



# What's inside?

## SURVIVAL Guide

We have interviewed others, just like you, on their way to secondary school to find out the questions you want answers to and the concerns that you actually have. From here we have put together this survival guide, full of useful tips and advice.

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## SURVIVAL Journal

Here you'll find plenty of space to write, draw and reflect on your moving schools experience, as well as a few activities to do.

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## Want More?

We've also put together some more survival materials for you to check out online and share with your friends. You can find them at [itsyourmove.org.uk](http://itsyourmove.org.uk)

# GET READY FOR A NEW START!

## Meet secondary school teachers

Some schools have visits from secondary school teachers where you may get a chance to meet a teacher from your new school. They'll tell you lots of useful stuff about what the school's like, the building, how it's going to be different, timetables, teachers and more!



## Transition days / induction days / transfer days

Whatever you call the day when you visit your new secondary school, make the most of it! This is your first opportunity to get a feel for what secondary school's going to be like. It should be an exciting time that will get you looking forward to the start of term.



## Didn't get your first choice?

If your new school isn't your first choice, it's not the end of the world. Instead of feeling upset and thinking about what could have been, it's time to get excited about where you are going! Every school has a lot to offer, so focus on the positives.

If you're worried about anything, you can ask your Year 6 teacher, a parent or trusted adult about it – don't feel like you need to keep your questions or concerns to yourself. Sharing your feelings with someone will help you feel better about it and you will likely get some advice or encouragement that will help.

Back to  
SCHOOL



The thing that makes me nervous are the sixth-formers – they're so much taller and older than us!

What will you miss most about your old school?

EASY WORK

SPORT

TEACHERS AND DINNER LADIES

FOOD

STAYING IN YOUR CLASS,  
SMALLNESS OF SCHOOL

RESPONSIBILITY

BEING THE OLDEST

ART/DRAMA

FRIENDS

FUN THINGS LIKE DISCOS,  
CONCERTS...

I like the idea of mixing children up from different schools in forms because it gives other children chances to get to know each other!

# What is the scariest thing about your new school?



**I'm excited about the new playground and getting to know more about the new friends I'm going to meet.**



**Q: What will you miss most about primary school?**

**A:** My friends.

**Q: What are your biggest concerns about moving to secondary school?**

**A:** Not having any friends.

**Q: What are you looking forward to about secondary school?**

**A:** Being with my brother again and learning new things.

**Q: What will you miss most about primary school?**

**A:** The thing I will miss the most is the time with my friends.

**Q: What are your biggest concerns about moving to secondary school?**

**A:** The things I'm most concerned about are harder lessons, older children, and forgetting my lessons or going to the wrong one.

**Q: What are you looking forward to about secondary school?**

**A:** I'm looking forward to new friends, and new lessons and clubs.



**Henry – Year 6, Milton Keynes**

**Q: What will you miss most about primary school?**

**A:** The thing I will miss the most is the time with my friends.

**Q: What are your biggest concerns about moving to secondary school?**

**A:** The things I'm most concerned about are harder lessons, older children, and forgetting my lessons or going to the wrong one.

**Q: What are you looking forward to about secondary school?**

**A:** I'm looking forward to new friends, and new lessons and clubs.

**Q: You're a Christian, so what difference has Jesus made to your moving school experience?**

**A:** Well, I know Jesus will be with me the whole time. And he's helped me to overcome so many barriers! He has helped me with a lot of things like getting through SATS peacefully, helping with friends and other challenging things.



**Ruth – Year 6, Bury**

**Q: What will you miss most about primary school?**

**A:** My friends, teachers, flexible timetable.

**Q: What are your biggest concerns about moving to secondary school?**

**A:** Learning new subjects.

**Q: What are you looking forward to about secondary school?**

**A:** Making new friends.



**Joel – Year 6, Edinburgh**



# TOP 40 SURVIVAL TIPS

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## We're all unique!

At secondary school you're going to meet all kinds of people with all kinds of personalities – and that is great! Remember that not everyone will be like you. Accept people for who they are and be comfortable with who you are. Just because you are quite different from someone doesn't mean you can't get along with them.

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## Equipment

You'll likely have a set of things that you are supposed to bring to school every day, like pens and books. Don't worry, your teacher will give you the list. Some schools have consequences if you don't bring your equipment with you but that is easily avoided. The best thing to do is to write yourself a daily checklist, pack your bag the night before, then double check it in the morning before you leave for school. Check out the section 'Bags packed' on page 24 for more help.

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## Exercise

You'll get the chance to try out lots of different sports at your new school. There will also be a lot of sports clubs you can join if you want to. If you're someone who didn't really enjoy PE in primary school, you might just find something you like in secondary school. Even if you're really not sporty, it will probably only be one lesson a week. Just do your best and remember that it's good for you!

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## Size

In secondary school, you'll find people of all different shapes and sizes. Don't compare yourself to others, be comfortable in what you look like and never join people who make fun of others because of their size – it's a form of bullying and can hurt people a lot more than you may think. If you see others doing that, be the person to comfort the person who is being made fun of and speak to a teacher about it.

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## Criticism can be a good thing

It can be difficult when someone points out something you could do better, but take it as an opportunity to improve!

If Someone offers you advice on how to **improve** - take it! That's how you'll learn to get things **right!**  
(Proverbs 15:31, from the Bible)

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## Money

Different schools have different ways of helping you manage money for lunch or trips – swipe cards, fingerprint technology or plain old cash. Make sure you know what your school does and how it works. If you use money, don't take more than you need and keep it safe.

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## Don't respond angrily

There might be times at school when someone does something you don't like. If that happens, take a deep breath and try to respond calmly. No one ever did anything sensible when they were angry.

If someone says something that annoys you, think before you speak.

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## Clubs

There will be plenty of clubs at your new school – chances to play more sport, learn a musical instrument or develop other interests! Clubs are a great way to meet new people and learn new things. Some schools have Christian clubs where young people can go to find out more about God.

'A **gentle** answer takes all their power away, but an **angry** reply just makes everything **worse.**'

(Proverbs 15:1, from the Bible)







## 9 Homework

Homework is a part of school life. It's there so that what you are learning in school can become really clear to you, and to help you understand it better. Homework is also an opportunity to get some feedback from your teacher on how well you are doing. Don't miss out on the opportunity, use your planner to write it down, and get it done as soon as you get it. Check out 'Homework 101' on page 45 for more info.



## 8 Teachers

You're likely to have many more teachers than you have at primary school, with different teachers for different subjects. You might have some teachers you like more than others, but choose to be polite and respectful to all of them. They are there to help you, it's not useful for you to make their job difficult. Being rude or disrespectful to a teacher is wrong and could get you into trouble.



## 7 Supply teachers

Sometimes your usual teacher may be away from school – they might be feeling unwell, on holiday or on a training course. During this time, you might have a temporary teacher come in to teach you. Some people use this as an opportunity to misbehave and do things they wouldn't usually do if their regular teacher was around. Don't join in with this – be the one to set an example for others. Put yourself in the shoes of the supply teacher and do your best to make their work easy for them. Do the right thing even in situations where you think you could get away with misbehaving.



## 6 Form/Guidance teacher

This is the teacher who checks the register for your form group and deals with any problems. They are there to help you throughout your school journey, so don't be afraid to tell them if you are having any challenges with your lessons, teachers or other students.



## 5 Finding your way

It will always take time to get used to a new place. It's nothing to be embarrassed or worried about if you're not quite sure. Check out page 38 for more help.



## 4 Timetable

Timetables are there to help you be in the right place at the right time. Study it carefully and take note of any changes that may take place. Check out the section 'Bags packed' on page 24 for more help.



## 3 Friends

For many, the biggest concern about moving to secondary school is leaving behind old friends and having to make new ones. The good news is that everyone is in the same boat and so it won't be as hard as you think. Check out the 'Making friends' section on page 46 for more help.



## 2 Think before you act

Think carefully about the things that you do at school. Don't rush into doing something without first figuring out if it's the best thing to do.

You'll do well if you **think** about what you're going to do before you do it. It **never** works out well when you just rush into things to try and look good.' (Proverbs 13:16, from the Bible)



## 1 Be you

Don't be afraid to be yourself. We are all unique for a reason – there's something you have to offer this world that no one else has. Don't waste time comparing yourself to others or wishing you were more like someone else. Work to improve yourself, but do it because you want to be the best version of you, not a copy of someone else.



# HANNAH'S STORY

YEAR 9, BURY

What are the things that you most enjoy about secondary school?

The things I most enjoy about secondary school are:  
Not having all your lessons in one room.  
Making new friends.  
Being treated more like an adult.  
Having more freedom.

What were your biggest concerns about moving school? Are they still a concern now?

My biggest concern was probably not knowing whether I was going to make new friends or not.

You have to remember that everyone else is in the same boat and it's definitely not a concern now because as long as you're yourself you will definitely find some new friends and I know that I have a lot of friends now.

What advice would you give to a Year 6 student who is about to go into secondary school?

Always remember to bring your apron to food tech and tech.

Pack your bag the night before.

Always do your homework the night you get it, then it's out of the way and you have time to ask the teacher for help.



What is your favourite Subject at School and why?

My favourite subject is music!  
I really love music and I think if you have a subject that you really enjoy then definitely take it for your GCSE because if you enjoy something you're more likely to do well in it! I love music because it is my passion and I want to be a songwriter when I'm older so getting a good GCSE in music is what I'm aiming at!

Hannah, you're a Christian, so what difference has Jesus made to your moving School experience?

Jesus has helped me a lot. At first I was really scared at moving. I thought that I would never be able to make new friends, but when I prayed to God he really helped me and he helped me to make new friends! Sometimes it can be hard to remember to pray to Jesus but it's up to us to find a time every day when we just talk to God and tell him about our worries; he will always help you!

