

Moving On...

Top tips for pupils moving on to secondary school





What's it about?



Moving to secondary school can be exciting and frightening at the same time.



We spoke to young people to ask for their advice on how to get prepared for this big move and these are some of their ideas.



Share this booklet at school or with your family as we have also written some information for them.



You can find these resources and more about this project on our website www.learningdisabilities.org.uk/moving-on

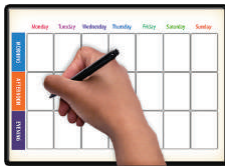
1. Get organised!



Ask for a map of your new school. This can help you think about where the different parts of the school are.



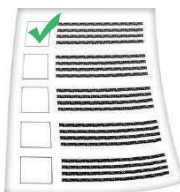
Practise getting ready for school (or school trips) – make a list of all the things you need to pack and then do it by yourself. You may need to ask your parents to check if you've made a good job of it.



Ask **your teacher to give you a weekly timetable** so you get used to using one before secondary school.



Find out if **others from your** school are going to the same secondary school as you. You might want to keep in touch in the school holidays. You may want to meet them on your first day at the new school.



Make a list of the things you will need for your new school, for example, pencil case, calculator, sports equipment and uniform. Your secondary school will help you with this.



Ask for the **new school rules** so you know what you can and can't do.



Make a list of key questions to ask when you visit the new school. For example, who do I speak to if I need help; where is the dining room; what can I do at break and lunchtimes; what happens if I miss my bus? Your family and friends can help you think about these questions.

2. Get moving!



Visits to your new school can really help. You will meet new teachers, have a look around the school and meet new friends.



Ask if you can visit the school more than once if you think you need to. It might help to **visit the school with someone you know** from your primary school.



Ask if you can **take a camera with you** on visits to the new school – having pictures of key people and places will be useful when you start school.



Start using the library in your lunch breaks, as you will need to use the library in secondary school.



When you go out to a café or restaurant with your friends or family, **practise ordering and paying for food yourself** – this may come in handy if you have school dinners.

3. Get practising!



If you like technology, **look for apps that can help you plan and get organised**. For example, are there timetables you can practise with, or lists that can help plan what to put in your school bag? One App that you might want to try is 4KidCal.



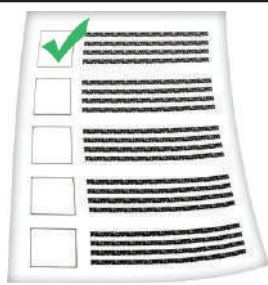
Start planning your journey to school if you need to travel by yourself. Perhaps try it in the school holidays with your parents. Then you can plan how long it will take you to get there so you know what time to leave in the mornings.



Why not **join a new club** or activity, or volunteer to help at school – this will give you more confidence to talk to people and make friends at your new school.



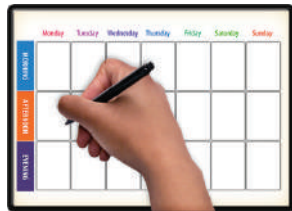
Try **using a diary or notebook** to remind yourself of things you need to do. This will come in handy at your new school.



To do - when you're at primary school



Get a map of the new school



Start using a diary or notebook at school



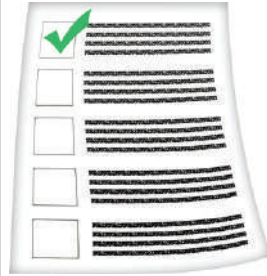
Write down questions you want to ask your new school



Talk to your friends – who else do you know who is moving to the same school



Visit the new school and take pictures to remind yourself what it looks like



To do - over the summer holidays



Visit your local library



Practise buying your own food and drinks in cafes



Think about joining a club outside of school



Look for technology you can use to help you prepare for the new school



Practise packing up all the things you will need to take to your new school



Plan the route you will take to the new school and do a few trial runs

Primary

School



Autumn!

Use the map of your new school to think about where you need to go on your first day

Summer!

Plan what you will need to take to your new school

Arrange to meet up with friends on your first day at school

Autumn!

Lay out your clothes and pack all the things you will need to take to school tomorrow!

Find out about your new school

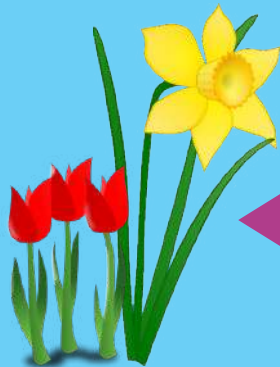
Winter!



Try using a homework diary to help with planning



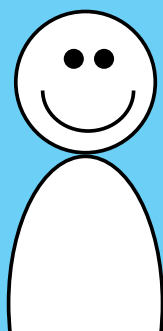
Start visiting your new school



Spring!

Practise buying your own food in cafes

First day of term!



Secondary

School

Secondary School

When you move to secondary school:



Make **prompt cards** with lists of equipment you need for different lessons.



Remember the **5 a day rule** for your pencil case – pens, pencils, rubber, ruler and calculator.



Make sure you **get to your next lesson on time** by packing your bag quickly and get moving ahead of the rush.



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.



Make sure you **get to the dining hall** quickly, this means you are more likely to get a seat with others you know, and the food will not have run out!



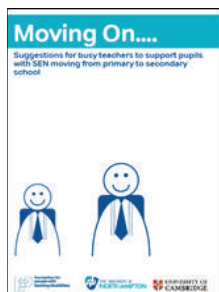
If you find it **difficult to choose what to eat** at lunchtimes check the menu as soon as you can and decide your first and second choices.



Look out for **lunchtime and after-school clubs**. This is a good way to meet new friends and learn new skills.

This guide was written by Jill Davies, Ann Fergusson and Richard Byers and designed by Kate Ball. We could not have written this without the help of the pupils, families and staff from the schools who took part in the 'Moving On to Secondary School' project.

Also available are guides for parents and teachers. To find out more about this work or to download these free resources please visit our website www.learningdisabilities.org.uk/moving-on



The map is also available to download as a separate poster from this site.

Images used with permission from young people and 'Photosymbols' and Learning Disability Wales.

We are grateful to our funders; the Bernard Sunley Charitable Foundation and the Constance Travis Charitable Trust.



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changing
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