch	matho
11-12	PE	sience	art	PE	sience
1-2	PE	art	sience	art	sience

Understanding in Class



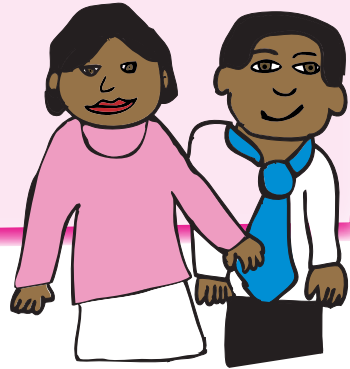
- Ask questions
- Accept help
- Ask the teaching assistant to help
- Work with a friend





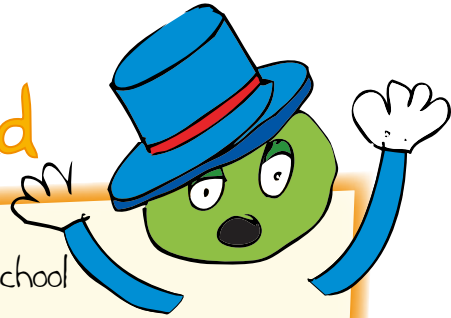
Understanding homework

- Ask the teacher to write it down for you.
- Ask the for help from brothers, sisters, friends or parents/carers
- Use the homework club.
- Research in the library.
- Phone a friend



Getting Organised

- Have a checklist when getting ready for school
- Pack your bag the night before
- Check your pencil case/
- Check if you need your P.E. Kit
- Check your uniform is clean
- Colour code folders for different subjects
- Keep spare pens with teaching assistant at school

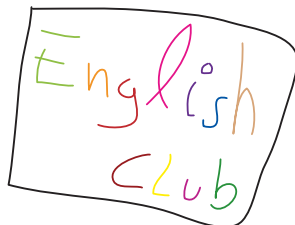
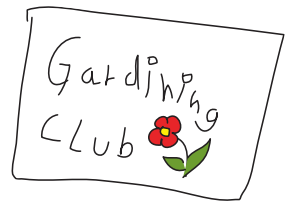
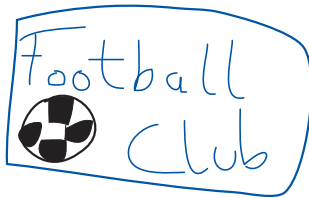
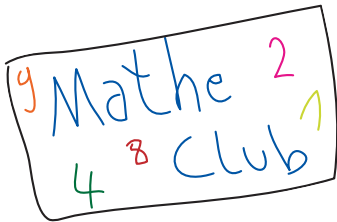


	Yes	No
Bag ready	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Homework ready	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lunch ready	<input checked="" type="checkbox"/>	<input type="checkbox"/>
un iform clean	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Making new friends

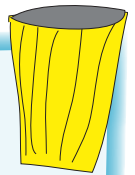
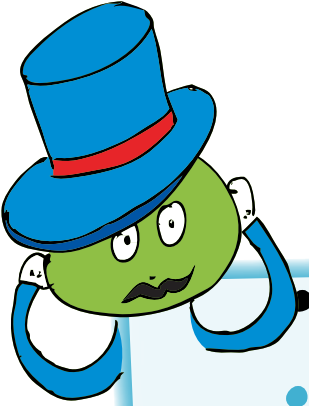


- Talk to people other people at break time and lunch time
- Be kind
- Go to clubs, drama, art, P.E.
- Be sensible
- Work well in groups in lessons
- Find out if other pupils like the same things as you
- Try to be brave and outgoing

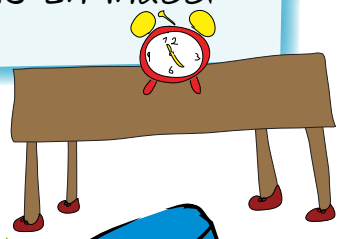
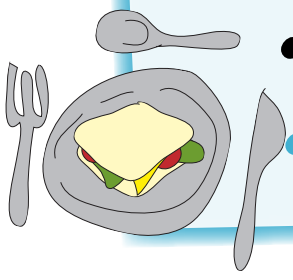




Lunchtimes



- Get a timetable of clubs and events
- Join lunchtime groups with friends
- Look at notice boards and posters around school
- Find out if there is an indoor quiet space



Using the canteen

- Go with a friend
- Find out if there is an early lunch pass
- Ask for help if you are worried

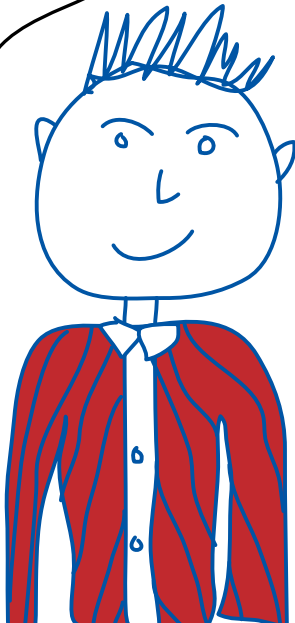


Asking for help

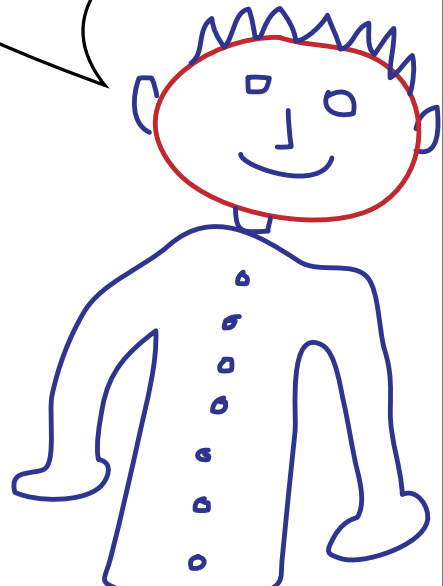


- Don't be afraid to ask for help
- Ask teachers and teaching assistants
 - Ask politely
 - Put up your hand
 - Ask other pupils

Hi, I'm new
could you tell
me where ...



OK, just come
with me.



"Don't worry - there is always someone to help"

Try these people: -

My Form Teacher is _____

My Special Needs Coordinator is _____

My Head Teacher is _____

My Teaching Assistant is _____

My Friend is _____

Notes:

With thanks to the SENCO's and year 7 pupils at

Altrincham College of Arts

Ashton-on-Mersey School

Blessed Thomas Holford Catholic College

Stretford High School

Wellacre Technology and Vocational College

Trafford TIS for funding this project.

Mrs Gill Mills and Ben, Connor, Conor, Michael, Lauren,
Charlotte, Rhys, Simon, Matthew, Rebecca, Rowan, Declan, Ryan,
for their designs and ideas.

Produced in partnership by the Trafford Children and Young
People's Service (CYPS) and the Speech and Language Therapy
Department Trafford Primary Care Trust (PCT)

Published and printed by V3Creative.

For further information or more copies

www.cyps.org.uk