

# Transition Top Tips

Starting secondary school is a significant milestone, as well as going from being the oldest in school to being the youngest, starting Year 7 means you suddenly have to be more independent; finding your way around a large school with different teachers for different subjects.

It is perfectly normal to feel nervous and anxious about starting a new school, but please remember, every Year 7 is feeling the same way as you right now. The end of Year 6 is not how we all imagined it would be, but hopefully these top tips can help you feel a little more at ease with the transition process.

- **Going to Secondary School – How do you feel?**

Use two different coloured pens to 'sort' the things you are worried about, and those you are confident with.

- **How will you be travelling to school?**

Are you travelling by bus? Walking? Car? Bike? Can you use Google Maps/Earth to plan your journey?

Bus passes – how to use, need to keep safe; what to do if pass is lost/what to do if you miss the stop/what to do if bus doesn't come or is full up/ who to tell if you or someone else is being bullied on the bus.

How long will your journey take? What time will you need to leave your house to make sure you arrive at school on time? How will you get home? What about the timings of your return journey?

- **Uniform**

What is the uniform policy? (check your secondary school website)

Where is the uniform for sale?

Familiarise yourself with the uniform policy and make sure you feel comfortable in your new uniform before you start in September.

- **School Website**

Have you looked at your new schools website? You can find out so much from the school website, it may answer some of your questions.

- **Eating Healthily/Managing your Money**

Your parents/carers may also be suggesting a daily/weekly budget for you to purchase items at home. Is it easy/difficult to do? Do you choose healthy/unhealthy items?

- **Clubs**

Find out what extra-curricular clubs/teams your secondary school have and find out how to get involved. It is important to have hobbies, interests and widen your social opportunities.

- **Managing Situations**

What should I do if...? Always ask someone to help you.

Useful phrases

- 'I'm lost'
- 'I'm sorry I'm late.'
- 'Please could you help me?'
- 'Who should I ask/ tell about...?'
- 'Where would I find...?'