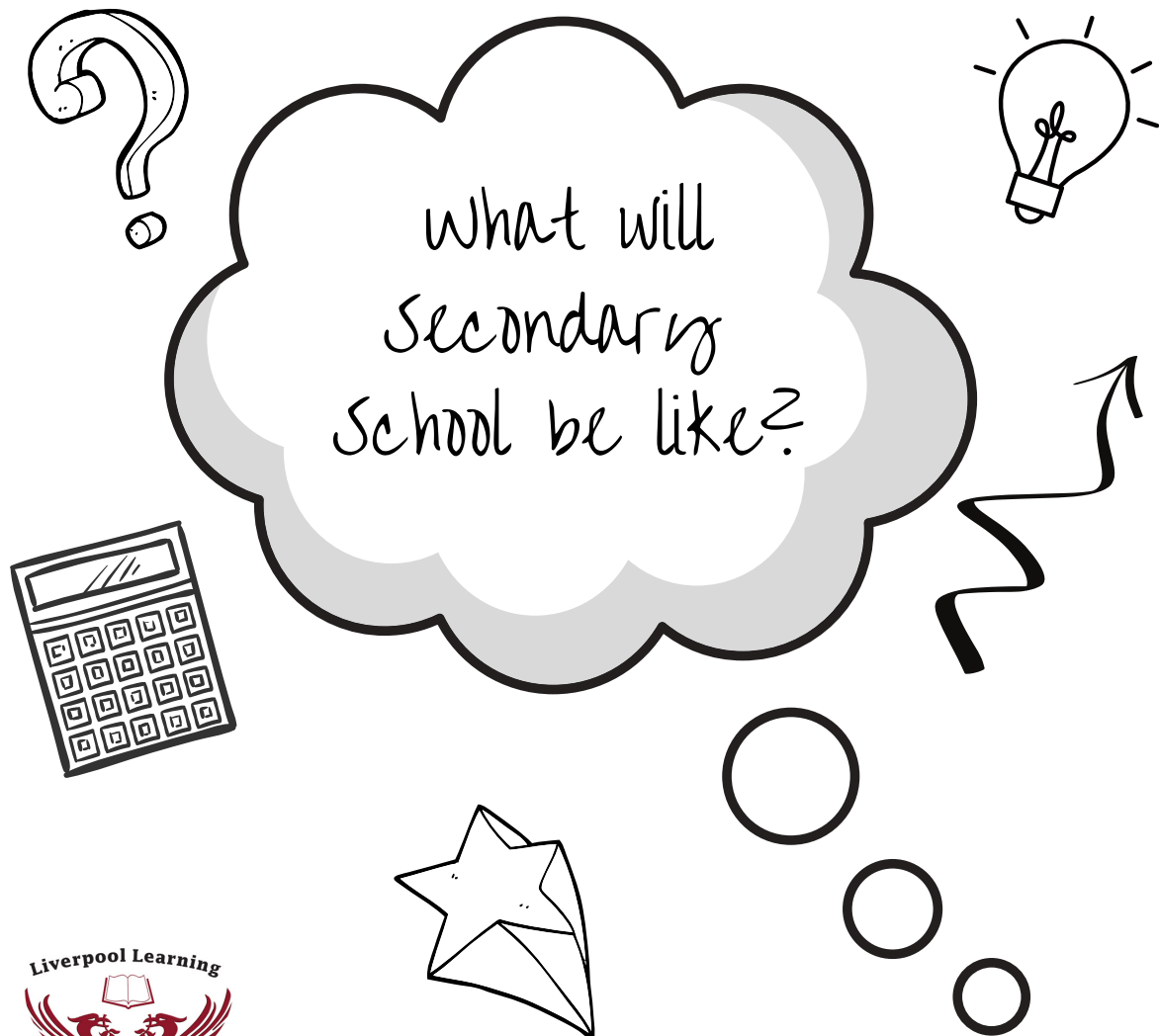


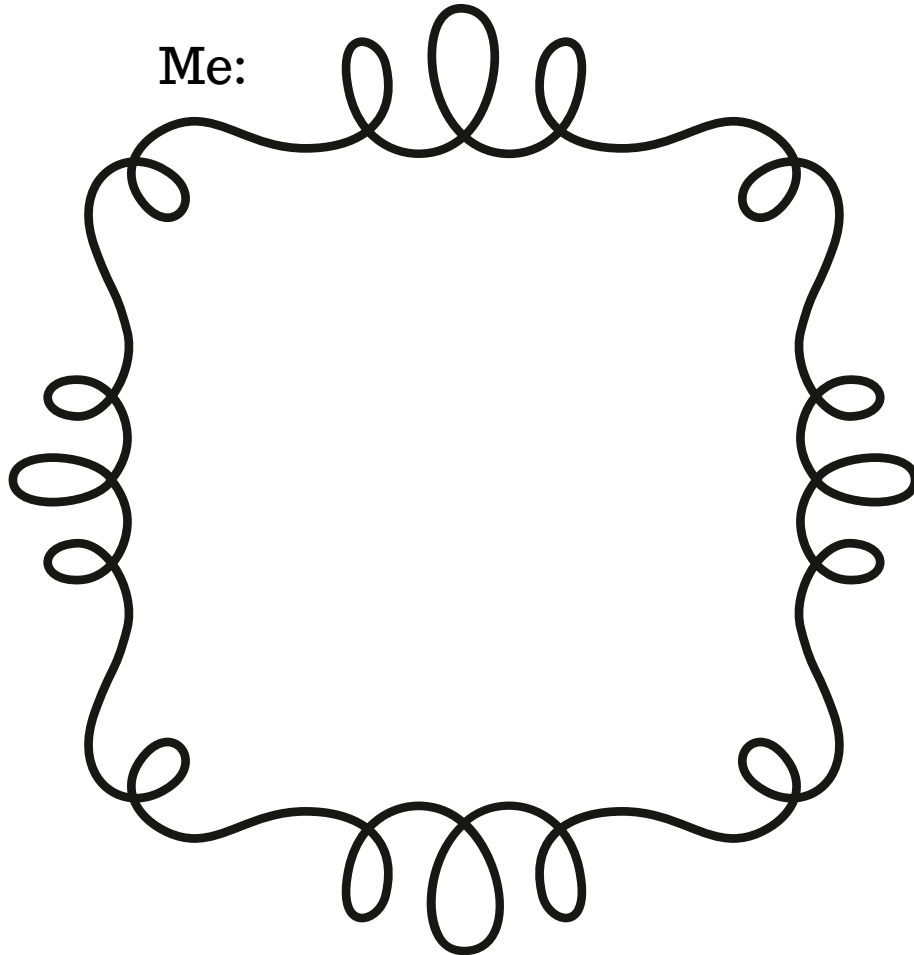
STARTING SECONDARY SCHOOL

A BOOKLET WITH HINTS, TIPS AND SPACE FOR YOUR OWN NOTES AND DOODLES



ABOUT THIS WORKBOOK

This workbook will offer helpful hints and tips to help you as you leave primary school and start your time in secondary school.



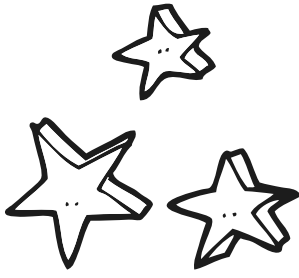
My name: _____

My primary school: _____

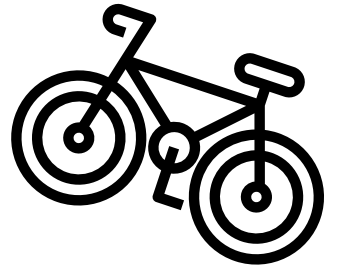
My secondary school: _____

We want you to make this booklet your own- write notes, draw pictures, doodle in the margins. Writing and drawing can be a really good way to gather your thoughts and help deal with any questions and worries that you have.

If you have any worries or if there are things relating to secondary school that you would like to know more about, you could talk to your parent/carer or a teacher.

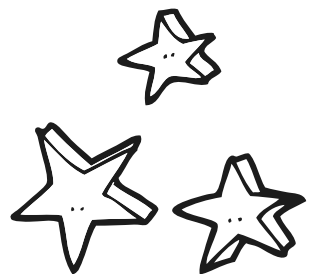
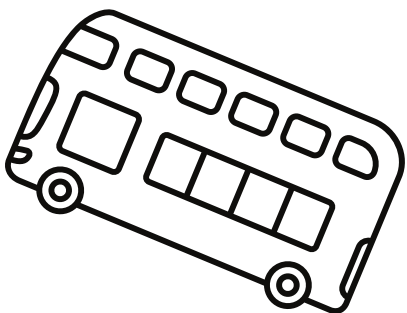


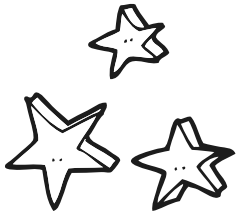
HOW TO GET THERE



Your secondary school may be further away from your home than your primary school was. It's a good idea to think ahead about how you will make your way to school.

Jot down any questions or thoughts that you have.





MAPPING YOUR JOURNEY



There are online tools that you can use to help you to work out your journey to school:

<https://www.google.co.uk/maps/>

You can use Google Maps to find directions between two locations.

<https://www.theaa.com/route-planner/route>

If a parent/carer will be driving you, the AA has a route planner that they could use.

<https://www.merseytravel.gov.uk/timetables/#bus>

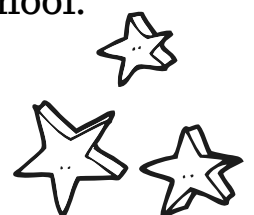
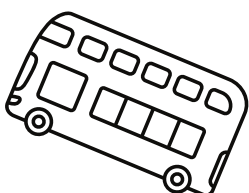
Merseytravel's site features timetables for all buses in the Liverpool area. You can also download the Merseytravel app to help you find the most appropriate routes for your journey.

<https://www.merseytravel.gov.uk/tickets-and-pricing/>

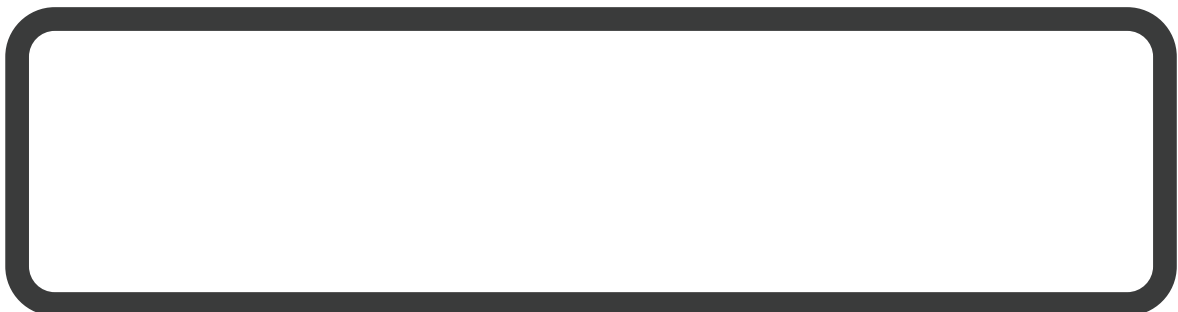

Information on travel tickets and their prices.

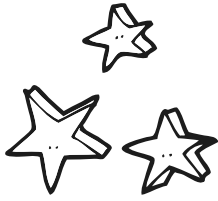
Check out your new school's website

Some schools have dedicated school buses or coaches that you can book places on. Other schools may have pages on their website that give details of the Merseytravel routes that serve the school.

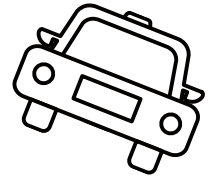


Now plan out your journey.
Use notes and doodles to help you.
Add timings in so you know how long each stage of your
journey will take.

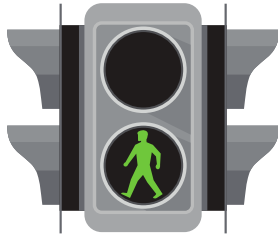




KEEPING SAFE

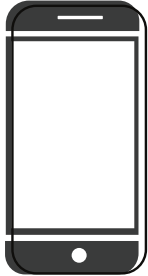
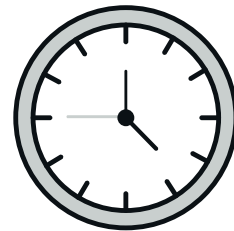


When planning ahead for your journey to and from school, it's important to think about how you will keep safe.



Which roads will you need to cross?
How will you stay safe when crossing the road?

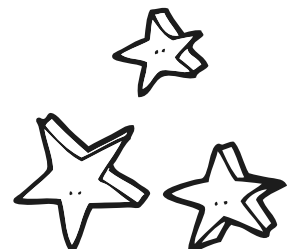
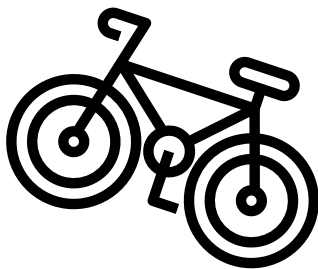
What time will you need to leave?
Do you need to catch a bus?
What time should you get there?
What do you do if you're running late?

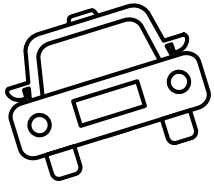


When might you need to get in touch with your
parents/carers?
How can your parents/carers get in touch with you if
they need to?

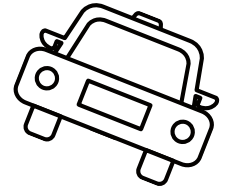
Are you allowed to go in the shop on your way to or from
school?

How will you keep your money safe?





HOW I WILL STAY SAFE



Talk to your family about how you will keep safe on the way to/from school. Write a set of rules that will help to keep you safe.

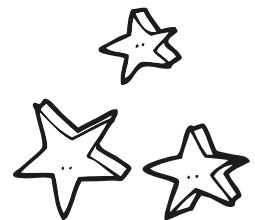
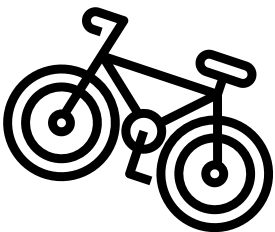
1

2

3

4

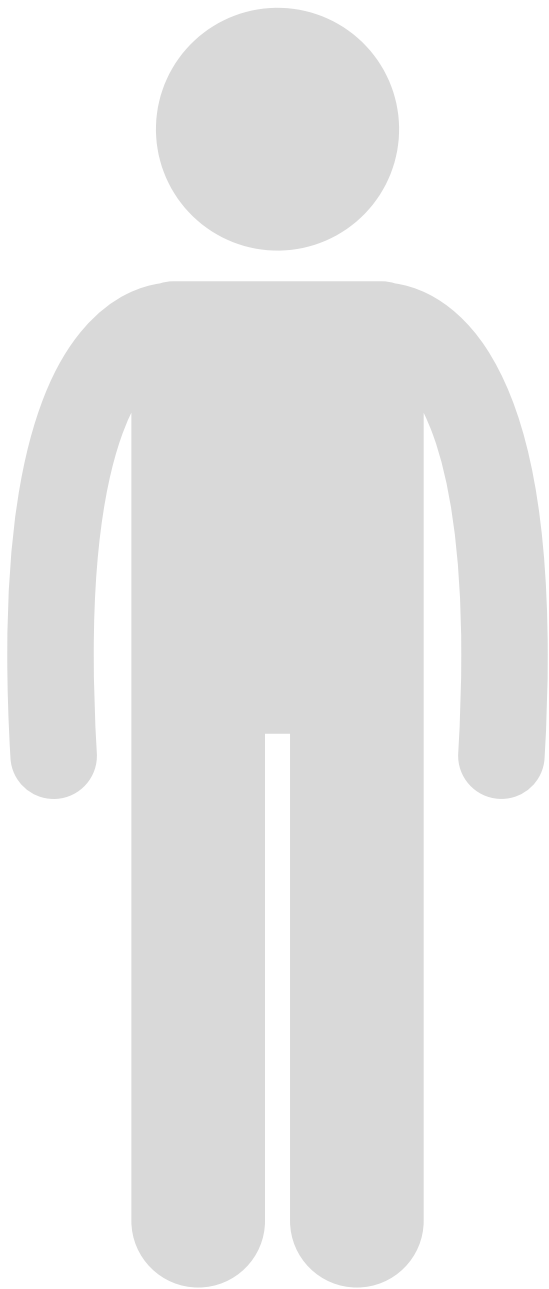
5



UNIFORM

Your school uniform in secondary school will probably be different to what you wore in primary school. Use information from your new school or the school website to find out what your new uniform will be. How is it different to your old uniform? Draw the new school uniform on the person below and make a list of what you need.

I will need:



UNIFORM



How do you feel about your
new school uniform?



What's Good About
School uniform

What I Don't
Like About
School uniform

Schools have uniforms for lots of different reasons. We may not always like wearing a uniform but it can be helpful to remind ourselves why we need to do so.

IN MY SCHOOL BAG

You're probably going to need a larger bag for secondary school than you did for primary. You may need to carry things with you around the school.

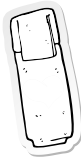
What items do you think you will need to have with you?

Which items will you be allowed to keep with you?

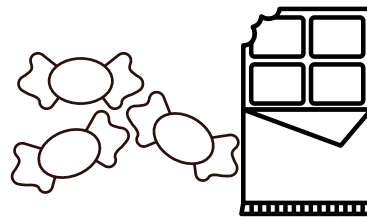
Think about what you might need and tick the items you will need and be allowed to have. Cross the items you won't be allowed or won't need. If you aren't sure, mark the item with a question mark.



pencils



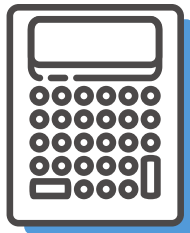
highlighters



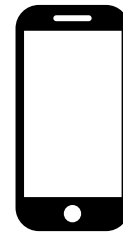
sweets or chocolate



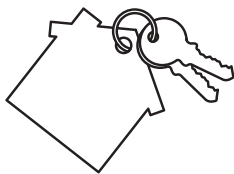
pens



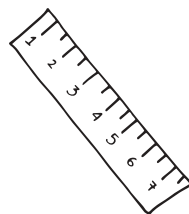
calculator



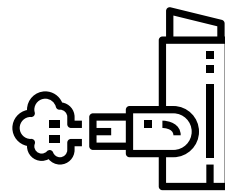
phone



house keys



ruler



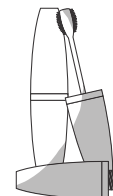
inhaler



money



hairbrush



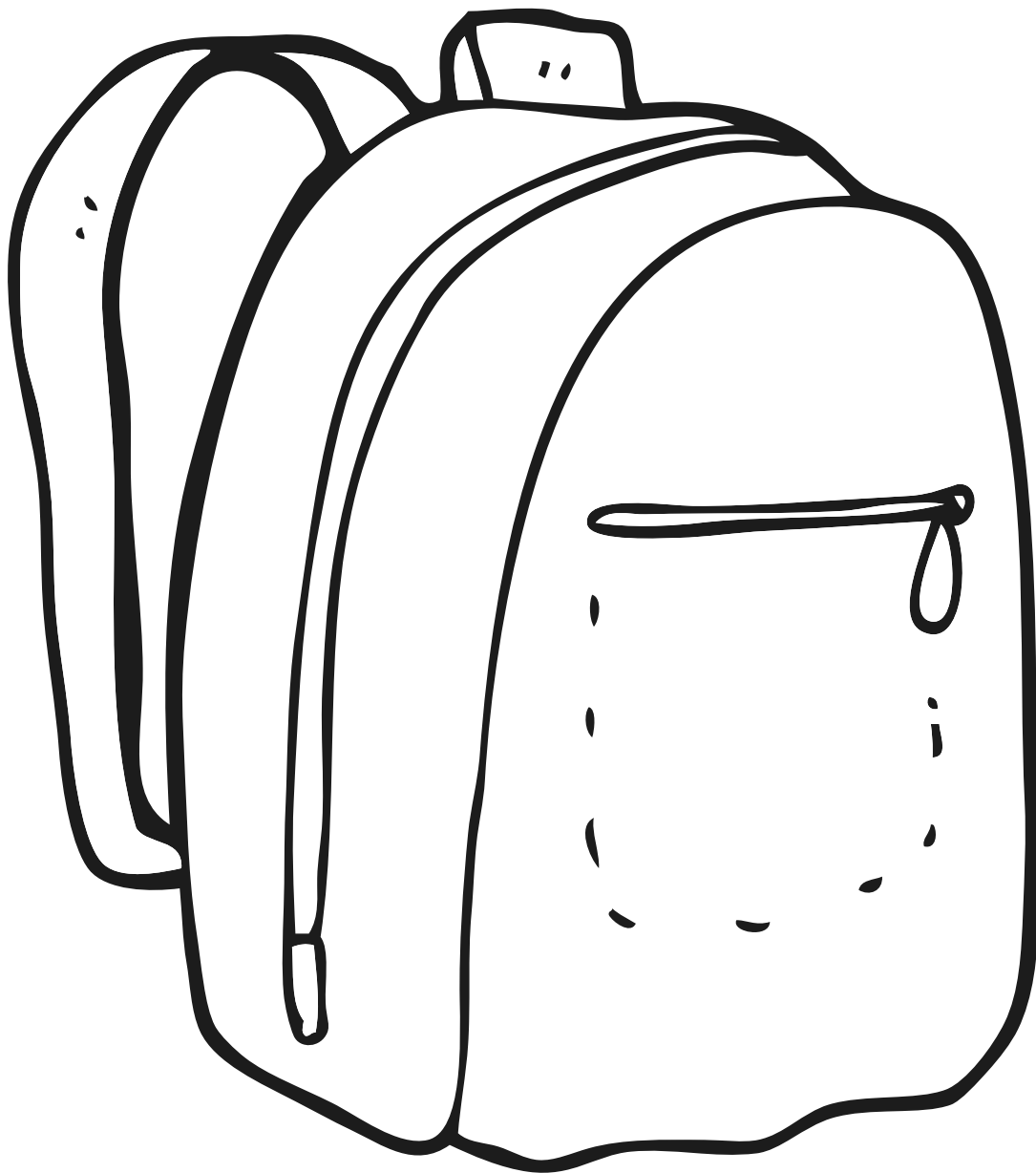
makeup

Your school booklet or website might have further information on what you are allowed to bring to school. Also, you'll be able to ask about the things you're not sure about in the first week of school.

IN MY SCHOOL BAG

You might need different types of equipment or kits for different lessons. Have a look in the school information booklets or on the school website to find out what you essential equipment you might need.

Use the space on the bag to draw or doodle what you think you're going to need to gather together before you go to secondary school.



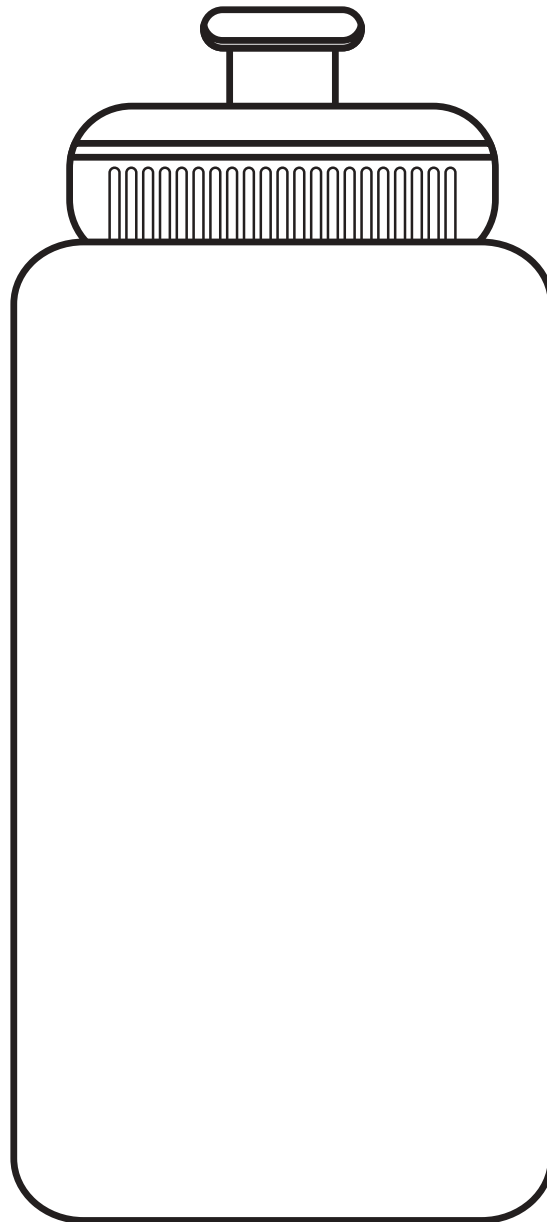


KEEP HYDRATED



Many schools don't allow pupils to have fizzy drinks or energy drinks. However, it's a good idea to keep a bottle of water with you... preferably one that is reusable and won't spill.

Look at <https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>. Why should we ensure that we stay hydrated? Draw or write your ideas in and around the water bottle.



PHONES AND THE INTERNET

If you have a phone, you will need to check the school policy to see if you are allowed to have it with you.

It's good to know how to stay safe with your phone and the internet. Here's some useful websites with information on staying safe:

Childline: Mobile Phone Safety

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/mobile-phone-safety/>

Safety Net Kids: Mobile Phone Safety

<http://www.safetynetkids.org.uk/personal-safety/mobile-phone-safety/>



BBC Newsround: Staying Safe Online

<https://www.bbc.co.uk/newsround/44074704>

BBC Bitesize: Online Safety

<https://www.bbc.co.uk/bitesize/guides/z9p9kqt/revision/>

1

CBBC: 8 Top Tips For Staying Safe Online

<https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-staying-safe-online>



DAILY ROUTINE

The best way to ensure that you're ready for school and arriving on time is to develop a daily routine.

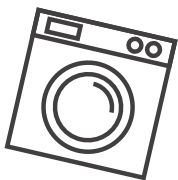
Think about what you will need to do each evening and morning to ensure that you are ready for school, How long will these activities take?



MORNING



EVENING



TIMETABLE

In Secondary School you will need to go to a lot of different classrooms for your lessons. You need to get used to reading a timetable.

Look at the example of a school timetable below and have a go at answering the questions. Your timetable may not be laid out like this but it will give you some practice of reading a timetable. Some schools run a two-week timetable so you may need to make sure you're looking at the right week!

| 7CM | Form Time 8.45-9.05 | 1 9.05-9.55 | 2 9.55-10.45 | Break Time 10.45-11.05 | 3 11.05-11.55 | 4 11.55-12.45 | Lunch Time 12.45-1.20 | 5 1.20-2.10 | 6 2.10-3.00 |
|-------|------------------------|---------------------|---------------------|---------------------------|-------------------------|---------------------|--------------------------|----------------------------------|----------------------|
| Mon | A23-FT | Science C22- PFS | English A21- VME | | Maths B02-ERM | PSHE A22- JPP | | Geography A09- GW | Computing C08- BB |
| Tues | A23-FT | English A21- VME | Art A48- MSA | | Science C22- PFS | French L03- NOL | | Design and Technology DT1- FR | |
| Wed | A23-FT | PE Gym- AK | RE A30- PMR | | Drama Drama Hall- RN | Maths B02- ERM | | Computing C08- BB | Science C22- PFS |
| Thurs | A23-FT | History A14- HC | Maths B02- ERM | | English A21- VME | | | History A16 – TN | French L03- NOL |
| Fri | A23-FT | Maths B02- ERM | | | PSHE A22- JPP | English A21- VME | | PE Gym- AK | |

Teachers

FT: Mr Thompson
 PFS: Ms Fitzgerald
 VME: Mrs McCoy
 ERM: Mr Robinson
 JPP: Mrs Pandya
 GW: Mr Wilkinson
 BB: Ms Brown
 MSA: Mrs Simpson
 NOL: Mr O'Brien
 FR: Mrs Riley
 AK: Miss Kilpatrick
 PMR: Miss Maroon
 RN: Mr Newton
 HC: Miss Cole
 TN: Mrs Nicolls

- 1) Who teaches 7CM for History?
- 2) What subject does Ms Brown teach?
- 3) How many lessons of Science will the class have per week?
- 4) What room does 7CM have English in?
- 5) What lesson does 7CM have at the end of the day on Tuesday?
- 6) Would a pupil in 7CM need their PE kit on a Tuesday?
- 7) Who teaches RE to 7CM?
- 8) What lesson comes after lunch on a Wednesday?
- 9) What is the first lesson after form time on Thursday?
- 10) Which classroom does Ms Fitzgerald teach in?



SCAVENGER HUNT

Your new school's website will feature lots of information that may be useful.

Can you find out...

the headteacher's name?

the school address?

the school phone number?

the name of your Head of Year?

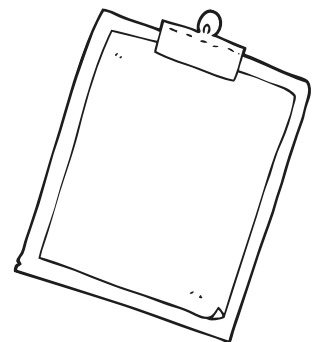
what time school starts?

what time lunch is?

what time school ends?

what social media accounts the school has?

What other interesting information can you find on the school website?





POSITIVE THOUGHTS



Take time to think about yourself. Highlight or circle the words that best describe you and then write/draw in the bubbles below.

determined helpful fun kind
calm friendly respectful creative
honest cheerful brave energetic

Something I am good at

A skill I would like to develop at secondary school

Something I am grateful for

Someone I can talk to if I struggle or need advice