

Transition Booklet

2021



Welcome to your
new school

Moving on up to Secondary

You are now on your journey into Secondary school!

Soon you will be leaving your Primary school and moving to your Secondary school. This is an exciting time but also can feel scary as it involves many changes and new experiences.

This Transition booklet can be used both at home or in school and we hope it will help you prepare for all those changes that will happen and explain a lot about your Secondary school.

If you need any help when learning about your new school, remember you can ask an adult at home, go to the frequently asked questions on the academy website or you can email Mrs Jacobson, Year Leader for Year 7. This is her email: ajacobson@lordlawson.academy



All about me

This activity will let you think about what you would like your new teachers to know about you! It also helps you to think positively about yourself, which is important when you are about to start a new school.

Name: _____

Primary School: _____

Favourite subject: _____

Least favourite subject: _____

Hobbies: _____

Favourite book: _____

Favourite music/group: _____

Favourite place to visit: _____

Pet/s: _____

Family: (Who do you live with?)

Three interesting facts about you:



My New School

Now you know which Secondary school you are going to in September, it is a good idea to find out as much information about your school as you can before you start.

The name of my new school is:

The address is:

The telephone number is:

The e-mail address is:

The website address is:

The name of the head teacher is:

Discover what your school looks like. Find a picture or photo of your new school building on the school website. You can copy or paste, stick it, or draw it in the box below.



My School Uniform

It is important to wear the right clothes when you start Secondary School. Look on the Academy website or in your Transition pack to find out exactly what you have to wear.

Are there any clothes or jewellery you are not allowed to wear?

Is there anything you need to practise?

- Changing quickly for PE?
- Tying shoelaces?

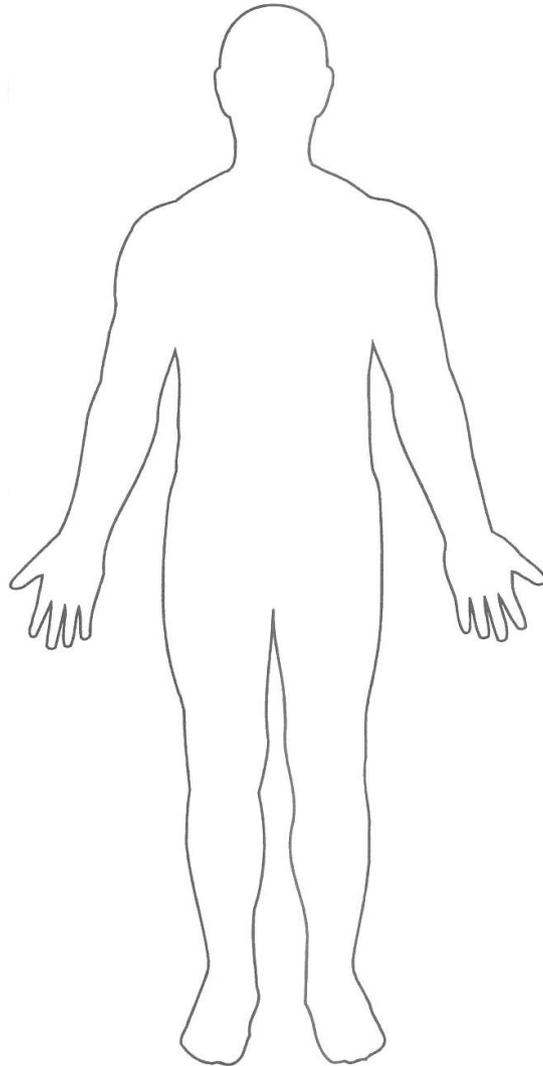
List some of the clothes you will need to buy to wear to school. Remember to think about appropriate shoes and you will require an outdoor coat for lunch and breaktimes.

1. _____
2. _____
3. _____
4. _____
5. _____

Make sure you buy a bag that can hold an A4 folder and all your school essentials.



Draw a picture of the school uniform here.



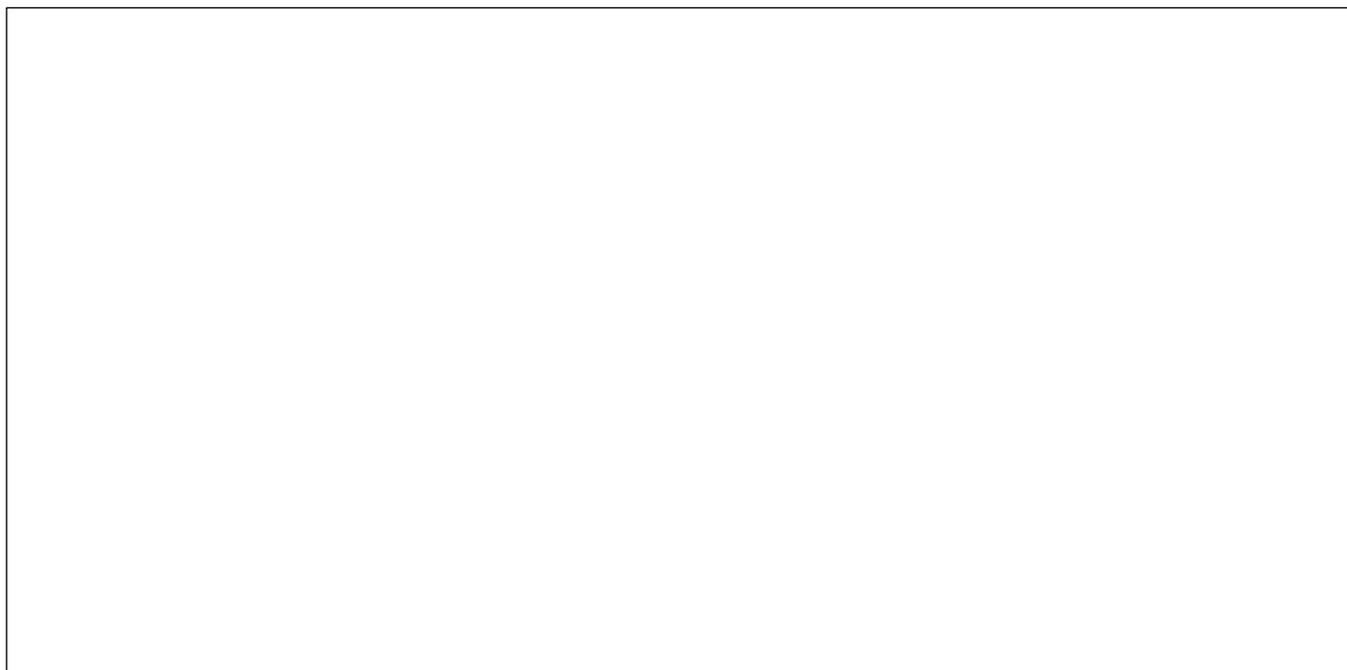
If you have any worries at all about uniform, please discuss this with a member of your family, your Year 6 teacher or Mrs Jacobson.

Ask your parents/carers or other family members about what they wore at school. Have they got any photographs they can show you? Have they got any funny stories they can tell you about their uniform?

MY PE KIT

When you attend Secondary school, you will take part in PE lessons. Often many people who have not enjoyed PE before, find that in Secondary school this subject is really good fun. There are a lot of different sports you can get involved with and you can even join a club if you want to improve your skills further. Taking part in a leisure activity is also a great way to make new friends who have similar interests.

Look on the Lord Lawson website or in your Transition Pack and find out what you have to wear for PE. Draw the clothing items you need for PE in the box below.



Always pack your PE bag the night before your PE lesson, so you are not rushing round in the morning when you are likely to forget something.

Getting Organised

What you need to take to Secondary School will be different from Primary school. You may well need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms.

Each day you will need to look at your school timetable and make sure you have packed everything you need (see the example below)

| | | | | | |
|-------------------------|-----------------------------------|--------------------------------|-------|--------------------------------|------------------------------|
| RE Mr Clarke RE31 | Science Mrs Robson SC 24 | PE Mr Wyllie Sports hall | Lunch | Maths Mrs Taylor MA22 | Art Miss Dixon AR12 |
|-------------------------|-----------------------------------|--------------------------------|-------|--------------------------------|------------------------------|

Diagram labels with arrows pointing to the PE cell:

- Subject (points to Science)
- Room (points to Sports hall)
- Teacher (points to Mr Wyllie)



Write below what you would need to pack in your school bag for this day.

Use ideas from the list below:

Black pen Green pen Pencil PE kit Scientific calculator
An A4 Folder Pencil sharpener Ruler Rubber Pencil case
Dinner money Highlighters Bus money Ingredients
Reading book Coloured pencils.

Look at the policy on the academy website regarding mobile phones. Write down the rule about mobile phones and why it is important?

Planning my journey to school

Your new school may be further away from where you live and it is important to plan your new journey to school ready for September. Talk about this with an adult in your family.

What is the best way and safest way to get there?

How will you get to school? _____

How long will my journey take? _____

What time must I leave home? _____

What time will I get home? _____

You might walk or cycle sometimes; if you do then answer these questions:



Do I know the way? _____

Which way is the safest route? _____

Where will I put my bike? _____

You might go by bus; if you do then answer these questions:



Where is the bus stop? _____

What time is my bus to school? _____

What number is the bus? _____

What money will I need for the fare? _____

You might go by car; if you do answer these questions.



Will I go by car every day? _____

Who will drive me? _____

Where will the driver drop me off? _____

Feelings about Transition

You probably have lots of feelings about moving from Primary school to Secondary school. Take time to write some of them down.



What am I looking forward to?

What am I worried about?

What goals do I have at Secondary School?

How did other people feel?

A lot of your worries are probably similar to those that others had when they moved up to Secondary school. Read some of the comments from current Secondary school students.

I was worried about getting lost, but in the first week the teachers and students give you lots of support and help you find your way round.

I was worried the teachers would be scary and shout a lot, but they were friendly and helpful just like my primary teachers.

I was worried about bullying. In the first week at school our form tutors talked to us about the bullying policy and who we could talk to if we saw any bullying in school. I felt safe knowing that my teachers were there to speak to if I had any worries.

I was worried about not making friends, but now I have new friends as well as my friends from primary school. You spend lots of time together in lessons and form time so there are lots of chances to get to know people.

I was worried about the new lessons that I hadn't done before but I love them now. There are more options for PE, and DT, music and art are all better than in primary school!

Managing change

You've probably managed lots of change in your life. Have you ever moved to a new house? Have there ever been changes to your family, such as new siblings or stepparents? Can you remember how you felt when you started Primary school? Have you ever had a new teacher start during the school year? Have you ever been home schooled?

Write down any changes you have already managed below. You might find an adult in your family can help think of some that you've forgotten!

Moving to Secondary school is a big change in your life, but you've overcome some significant changes in your life already! Here are some tips to manage this change!

You're not alone

Sometimes the change might feel too much, or you might feel you don't know what is happening or you're not sure what you are supposed to do. Talking to other young people can help you realise that you are not alone and any feelings you have are normal.

Everyone in your year is going through the same thing as you, you're not alone. Talking to other people is an important way of coping with change.

It is always okay to ask for help

It is okay to find change worrying at times. However, you can ask for help from someone in your Primary school, a family member or contact Mrs Jacobson at Lord Lawson.

Sleep eat and exercise well

Any kind of change or worry is harder to cope with if you are overtired or hungry. Try to get a good sleep routine and eat healthily. Exercise releases hormones that can help reduce any feelings of anxiety or stress.

Be prepared

You might be faced with lots of new situations which might at the moment seem a little daunting. So, let's consider what you might do beforehand that can make you feel more prepared to deal with any new situations that arise. Talk through the following situations with a trusted adult at home or school and write down what you will do if they arise?

What will you do if...

You miss the bus?

You feel unwell?

You lose your lunch money or find you have no money on your account?

You forget your PE Kit or homework?

You get lost?

Use the space below to write down any other questions you may have about starting Secondary school?

If you would like to ask any questions about Lord Lawson that you cannot find an answer to, please contact Mrs Jacobson on her email.

Making Friends

Starting Secondary school is a fresh start for pupils and brings lots of opportunities to make new friends. Sometimes as you will be meeting so many new people, it's hard to decide how to get to know people and build friendships.



Here are some top tips:

Starting a conversation

- Smile
- Tell them your name and ask what they are called
- Ask about their interests to find out what you have in common
- Be a good listener and interested in what people are saying to you.
- Most of all remember to be yourself.

Write down something you might share with someone new. What for example are your interests?

Meeting new people

- Join new clubs
- Try new things
- Accept that we are all different
- Arrange to meet friends in different classes at break or lunchtime, or travel to school together.
- Know that it's okay to spend time with new people, it doesn't mean you like your other Primary friends less.

Use the space below to write down anything else you find out about Lord Lawson from our Virtual Transition Videos on our website, as you continue your journey into Secondary School.

From all of the staff at Lord Lawson, we are all looking forward to seeing you in September.

A large, empty rectangular box with a black border, intended for students to write their notes or observations about Lord Lawson based on the virtual transition videos.