

**My
Top Tips
for
Secondary School**

My new school is called:

My name is:

Believe in
children
 Barnardo's

The Voice of Children in Bradford

Although this information has been put together by our colleagues in Bradford we thought it might be helpful to you in Liverpool & Knowsley too..

We worked with children in year 6 and year 7 across Bradford.

The children told us about their worries about starting a new school and they also told us what helped them the most. Listening to the voices of children in Bradford about transition helped us to make this booklet.

The children developed ten top tips about transitioning to secondary school and we have created this booklet to help you prepare for Secondary school.

"Always do your best and try your hardest"

"Be prepared"

"Be Patient- you will make friends"

" Ask someone for help"

"Always have your Planner"

"Be early if you can"

"Respect others"

"School tour or visit"

"Don't be worried"



The children created story boards too and we transformed these into an animation video.



You can watch the video by going to this website: <https://youtu.be/BO9NiD3RkBg>

The video is also on our website which can be found here: <https://barnardosendiass.org.uk/bradford-sendiass/children-young-people>



Top Tip Number One

"Always do your best and try your hardest"

Remember you can only do your best, we all have things we find hard and things that we are good at.

If you don't understand something ask your teacher if they can explain it in a different way—you might have some good ideas that could help other children too!



Why not make a list of things you are good at and things that you might need a bit of help with?

Draw pictures or write in the boxes below

| I am good at: | I need help with: |
|---------------|-------------------|
| | |

Top Tip Number Two

"Be prepared"

It can help to have a plan!

Have a look at the school website.

Ask your friends how they are preparing.

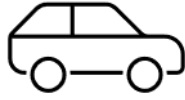
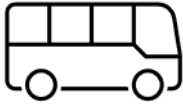
Think about how you will get to school, you could practice walking to school or getting on the bus.

Get your bag ready. Make a list of things you need each day.

Think about what you might want to eat for lunch – packed lunch or school dinner?



How will I get to school?



What uniform do I need to wear?

Packed
Lunch



or



School
Dinner?

Things I need for my bag:

Top Tip Number Three

"Be Patient- you will make friends"

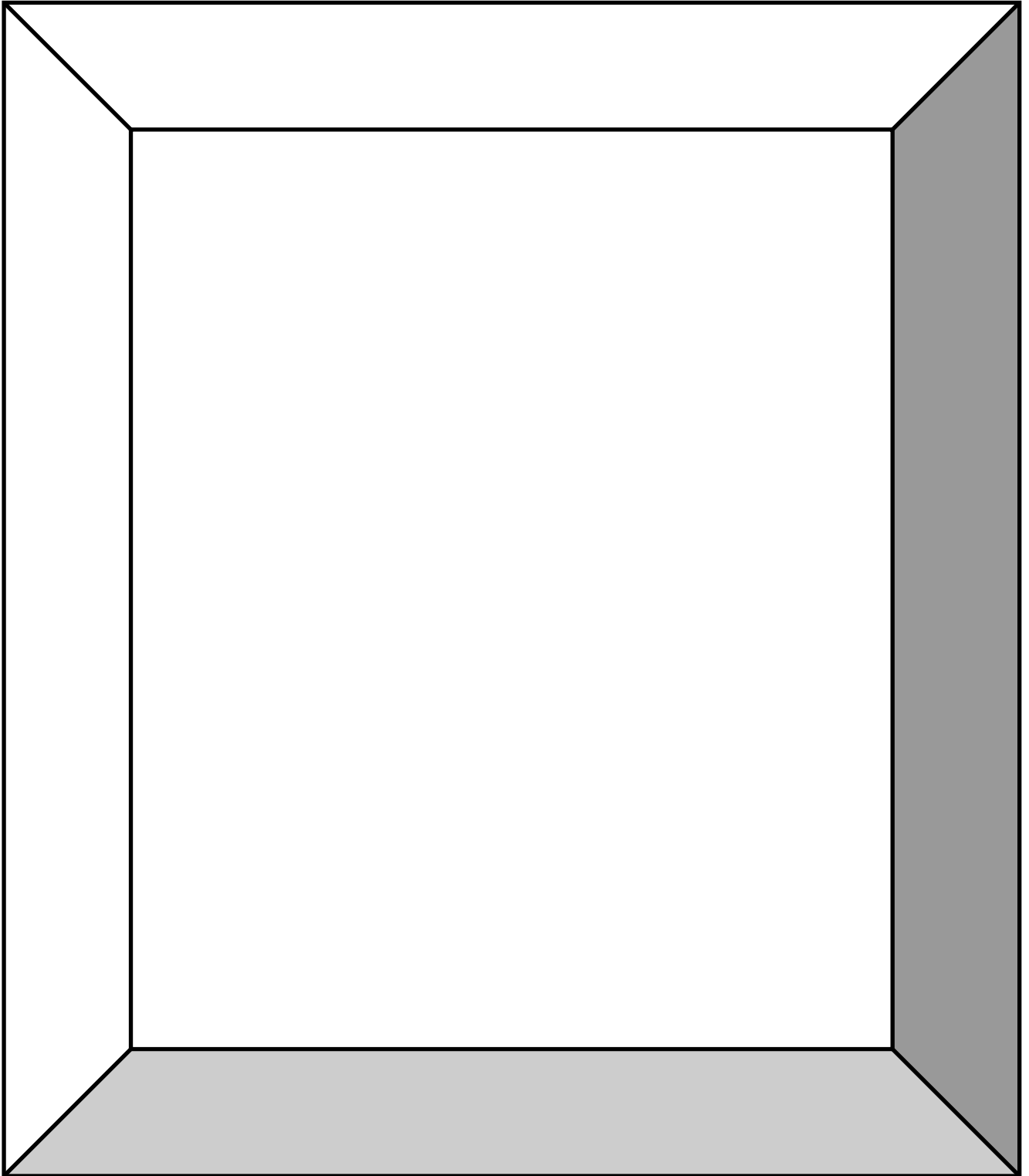
Its normal to be nervous about meeting new people.

Remember that the other children may feel the same as you. New schools will try to put you in some lessons with friends from primary school.

You could also try joining in with extra activities like football or reading club to meet new people who like the same things as you!



What do I like to do
in my free time?



Now, find out if your new school has any extra activities that you can join in with!

Top Tip Number Four

"Ask someone for help"

There are lots of people you can speak to if you need help with something. The best people to ask are your parent/carers, teachers and teaching assistants.

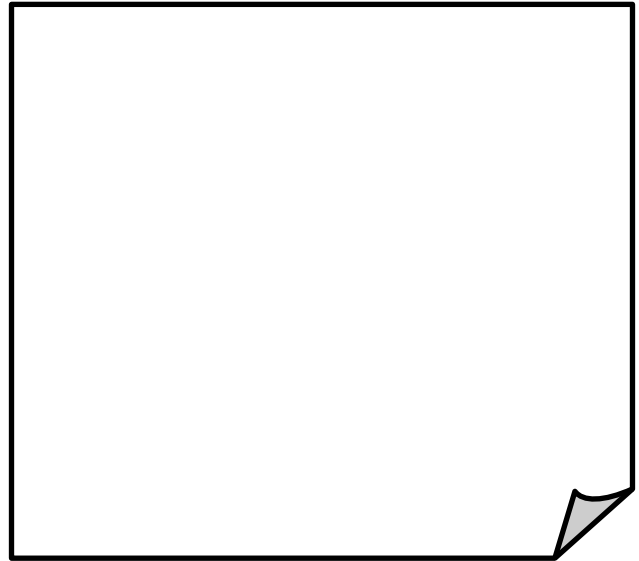
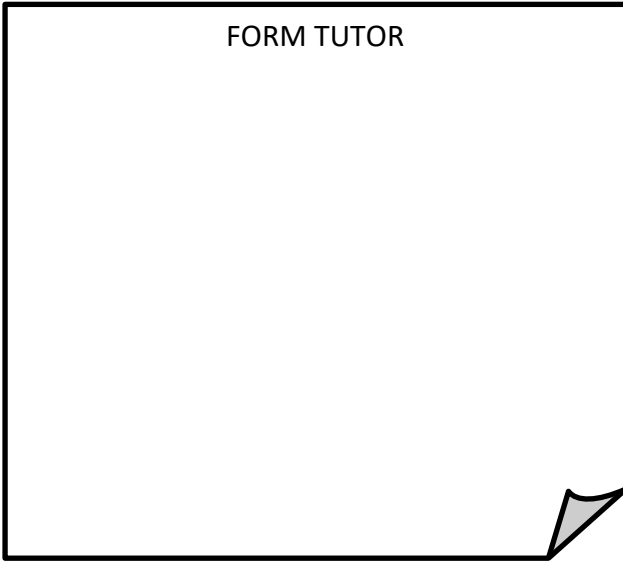
Every school also has a special teacher called a SENCO whose job it is to make sure children get any extra help they need in school.

Some schools might also have older children called 'buddies' or 'mentors' who help new children settle in.

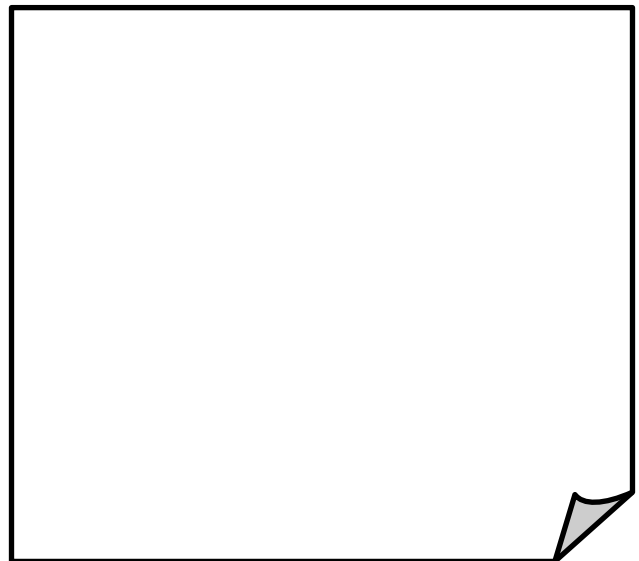
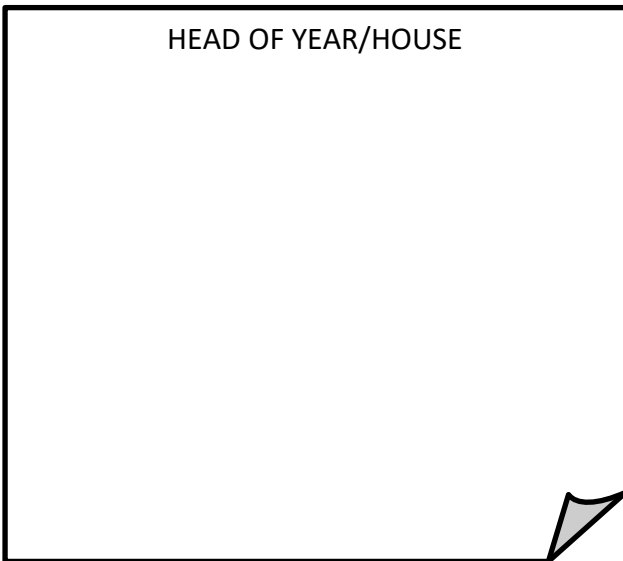


Think about who you might ask for help when you have a problem and write their names below. You can look back at this when you need to ask for help.

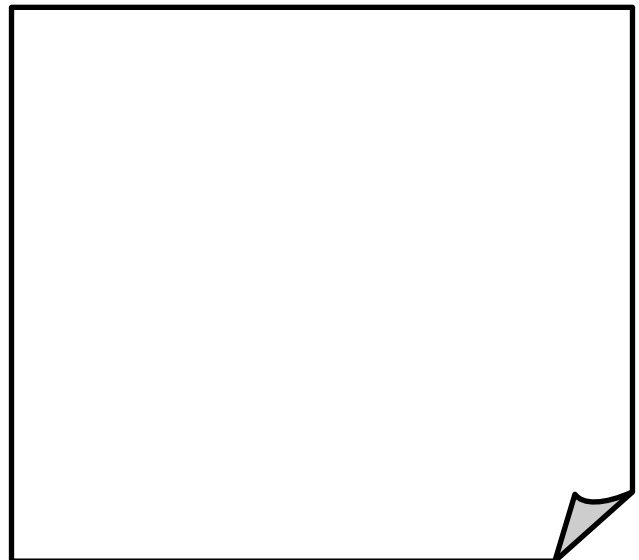
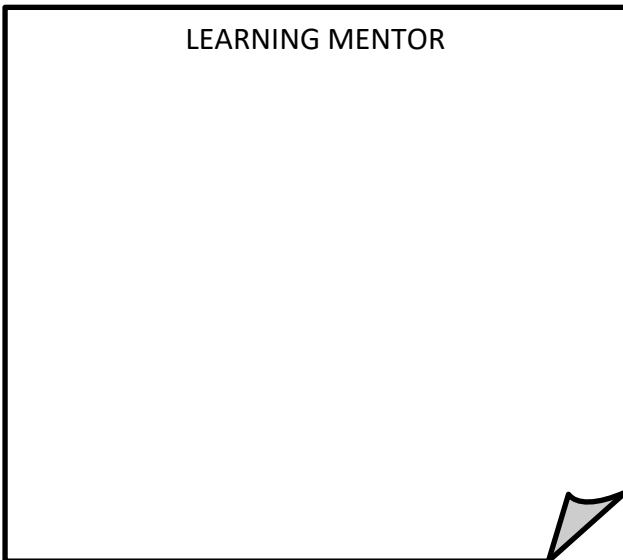
FORM TUTOR



HEAD OF YEAR/HOUSE



LEARNING MENTOR



Top Tip Number Five

“Always have your Planner”

A planner is like a diary that tells you what lessons you have at what time and where to go for them.

Some planners will have a map of the school in too.

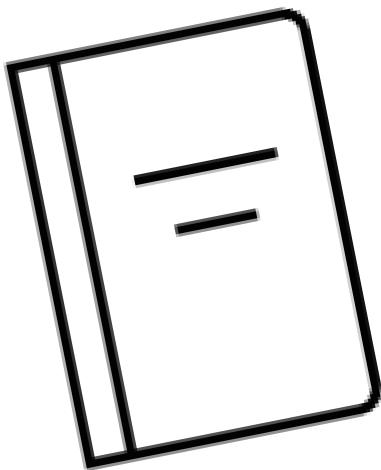
If you use a visual timetable you could stick this in your planner.

Most schools require you to carry your planner with you when you are in school.



Your planner should be on the list of things you need in your bag every day (See page 7)

Schools usually have a temporary planner if you do forget yours so don't worry too much, but try to get into the habit of remembering to keep your planner in your bag.



If I do forget my planner I can go to _____
to ask for help.

Top Tip Number Six

"Be early if you can"

Try to get to school on time.

Aiming to get there on time means you can find your classroom or meet friends in the playground before you go in.

If you are on time then you may feel calmer and more ready to start the school day.



What time do I need to set off to school?

My school day starts at _____

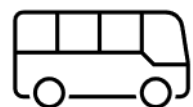
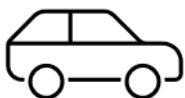
My journey takes _____

I travel to school by _____

I travel to school with _____

I set off from home at _____

Use this space to plan your journey:



Top Tip Number Seven

"Respect others"

Respecting people means listening to what they have to say, and not doing or saying things that might make them sad or angry.

This is likely to be one of the school rules, but it is a good rule to follow every day.

If you respect others they will respect you.



Some of the ways I can be respectful are:

Some of the ways I could hurt someone's feelings are:

If I think someone else in my school is not being respectful
I can tell a safe adult

Top Tip Number Eight

"School tour or visit"

Sometimes children from your class will visit your new school together for a tour so you can see inside the school building and where everything will be.

Your parent/carer can also contact the school to arrange a visit if needed.

Children told us this made them feel braver about starting a new school.

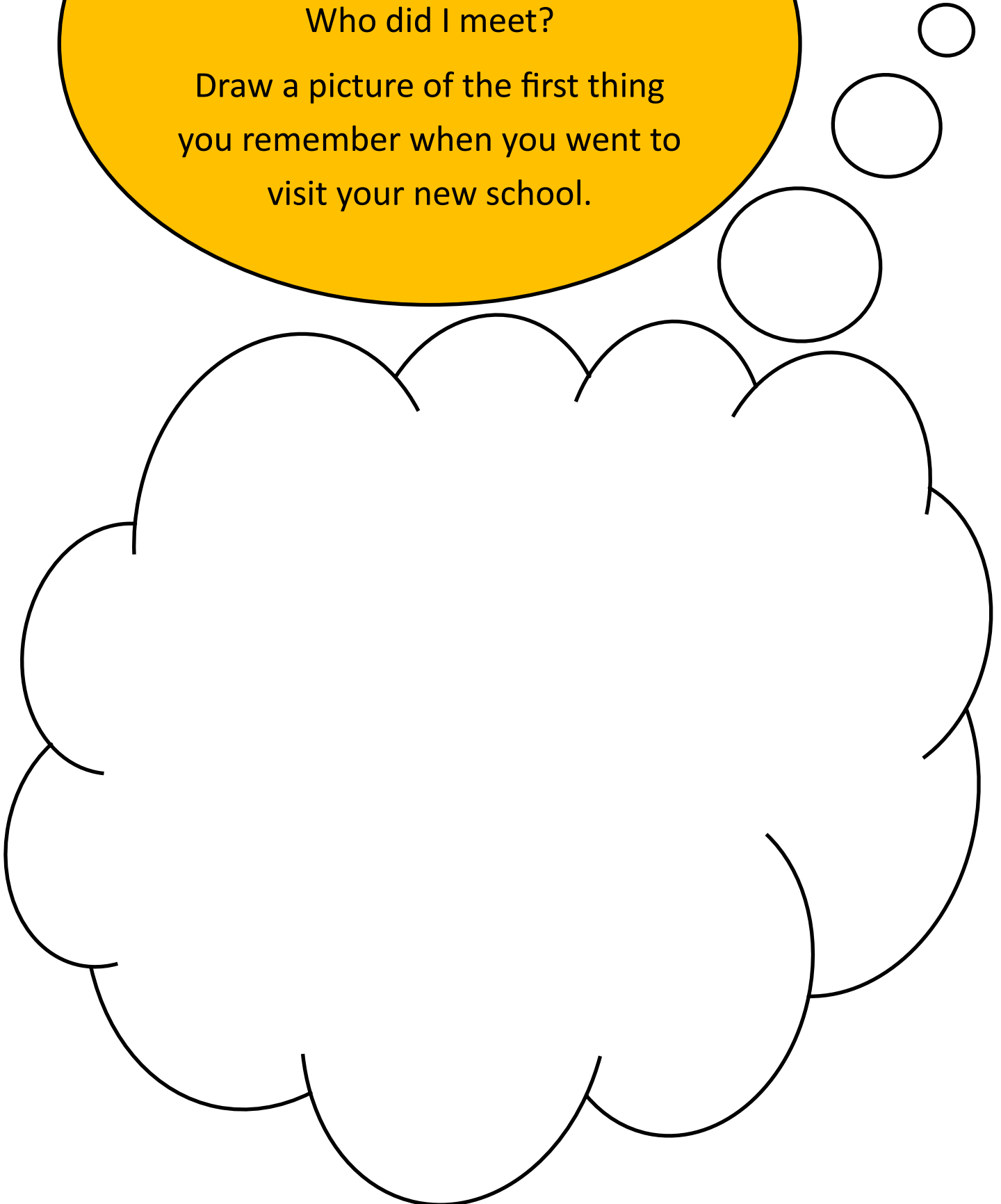


If you have not had a visit or tour of your new school, try not worry, have a look at the school Website. Some schools have photos and a virtual tour of the school.

What do I remember from my
visit?

Who did I meet?

Draw a picture of the first thing
you remember when you went to
visit your new school.



Top Tip Number Nine

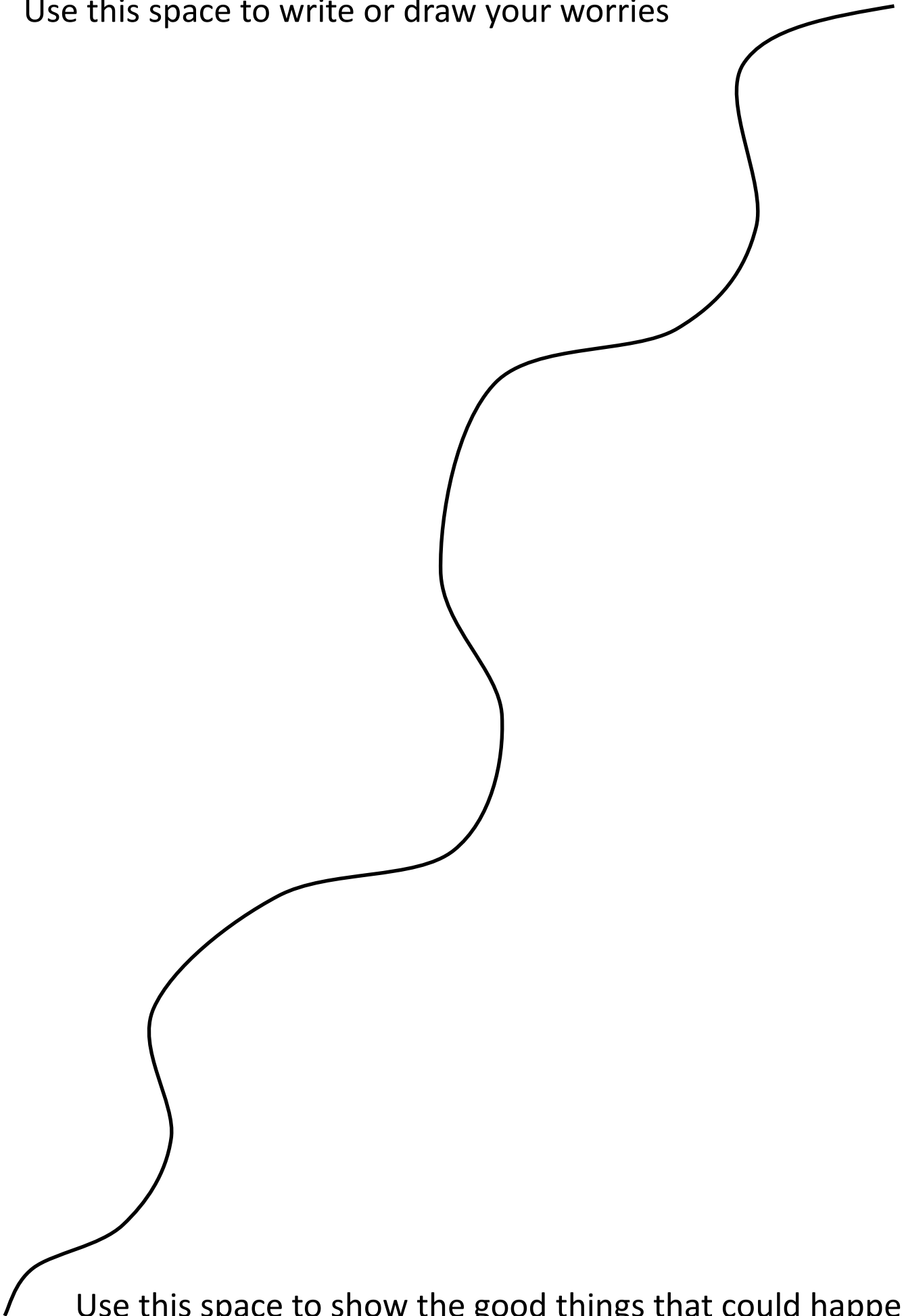
"Don't be worried"

It's normal to be worried sometimes, here are some things that might help you to calm down:

- Take 3 deep breaths
- count to 10
- write down your worries
- do some drawing or colouring
- talk to someone
- write down all the good things you would like to happen



Use this space to write or draw your worries



Use this space to show the good things that could happen

Top Tip Number Ten

"Map in the back of your planner"

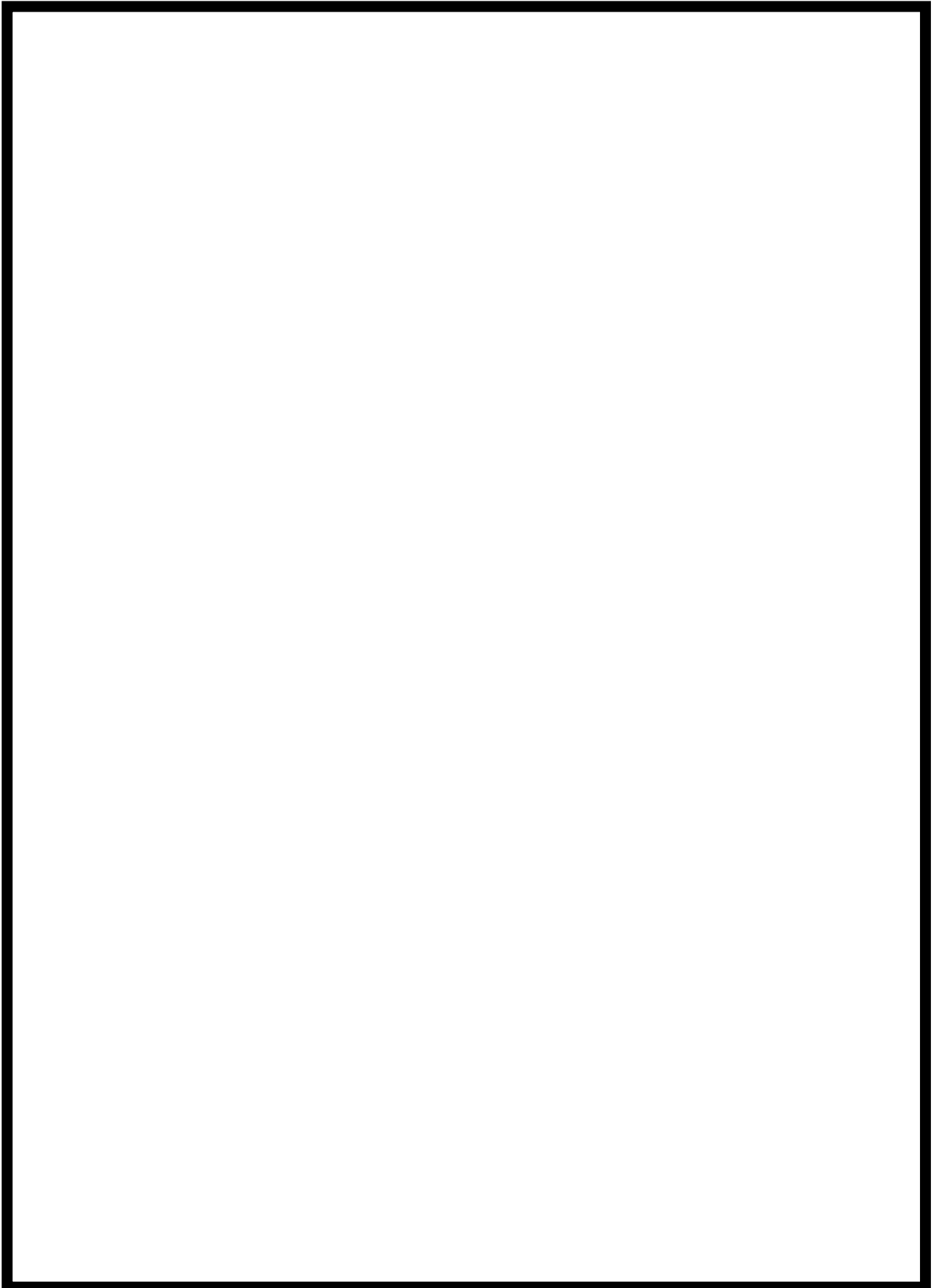
Your planner should have a map in which will show you where to go for your lessons, where the toilets are, where to go for lunch.

If there isn't a map already in there you can ask a teacher for one, or maybe draw one yourself after your school visit if it helps.



Again, take a look at the photos on the school website to remind yourself what the school looks like

Map of my school



Barnardo's SENDI ASS

| | |
|------------|---|
| Telephone: | 0333 323 7768 |
| Web: | https://barnardosendiass.org.uk/liverpool-and-knowsley-sendiass/ |
| Address: | 109 Eaton road Liverpool L12 1LU |

