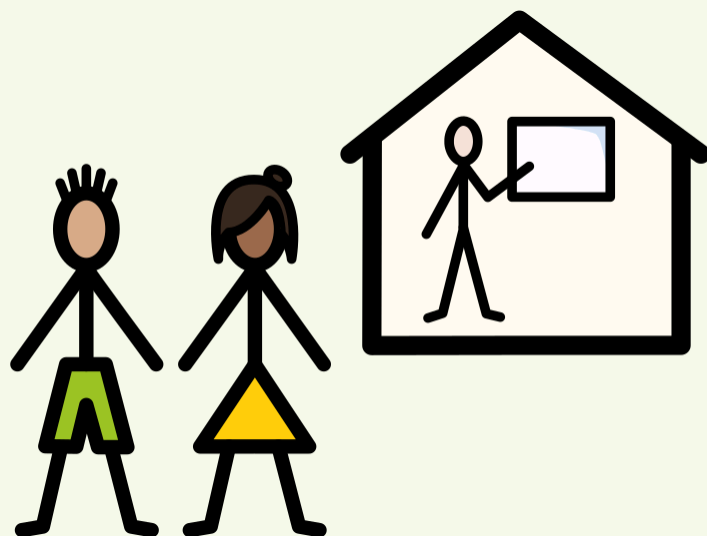
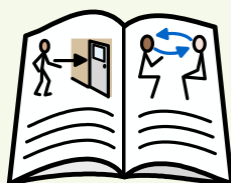




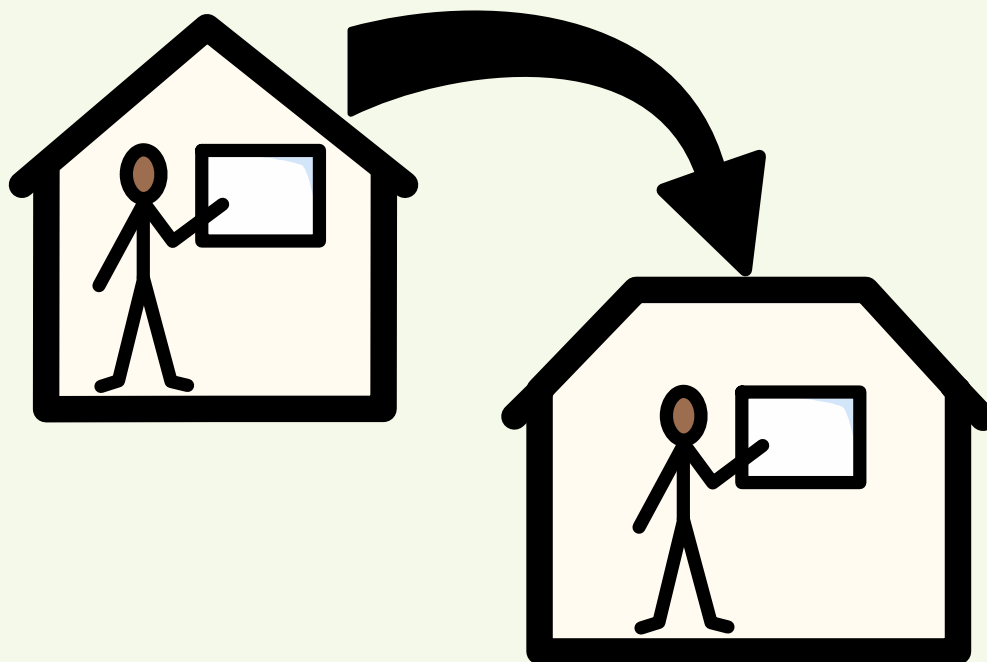
Moving to Secondary School



A Story to Help



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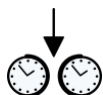
It is time



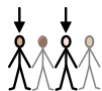
to start



secondary school



soon.



Some children



may



feel excited

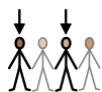
about



starting



secondary school.



Some children



may



feel worried.



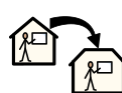
It is okay

to feel

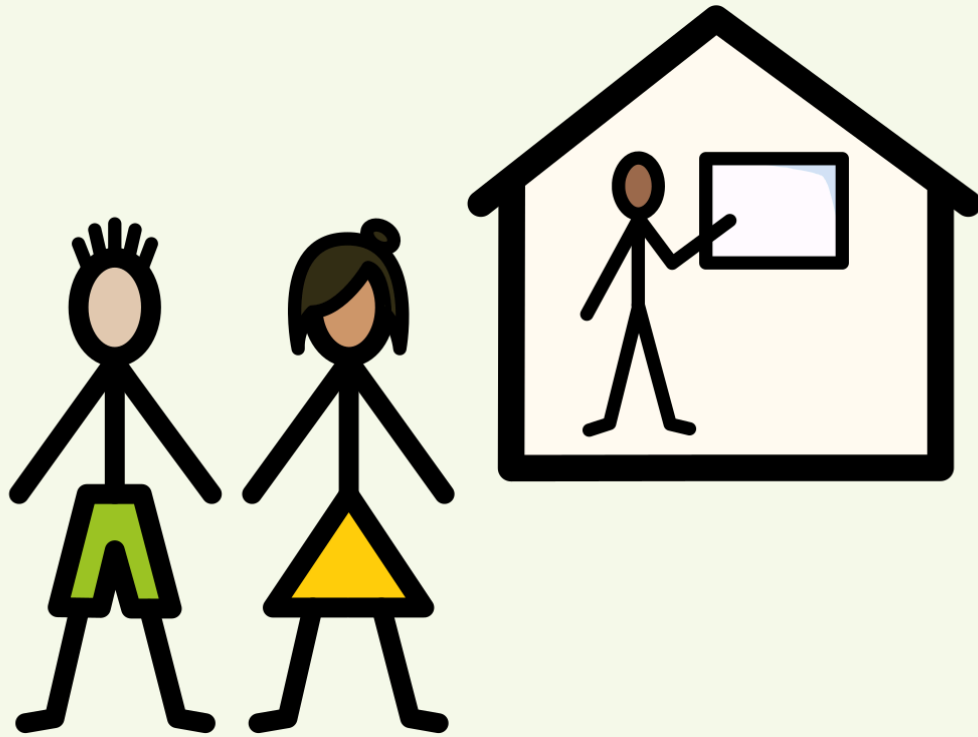


lots of different feelings

about



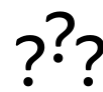
this change.



It is a good idea to take my time to learn about my new school.



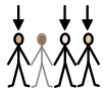
This could help me feel better about the changes.



My teacher, parents / carers or trusted adults can answer my questions.



I may visit my new school and become familiar with it.



Most children at secondary school wear a school uniform.



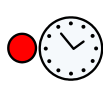
I may need to wear a blazer or a tie to look smart.

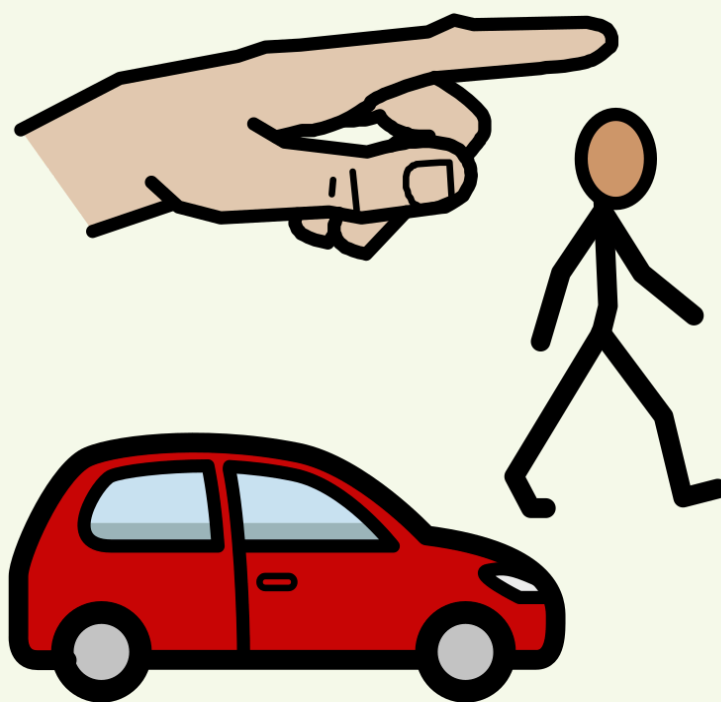


Wearing new uniform can sometimes feel uncomfortable at first.



Practising wearing my uniform before I start school may help it feel more comfortable.





There are lots of ways to travel to secondary school.



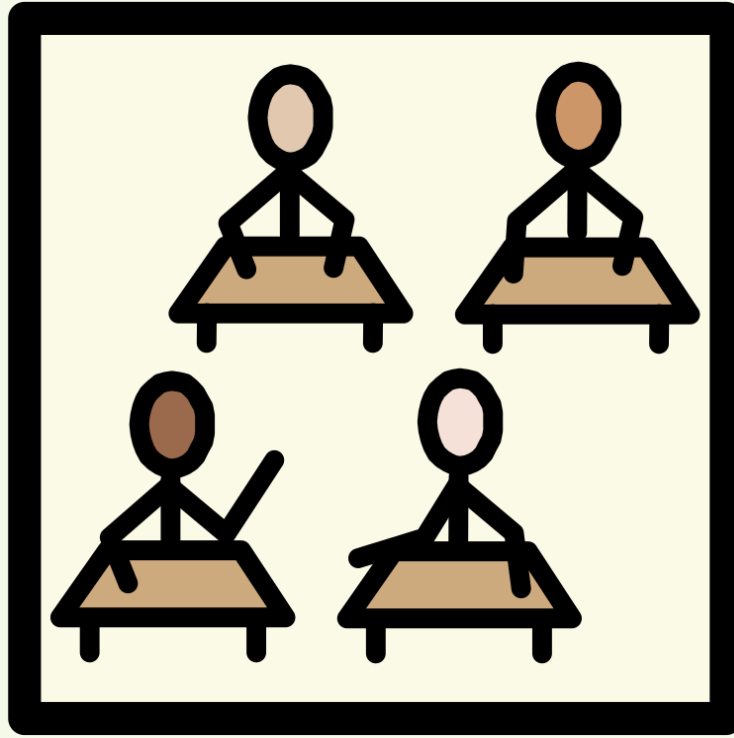
I might walk with friends, cycle, go on a bus or in a car.



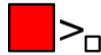
My journey to school might be longer or shorter.



Planning and practising the route can help me feel safer and prepared.



Secondary schools



are larger than



primary schools.



I may need



to move



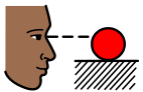
between classrooms



for each



lesson.



I can look at



my timetable

and



follow



the route



slowly

until



it becomes easier.



Practising



new routes



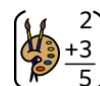
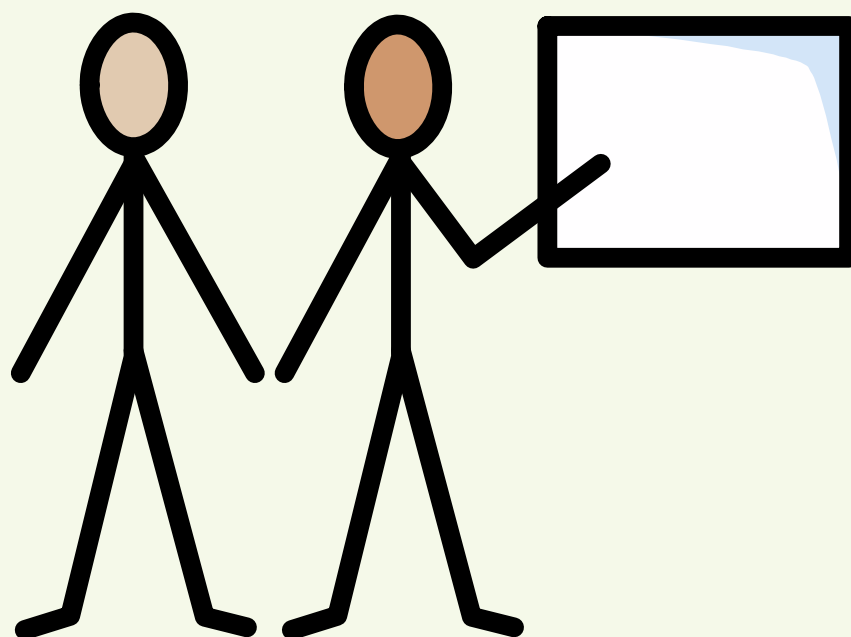
should help me



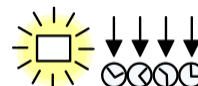
find my way



more easily.



In secondary school there are different teachers for different subjects.



Teachers understand that Year 7 pupils are still learning new routines.



If I forget something or feel unsure, I can ask a teacher for help.



Asking for help is responsible and shows I am learning.

M	T	W	T	F
				
				



At secondary school



there are timetables

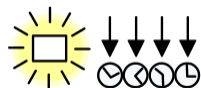


so I know



which lessons

I have.



New routines



can sometimes



be challenging



at first.



I can keep



my timetable



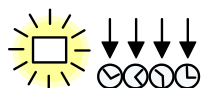
somewhere safe



so I can check it



whenever I need to.



New routines



and timetables



may



take time



to learn

and



that's okay.



At secondary school



I will need to bring



books

and



equipment



in my bag.



This may include



my PE Kit,

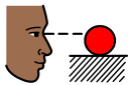


exercise books,



cookery ingredients

and homework.



Looking at



my timetable

may



help me



know



what



to bring



each day.



This could



help me feel

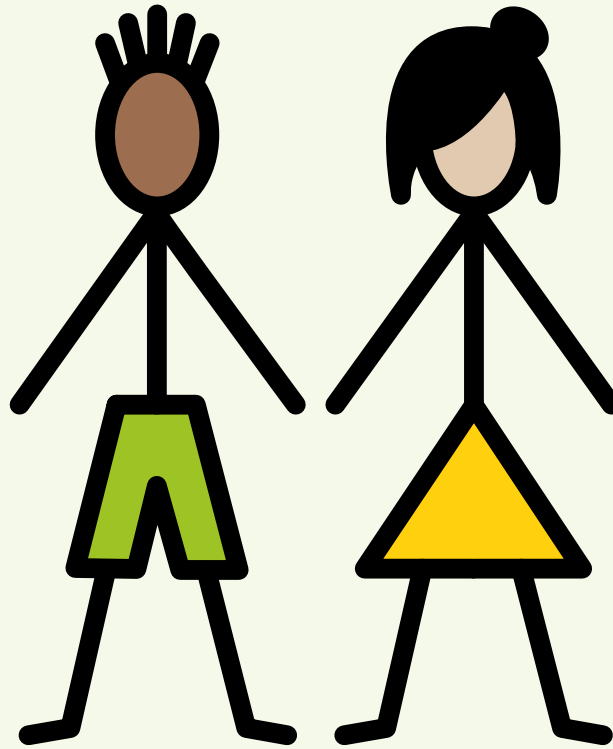


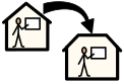
prepared

and



organised.





 =
 


 Moving to secondary school often means meeting new classmates.









 Some people may feel shy at first, others may feel excited.





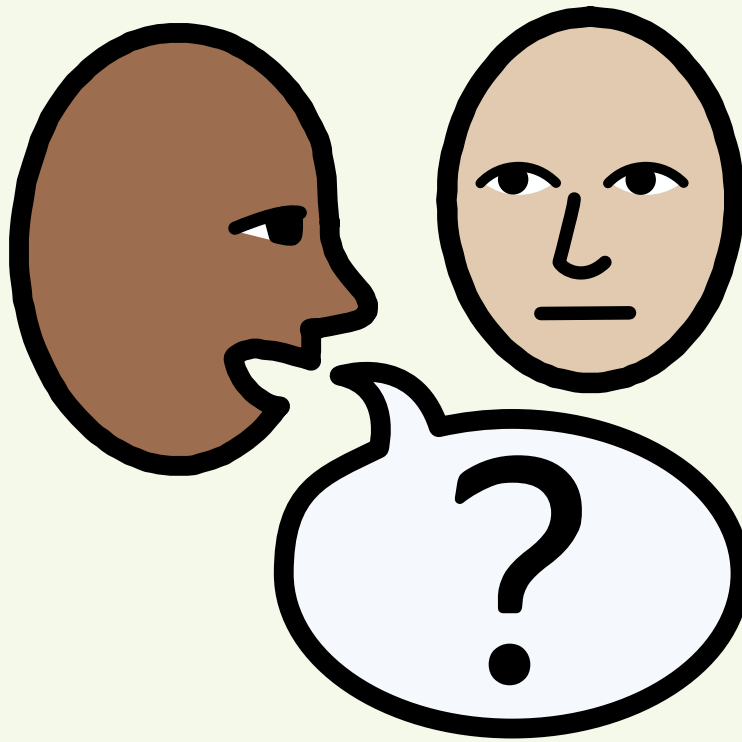



 I can choose to communicate with someone new when I feel ready.





 Even if it is just saying "hello" or smiling.

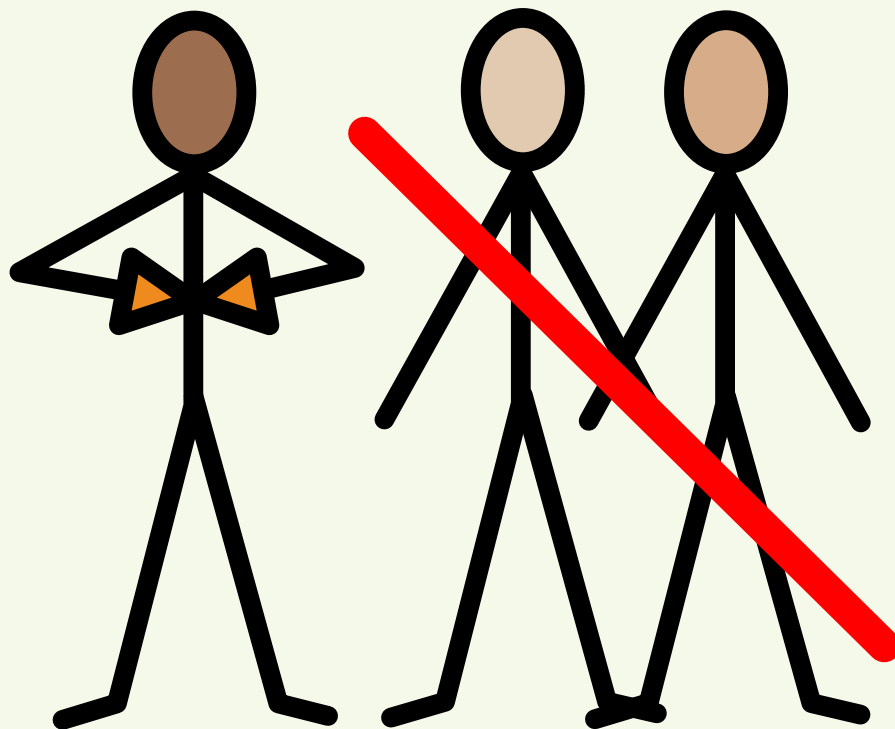



 At school
 
 there are people
 
 who care about me
 and
 
 want
 
 me to succeed.


 These include
 
 my teachers
 and
 
 school staff.


 These trusted adults
 
 can answer my questions
 and
 
 help me
 
 feel safe.


 Asking for help
 is
 
 a good thing to do.



Secondary school

is about



learning



new skills

and



becoming more independent.



Becoming independent

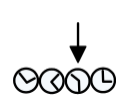


might



feel exciting

and



sometimes



a little challenging.



It is a good idea

to try new things



one step at a time



and



ask for help



when i need it.



Each step I take

shows how much I am learning



and



I can feel proud of myself.