



transition



about this booklet

This booklet is aimed at year 6 pupils getting ready to move on to secondary school.

Activities can be done in school, with family, with friends or on your own. It can also be used for children getting ready to start a new school or setting.

Transitions and changes can happen many times in our lives. Sometimes they are really happy times and sometimes it is harder to adjust and get used to. And that's ok!

This booklet is full of ideas, tips and activities that can help manage transitions, especially the change from primary to secondary school.

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ised

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getting started

My name

My school

My coach

Start date

Review date

Advice from HeadStart Newham pupils

Never be afraid to ask for help or talk to someone you trust.

Focus on yourself and friendships will happen naturally.

Secondary school is not as hard as they make it sound.

Do everything to the best of your abilities.

Remain calm and make sure not to mess around. If anyone is misbehaving, don't follow.

Try your best to do your homework as early as possible to allow you time to ask for help if needed.

Focus on yourself and friendships will happen naturally.

Make sure to have fun!

Aspire, succeed and be excellent!

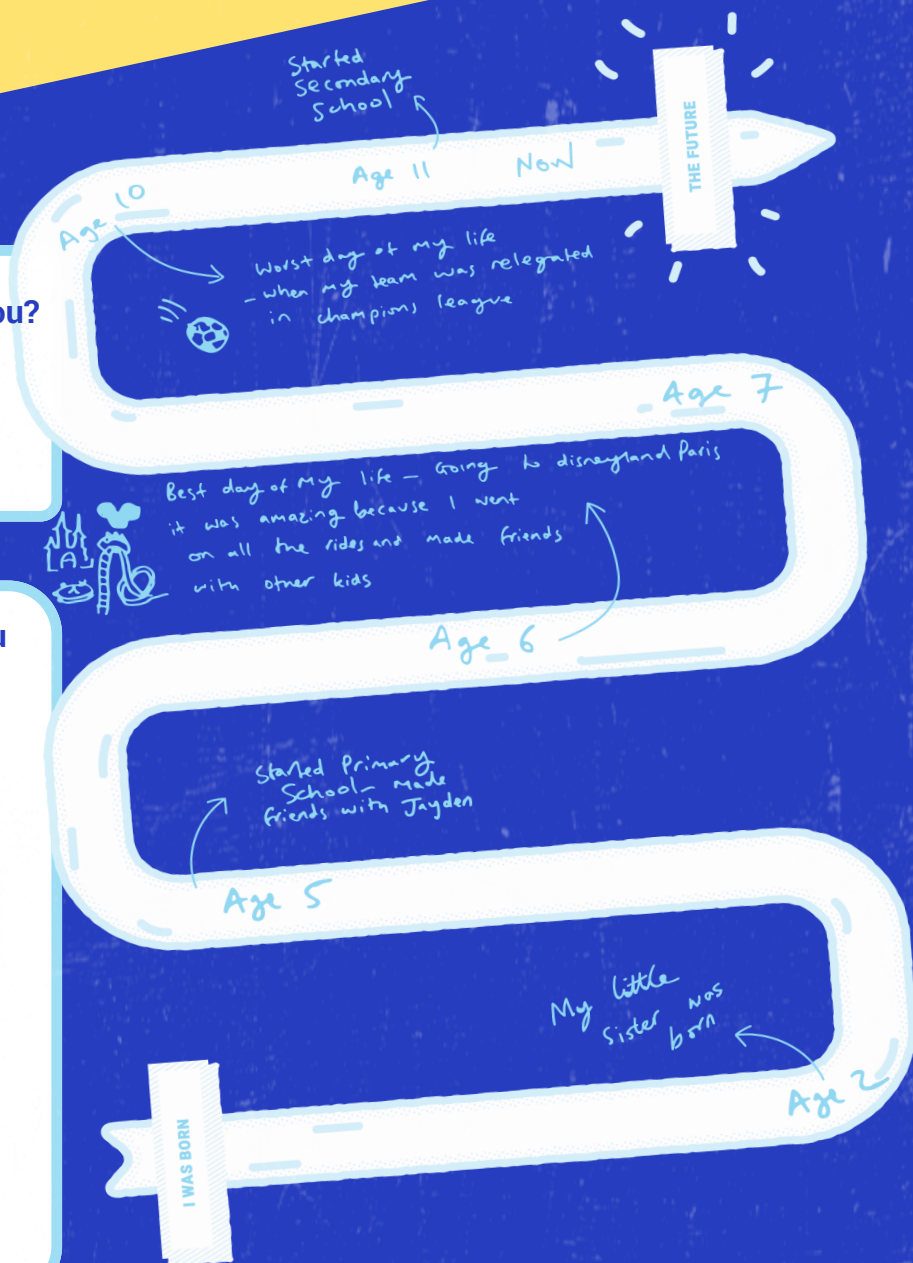
Always be honest with yourself and others close to you.

Transitions

Think about times in your life when you have gone through changes. You may have felt different emotions. Some changes can make us feel happy or joyful while others might bring worry or sadness.

What does the word 'transition' mean to you?

What other words come to mind when you think about transitions?



getting started

Can you list 3 transitions you have experienced?

1.

2.

3.

Remembering primary school

Transitions can sometimes mean saying goodbye to people or places in your life. Use the space below to make a collage of your primary school memories. Think about friends, teachers, subjects, school trips, competitions or events that you enjoyed. You can write, draw pictures, or glue photos to create your collage.



getting started



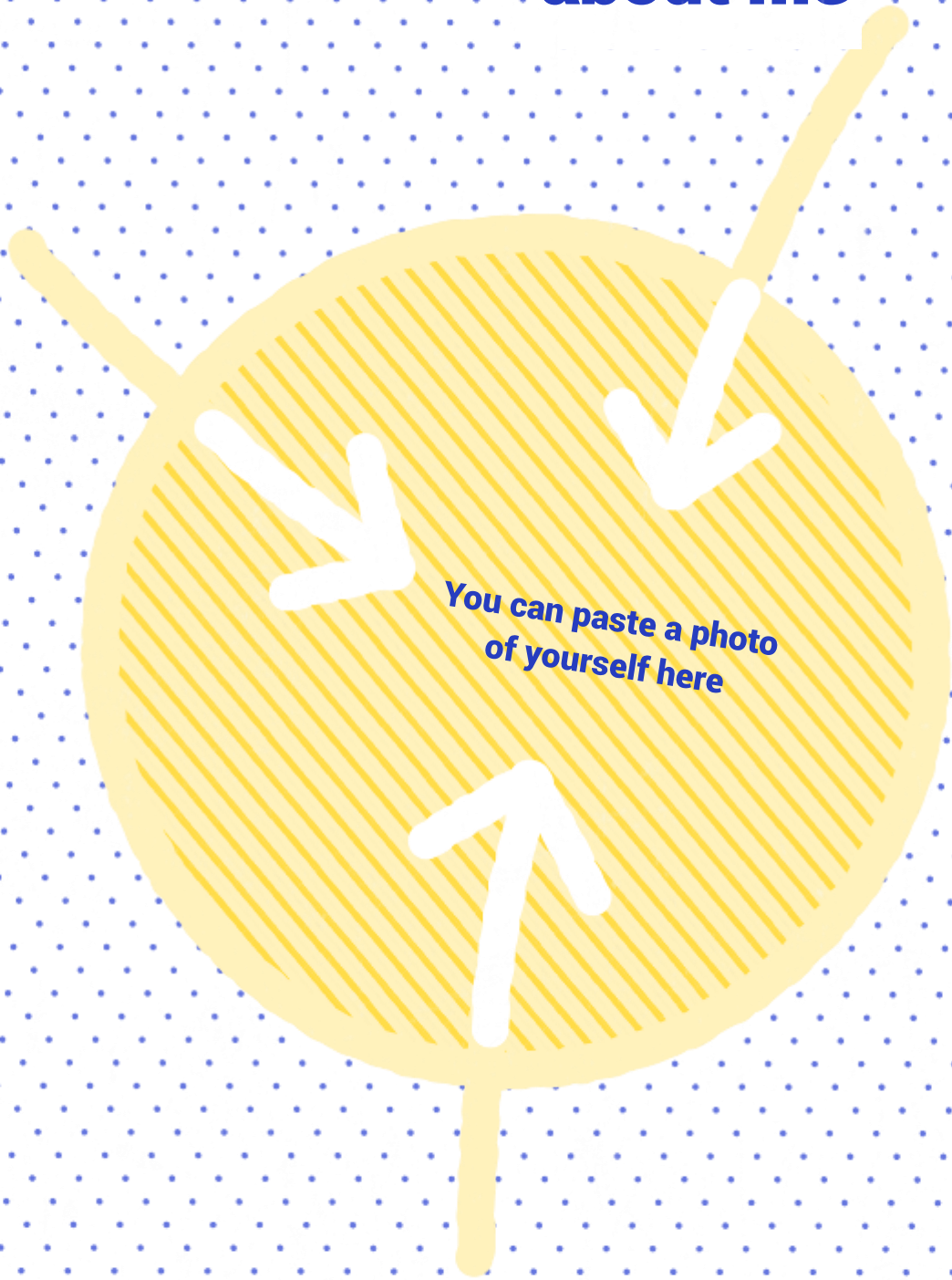
My favourite food is

I really enjoy spending time with

On the weekend, you can find me

My favourite film or television show is

about me



You're on a journey to get to know your new school and there are people in your new school who will want to get to know you, too.

Think about the things in your life that are important to you and that you would like people at your new school to know about you.



What do you want your new school to know about you? Use the space below to write down a couple things about yourself.



Do you have any questions or things you want to know more about? Write them down here.

about me

Word Up!

Choose one word to describe yourself. Don't worry, there's no right or wrong answer. It can be an adjective, verb or noun. It only needs to reflect how you see yourself in this very moment. Write your word in the space below.



The Resilience Framework is a useful tool to help you think about your life and things that can help you build resilience. Take a look at the table below. In the boxes, write three things that you are good at and one thing you would like to become better at.


BASICS	BELONGING	LEARNING	COPING	MY SELF
Where I live is warm, dry and safe	There are places in and out of school where I feel I belong	I feel I am coping well with school	I understand the school rules and boundaries outside school and I can keep to them	I have hope for my own future
We have enough money for heating, food, and clothing	I am understanding more about the world I live in	I know how to get extra help and support if I need it	I can be brave when I need to be	I try to understand other people's feelings
I feel safe most of the time	There are good influences and role models in my life	I have ideas about what I'd like to do in the future	I get practice in solving problems	I know what I am good at and where I need help to get better at something
I can get places I need to go safely	I have good, stable relationships in my life People look out for me and I can count on them	I am organised	I look on the bright side when things are tough	I take responsibility for myself and my actions. I don't blame others
I have access to healthy food and drink	My friends make me feel good about myself and my future	I know when I have done something that I should be proud of	I have a hobby, activity, passion, sport that I enjoy doing	I want to get even better at the things I'm good at
I am physically active and get outside	I focus on the good times and places in my life	I am learning skills that are useful in real life	If I'm feeling angry, frustrated or sad, I know what to do to calm myself down or feel better There are people in my life I can turn to for support There are people in my life I can have a laugh with	I take advice from others and try different solutions to solve the problems I have
I sleep at least 8 hours a night and avoid screens before bedtime	I am comfortable talking about where I come from/my home			
I do things I enjoy and chill out	I like trying new things or meeting new people and have the chance to do this			
I do not feel picked on or bullied for who I am, how I live my life or where I am from	I make new friends and mix with other young people			
ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

about me


The form consists of a large dotted-line rectangular box on the left side of the page, intended for a main paragraph of text. To the right of this box is a vertical column of four smaller, solid-line rectangular boxes, stacked one above the other, intended for a list of points or details.

Positive relationships & friendships

Knowing what you value in a friend can help you build positive relationships. Fill in the bubbles below to help you define what a good friend means to you.



What qualities make someone a good friend?



What do I do that makes me a good friend?

about me

What do you look for in a friend?

Where can I make new friends?

What are some healthy ways to make
new friends?

It's all normal

When starting a new school it is normal to experience a range of different feelings and a mixture of emotions. Can you name feelings or emotions you've had before and draw an emoji to match?

AMAZED

FOOLISH

OVERWHELMED

ANGRY

FRUSTRATED

PEACEFUL

ANNOYED

FURIOUS

PROUD

ANXIOUS

GRIEVING

RELIEVED

ASHAMED

HAPPY

RESENTFUL

BITTER

HOPEFUL

SAD

BORED

HURT

SATISFIED

COMFORTABLE

INADEQUATE

SCARED

CONFUSED

INSECURE

SELF-CONSCIOUS

CONTENT

INSPIRED

SHOCKED

DEPRESSED

IRRITATED

SILLY

DETERMINED

JEALOUS

STUPID

DISDAIN

JOY

SUSPICIOUS

DISGUSTED

LONELY

TENSE

EAGER

LOST

TERRIFIED

EMBARRASSED

LOVING

TRAPPED

ENERGETIC

MISERABLE

UNCOMFORTABLE

ENVOIOUS

MOTIVATED

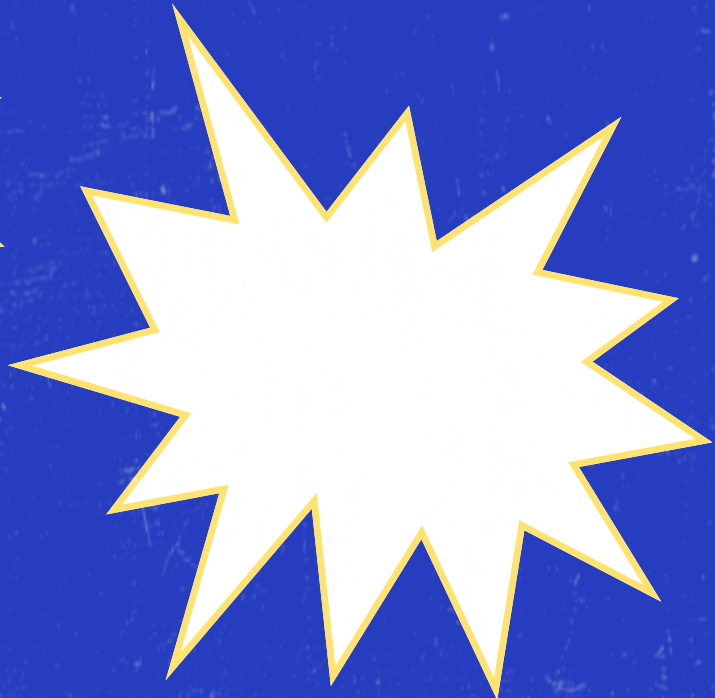
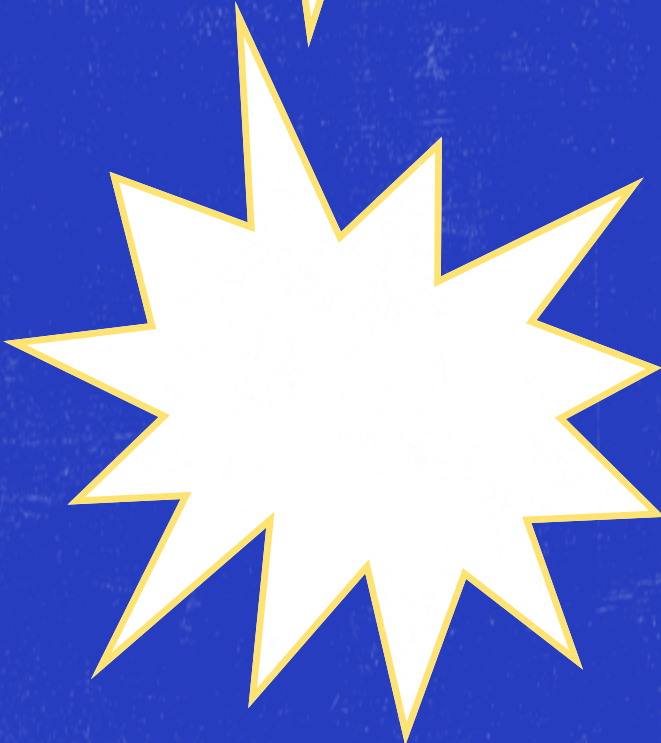
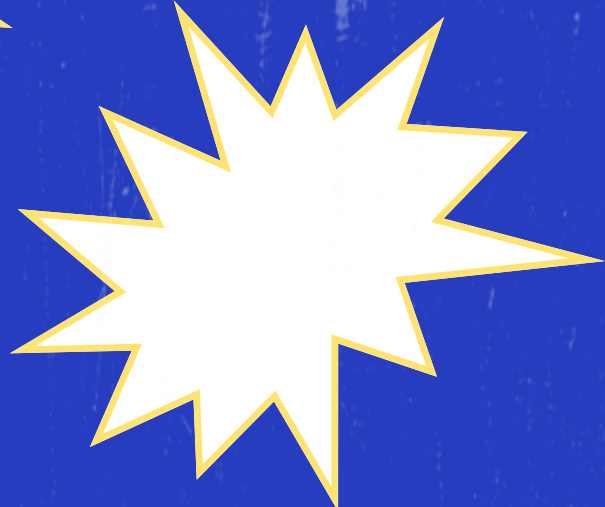
WORRIED

EXCITED

NERVOUS

WORTHLESS

feelings



How are you feeling about the future?

You spend a lot of time at home, school, doing activities and with your friends. The way you feel about some of those things might change when you begin secondary school.

Thinking ahead to September, how do you feel about these things? You can use an emoji or just write how you feel.



Home



Friends

feelings



WORRIED



CALM



HAPPY



SAD



School



Activities

Worry Bucket



feelings

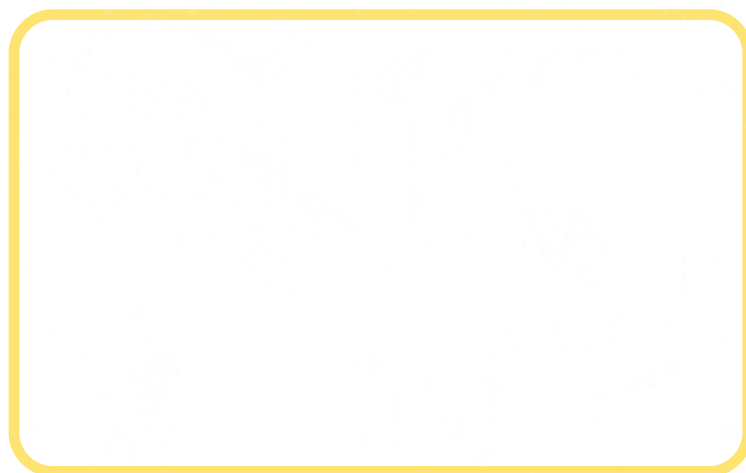
When starting a new school what might people worry about? What worries or feelings would you put in the Worry Bucket? You can make holes in the bucket to let some of those worries out that you don't want to hold onto. Talk to someone about your worries and list some possible solutions that could calm your worries.



**Things that
worry me or
that I need
to plan for**



**Possible
solutions
or actions
I can take**



Becoming more familiar with your new school can help those first few weeks feel less overwhelming.

Do some research about your new school. Find out as much as you can about the school, the staff who work there and the key information about your school.

The name of my school is

The address is

The telephone number is

The email address is

The school website is

The Headteacher's name is

looking forward

Find a picture of your school
and paste it here

What do I definitely know about my new school?

What do I think I know about my new school?

What do I want to know about my new school?

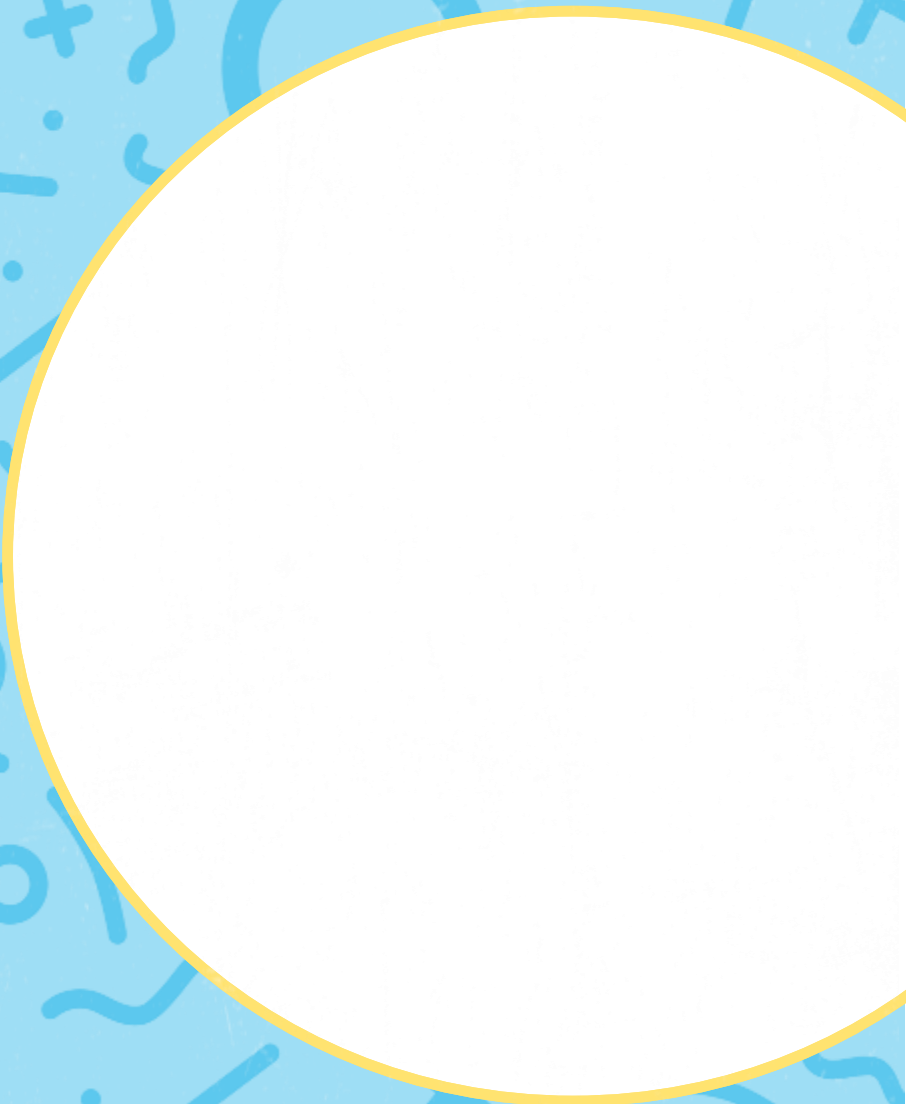
How can I find out more about my new school?

Similarities and differences

Going to secondary school might feel like a big change and there will be some differences in your daily schedule. There will also be some things that feel similar to primary school. Can you think of what the differences and similarities will be?



**Primary
school**



looking forward

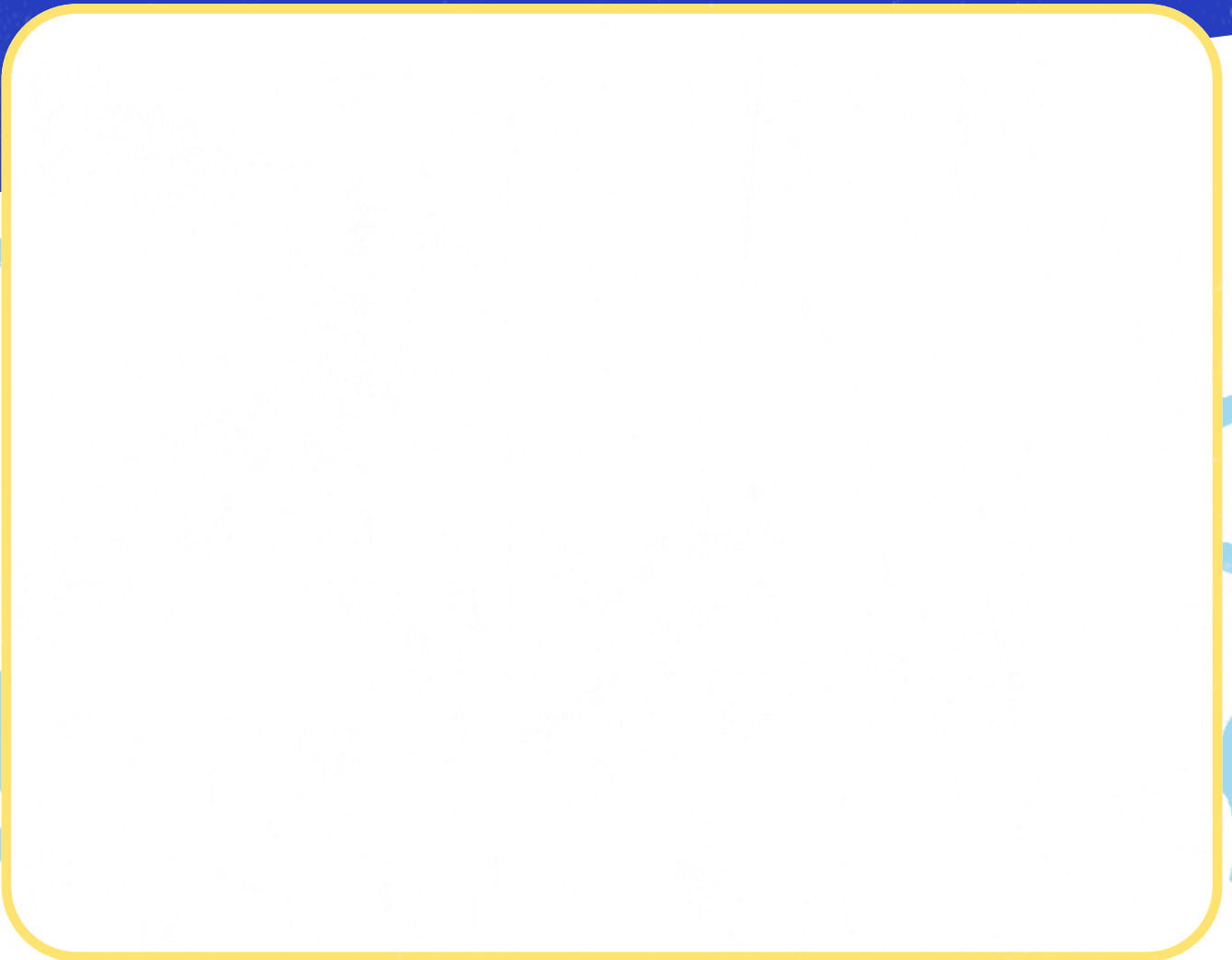
What is the same?



Secondary
school

Things you are looking forward to

There are a lot of things to look forward to in secondary school. In the space below you can draw the things you are most looking forward to doing at your new school. These might be clubs, new friends, school trips or new teachers. Make a list of the top three things you are looking forward to.

A large, empty, rounded rectangular box with a yellow border, intended for drawing or writing. The box is positioned in the lower half of the page, below the text. The background of the page is blue with white wavy lines, and the box itself is white.

looking forward




My Top 3

1.

2.

3.

We can reduce worries about a change by finding more information and planning ahead. See if you can find the answers to the questions.



Who is the
Headteacher?


Where do I go



looking forward



What time is lunch?



How many lessons are there each day?

Changing the odds

Think about some of the challenges you might face at your new school. Planning ahead for how you'll overcome those challenges can help you stay calm and keep your cool if you're feeling a lot of emotions. Write the challenge on the box and the solution you will put in the box to solve your problem.

The questions below can help you think about the challenges you're facing and how you could solve them.

Is there someone I could ask for help?

Y

N

Are there things I am doing that are making this challenge harder to solve?

Y

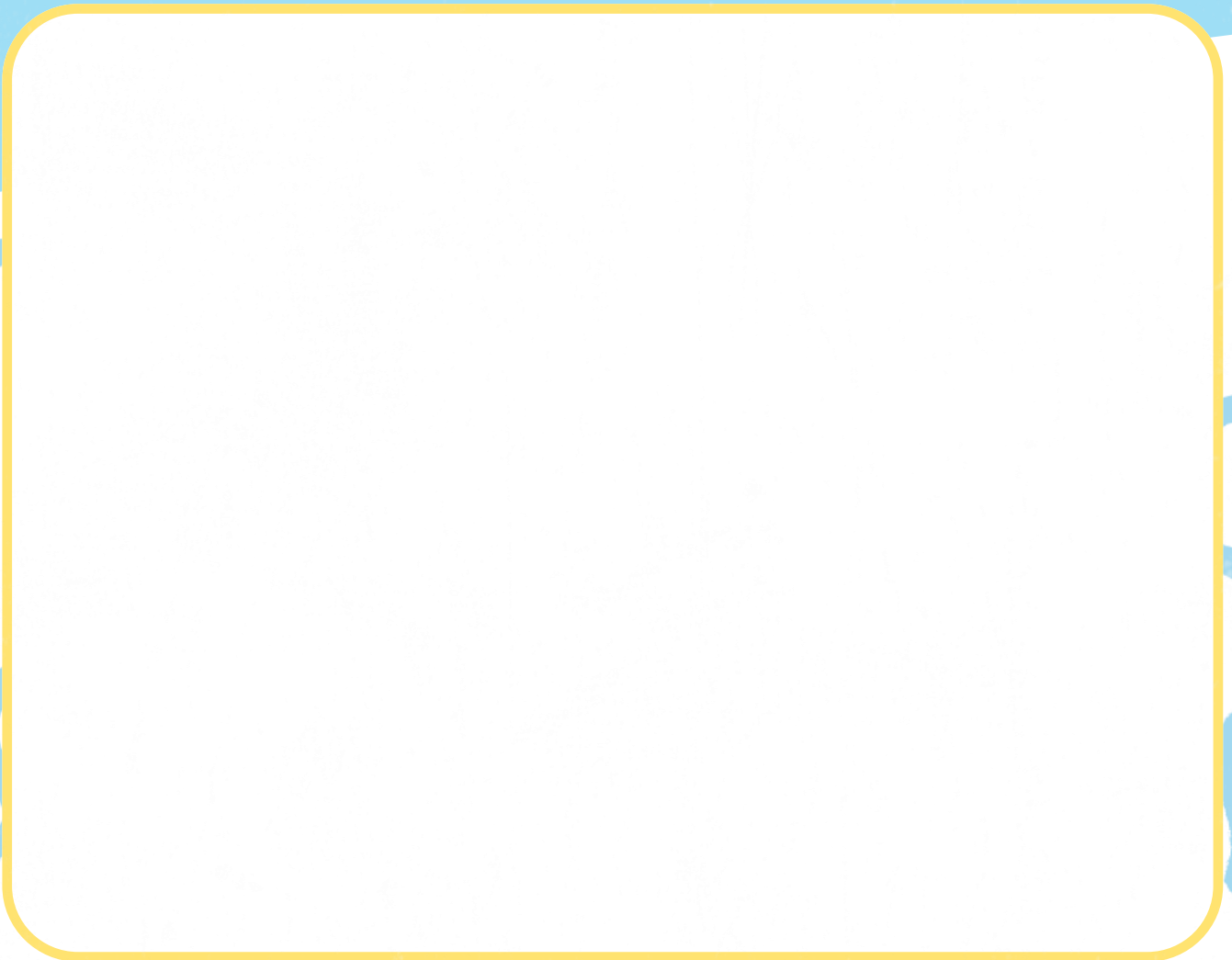
N

looking forward



Find a map of your school

Can you find a map of your school? Perhaps you were given one on your first day or maybe you could find one on the school website. Paste a copy of the school map below and try to answer the questions about where things are in your new school.



getting organised

1. Where is the main entrance?
2. Where is the office?
3. Which playground do you use in Year 7?
4. Where is the dining hall?

Timetables

In primary school you spend most of your time in your classroom with the same teacher. It is different at secondary school because you will move from classroom to classroom throughout the day. When you start secondary school you will be given a timetable with your classes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am	Tutor Time / Assembly				
9:15am	Maths	Swimming	French	Geography	R.E.
9:45am	French	English	Music	Technology	Music
10:40am	Break				
11:00am	Art/Design	Science	Geography	History	English
12:00pm	Lunch				
	Chess Club		Choir Practice		
1:15pm	Science	History	Maths	Games	Science
2:20pm	P.E.	Technology	English	Maths	French
3:30pm		Football			
Homework	Science Maths	English History	Geography French	Technology Maths	English French

getting organised

How many times a week do you have a music lesson?

What time is your lunch break?

What day of the week do you play football?

What time does P.E. start?

Clubs

What are some of the activities and clubs that your new school offers that you may be interested in joining? These could be sports clubs or music clubs, debate teams or dance groups.

Club Name	Day of the week

getting organised

Time of the day

Are there trials?

Let the day begin

To start your day the right way it is important to have a good morning routine. Work backwards to work out what time you'll need to get up and at it. You can leave out any tasks that you don't need to include. To help make your morning routine run smoothly make sure you pack your bag the night before and get your uniform out ready.

Time	Task
	Get to school
	Catch the bus
	Leave the house
	Eat breakfast
	Get dressed
	Brush my teeth and have a wash
	Wake up

getting organised

Shade in the areas that relate to your journey to school

Is there someone I can walk to school with?

Is my travel card up to date?

What time does the bus come so that I'm on time for school?

Is someone giving me a lift? What time?

How long does it take me to get to school from home?

Do I need money for the bus or train?

If I am going to take a bus, what number bus is it?

Could I travel to school safely on a bike?

Write down your step-by-step plan to get to school

1.

2.

3.

4.

5.

What equipment do I need?

Take a look at the items. Draw a circle around the equipment that you think would be helpful to take to secondary school. Some items might only be needed for certain lessons while other items will be needed everyday. In the school bag, draw or write the items you'll need to bring with you everyday.



getting organised



Steps to Success

Think about what it takes to succeed in school. There are steps you can take everyday that will help you. Choose six of the steps from below that you think will help you. Write them on the steps.

Complete homework on the night it is set

Wear the correct uniform

Know where your lessons are

Make sure you use your planner

Bring your equipment

Be on time

Have a positive attitude

Pack your school bag the night before

Get up in plenty of time to get to school

You made it!

setting goals

Top Tip

There is no wrong or right answer—try to choose steps that are relevant to you.



Homework tracker

It is a good idea to plan when you will complete your homework and give yourself plenty of time to ask for help if you need it. The table below can help you keep track of assignments and deadlines so you're always prepared.

	Homework	Deadline	When will I complete this?	What do I need to do?	Who can help?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Weekend					



keeping track

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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Weekend					



keeping track

Feelings tracker

Reflecting on your day can help you find trends in your behaviour. For example, if you notice it is tough to wake up 5 minutes early on Mondays, you might change your nightly routine on Sunday. Take some time each day to think about how things are going and how you are feeling.

	What went well?	It could go even better if...	Things I should work on	Who might be able to help me?	How am I feeling?
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Weekend					

keeping track



Feelings tracker

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Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Weekend					

keeping track



Mind and Heart

During the transition process you may have felt a lot of different feelings. Write down the feeling, how you managed it, and the advice you would pass on to a friend going through a transition.

Your feeling





How did you manage it?

Advice for a friend



Secondary subject search

There are 19 subjects hidden in the word search. Can you find them?

J	X	I	Y	V	J	M	C	H	S	I	L	G	N	E	D	V	H	Y	J
M	K	F	A	H	R	Z	V	N	V	B	V	H	H	N	F	D	T	Y	C
B	B	P	U	K	P	U	J	H	A	V	G	C	X	G	U	N	F	W	N
R	V	H	C	H	L	A	S	F	O	K	F	N	Z	H	M	Q	T	S	Z
S	M	Y	S	F	S	T	R	A	A	Y	G	H	I	S	T	O	R	Y	C
R	N	S	H	O	K	I	L	G	W	M	G	A	Y	T	K	X	V	Z	M
C	H	I	E	R	A	M	N	S	O	E	A	O	T	L	U	K	H	B	K
F	D	C	C	F	L	X	Z	A	R	E	Y	R	L	E	H	P	S	X	W
R	I	S	R	F	J	Q	M	M	P	B	G	K	D	O	Y	X	M	R	J
E	N	M	Y	Z	Q	A	A	L	S	S	K	Z	H	G	N	C	G	O	K
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C	U	X	T	H	J	L	S	X	L	X	Z	Y	O	X	K	S	C	Y	B
H	E	B	S	Y	B	U	S	I	N	E	S	S	S	T	U	D	I	E	S
C	I	T	I	Z	E	N	S	H	I	P	D	T	Z	Q	Q	K	Z	K	T
N	R	A	M	O	H	B	D	N	M	M	U	F	W	V	S	N	Y	M	B
Y	M	F	E	T	L	S	O	C	I	O	L	O	G	Y	D	C	W	X	X
M	E	S	H	F	N	O	W	O	H	Z	J	C	W	O	E	G	O	U	R
F	L	H	C	I	Y	J	G	G	N	Z	T	N	F	I	B	L	F	I	A
L	D	X	J	V	I	X	R	Y	F	U	C	M	X	T	S	D	F	U	B
J	I	R	K	I	U	E	H	D	Q	L	E	F	H	I	U	Z	X	O	Y

my school

Which subjects are you looking forward to?

Which subjects are you worried about?

What is your favourite subject?

What subject could you do more research on before you start?

A Few Top Tips

- 1.** Use the 5 a day rule for your pencil case: pens, pencils, rubber, ruler and calculator.
- 2.** Make prompt cards with lists of equipment you will need for different lessons if you are worried about forgetting.
- 3.** Make sure you get to your next lesson on time by packing your bag quickly and get moving ahead of the rush.
- 4.** If you feel a little lonely during the first few weeks, find out if there is a library, base or ICT suite you can spend time in during the lunch break.
- 5.** Try and get to the dining hall quickly so you are more likely to get a seat with others you know.
- 6.** If you find it difficult to choose what to eat at lunchtimes check the menu as soon as you can and decide your first and second choices.
- 7.** Look out for lunchtime and after-school clubs. This is a good way to meet new friends and learn new skills.
- 8.** Talk to someone you trust if you are feeling worried, nervous or unsure about something.





Notes

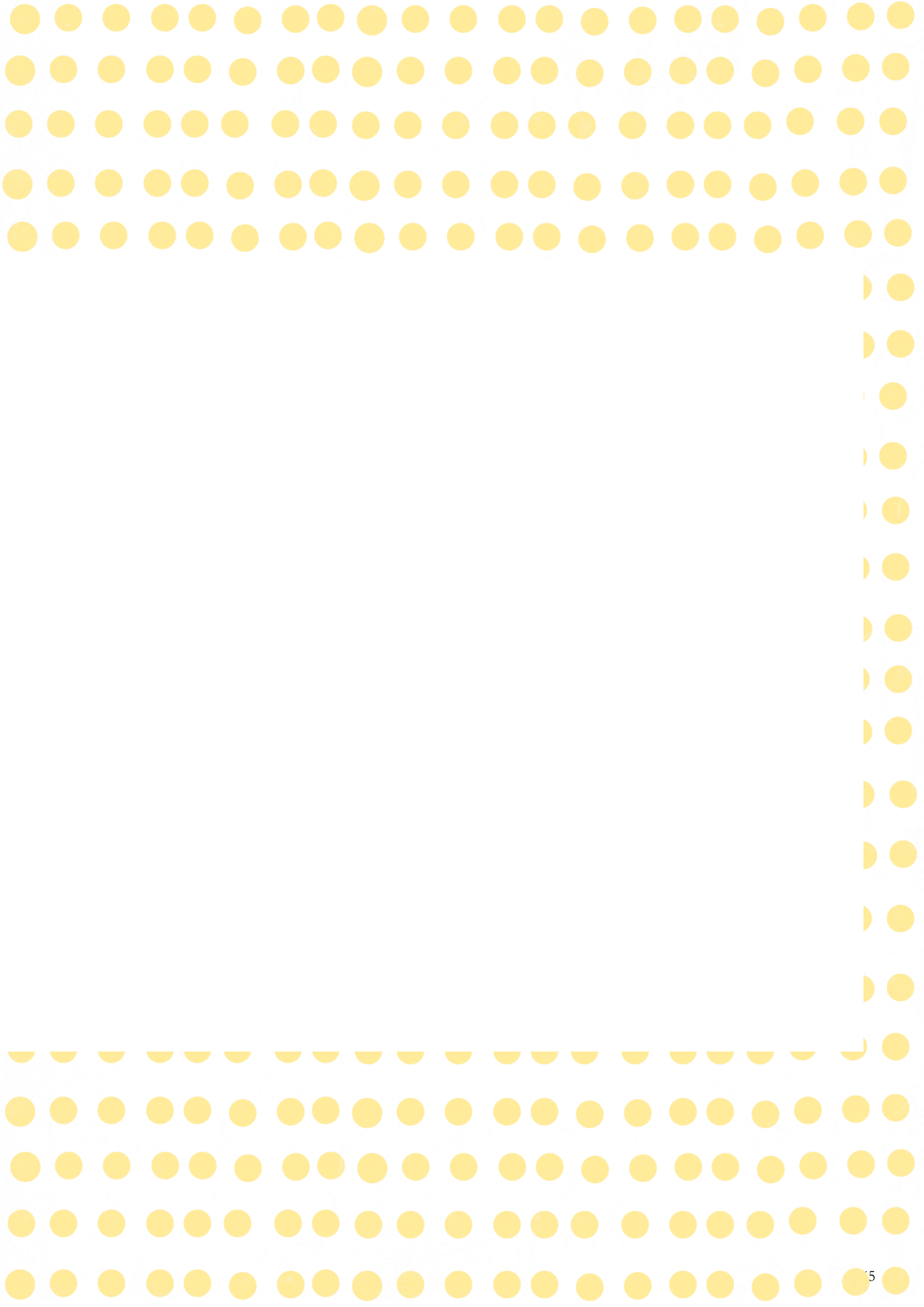
Think of any questions or other things you may want to ask or know more about and jot them down here.





Notes

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Find out more about HeadStart Newham activities for young people and families.



A peer mentoring programme in secondary schools enabling young people to train to become Mentors or to sign up as Mentees.

Open to Year 7-8 or Year 10 pupils from HeadStart schools



Young people develop and deliver a social action project that has an impact on their school or community while developing key skills.

Open to Year 8-9 pupils from HeadStart schools



Young people get involved in HeadStart to share views and gain experience in teamwork, project management and leadership.

Open to Year 5-11 pupils from HeadStart schools



Opportunity for young people to be trained as HeadStart Champions and support the development of their school's resilience strategy.

Open to Year 5-11 pupils from HeadStart schools



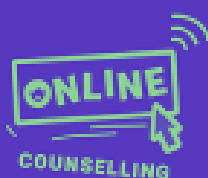
Young people explore different life areas linked to building resilience and wellbeing using an age-appropriate workbook.

Open to Year 5 & 6 pupils from HeadStart schools



Group activity courses based in community settings including boxing, dance, drama, slam poetry, film making and creative writing.

Open to Year 5-11 from any Newham school



Young people in Newham can access free, safe, anonymous online support from professional counsellors.

Open to Year 5-11 pupils living in Newham



A self-guided online resilience programme designed to help young people think about the challenges they face and find ways to deal with them.

Open any young person who could benefit from HeadStart



Peer led parenting workshops and courses focusing on positive parenting, boundary setting and behaviour management.

Open to parents living in Newham



in partnership with



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www.HeadStartNewham.co.uk