



Getting organised



Uniform

Schools have different uniforms for lots of different reasons. It shows other people which school you go to, and it saves having to decide what to wear each school day! Look together at the information from your High School.

If you do not have look it up on the school website or contact the school office and ask to be sent the list.

Make a list together of what you need to buy. Tick it off when you have got it.



My uniform shopping list

Large empty box for writing a shopping list, with a paperclip icon at the top left.

For some subjects you might need special items or kit. Look at what you need for:

PE

Science

Technology



As your parents/carers or other family members about what they wore at school.

Have they got any photographs they can show you?

Have they got any funny stories they can tell you about their uniform?

My wore
(write or draw a diagram, right)

TRANSITION ZONE





Getting organised



Equipment

What you need to take to High School will be different from Primary school – you may well also need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms

Which of these objects will you need (and be allowed) to take to your new school ?

Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website. If you're not sure put a ? and check when you start at school in September. No one will expect you to have all the right things in the first week !

Books



Ruler



Bag



Pencils



Calculator



iPod



Money



Pens



Dictionary



Sweets



Cuddly toy



Planner



Door key



Lunch box



Make up



Mobile phone



What do I need to buy?



(tick it off when you have got it) ...

First impressions – what impression do you want to give when you start your new school?



TRANSITION ZONE





Was it the same in your day?

Together make up the question template on the next page.

You can start by using the one we have printed for you, but you might want to make your own and ask some different questions...

Once you have made your game play it with older members of your family... Mum, Uncle, Grandma...

What was it like when they went to secondary school? What do they remember? ...any surprises?

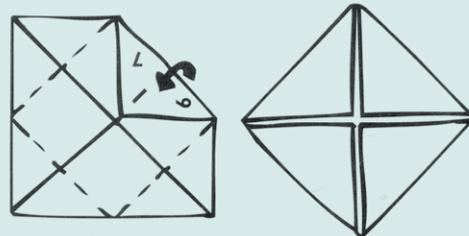
To make your puzzler...

1. Cut out the Puzzler square.

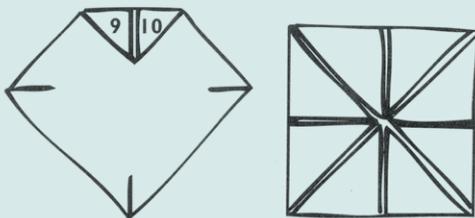


Fold and crease the square along each diagonal. Open it out and lay it flat.

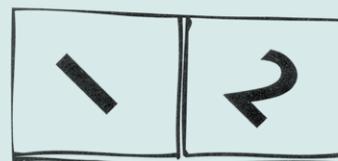
2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



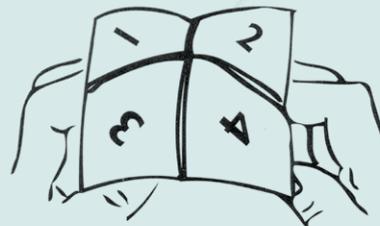
4. Fold the square towards you in half.



5. Push the top corners towards the centre



6. Open out the top flaps.



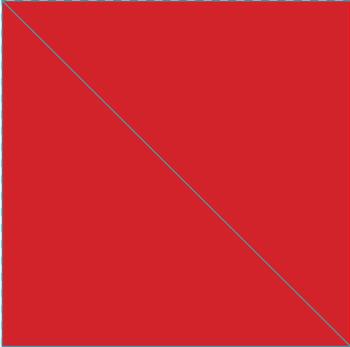
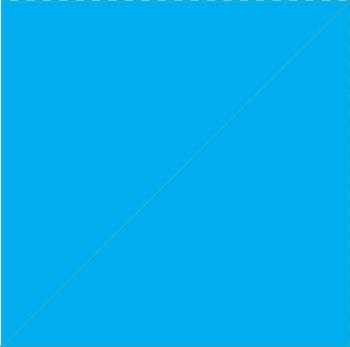
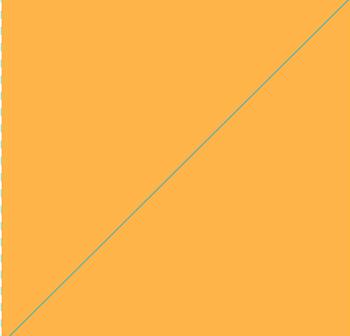
Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

TRANSITION ZONE



Changes: Question template

Cut along dotted lines 

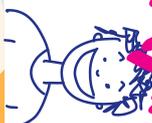
	<p>2</p> <p>What did you do at lunchtime?</p> 	<p>3</p> <p>What funny memory do you have of secondary school?</p> 	
<p>1</p> <p>What did you take with you to secondary school?</p> 		<p>4</p> <p>How did you travel to secondary school?</p>	
<p>8</p> <p>What was your favourite subject?</p> 			<p>5</p> <p>What happened if you didn't do your homework?</p> 
	<p>7</p> <p>What time did you start school?</p> 	<p>6</p> <p>Who was your favourite teacher?</p> 	

TRANSITION ZONE



changes

Primary School



Me: Staying the same!



TRANSITION ZONE

Secondary School



$$3 + 5 = 8$$



Study





Routines

Your routine will change when you start secondary school. Talk together and try and work out what your new routine will look like.

Fill in your routine for a school day (roughly) - write down what you will do and when on the digital clocks below.

My daily routine...

You can write your own routine in here in you prefer!



Breakfast is the most important meal of the day



Time to wake up		⦿⦿
Washing		⦿⦿
Getting dressed		⦿⦿
Breakfast		⦿⦿
Brushing teeth		⦿⦿
Leaving for school		⦿⦿
Arrive at school		⦿⦿
End of school		⦿⦿
After school clubs/sports		⦿⦿
Arrive home		⦿⦿
Homework		⦿⦿
Evening meal		⦿⦿
Leisure / family time		⦿⦿
Get bag ready for next day		⦿⦿
Brushing teeth		⦿⦿
Bed time		⦿⦿



Z
Z
Z

Adolescents need between 8-10 hours sleep a night



Some top routine tips . . . follow and you can't go wrong!

- ★ Make sure all your belongings have your name on.
- ★ Pack your bag the night before – always use your timetable to help you
- ★ If your school uses a diary/planner always take it with you.
- ★ Set the alarm clock leaving enough time to have breakfast, and make sure you are clean, and smart wearing the correct uniform.
- ★ Leave the house with plenty of time for your journey to school.



TRANSITION ZONE



Routines



Keeping healthy and safe

Screen Time

It's very important to agree on how much time you will spend on screen and how to keep safe. Make an agreement together – and for things to think about see the bubbles below:

Hours watching TV

Being on the phone e.g at mealtimes

Playing computer games

Screen Time agreement

1. _____
2. _____
3. _____
4. _____

Use of social media and settings

Stopping screens an hour before bedtime

Record of exercise taken over the summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved

Date	Exercise	How long for ?	Any other family members involved?

11-12 year olds need an hour a day of either moderate or vigorous exercise





Primary school memories



Take a trip down memory lane with your family and friends. It's important when you have a big change ahead to think about what you are leaving behind on your journey – it's a big thing to leave primary school. Hunt out drawings, photos, certificates, and awards and any other evidence of your life in primary school.

Remembering together ...

Talk to a member of your family about your memories of Primary School right from when you started in nursery or reception. Here are some questions you might want to start with.....

- ★ Which events, trips, plays, assemblies, sports, and music activities do you remember?
- ★ What jobs or roles of responsibility have you had in primary school?
- ★ What lessons have you enjoyed the most? (or the least?)
- ★ Who have been your best friends at primary, how long have you known them?
- ★ Who were your favourite teachers/ helpers?
- ★ When did you get any certificates or rewards and what for?

Then ask your family about their memories of primary school:

- ★ What has been your proudest moment or achievement?

- ★ Which of the teachers do you remember and why?
- ★ What is your favourite memory?
- ★ Is there something you would rather forget?
- ★ Is there something in particular you remember about a school event?
- ★ Can you think of a time when something made you laugh? Or made you worried or scared?

Write down your family's memories here

Now you have lots of ideas, use your memories to fill in the memory case (overleaf) to take with you – you can include words or drawings or stick on photographs or bits from newsletters or tickets to shows or anything else... you can stick things over the headings – those are just to give you some ideas...

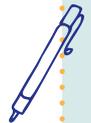
Or if you'd rather,

- ★ You could put things in a scrapbook, or find and decorate an old shoe box and put

things in there. You could take a photo of it to show your new form teacher.

- ★ You could do it on your computer. You could print it out or email it to your new teacher in September.

TRANSITION ZONE



TRANSITION ZONE



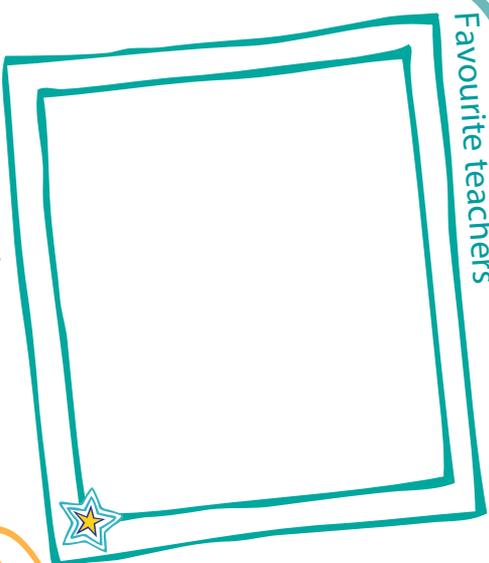
Primary school Memory Page

You could do this on the computer if you'd prefer - print it out to show your new teacher

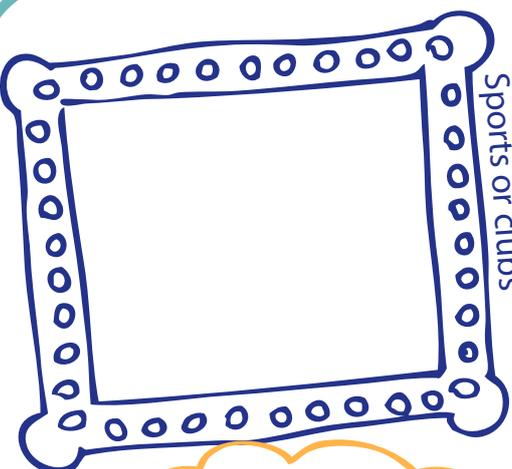


FRIENDS

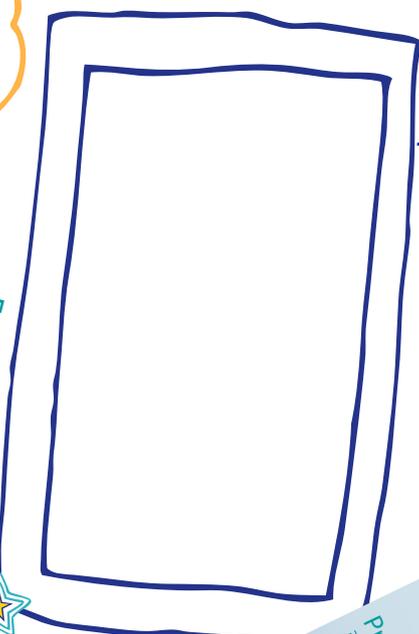
Favourite teachers



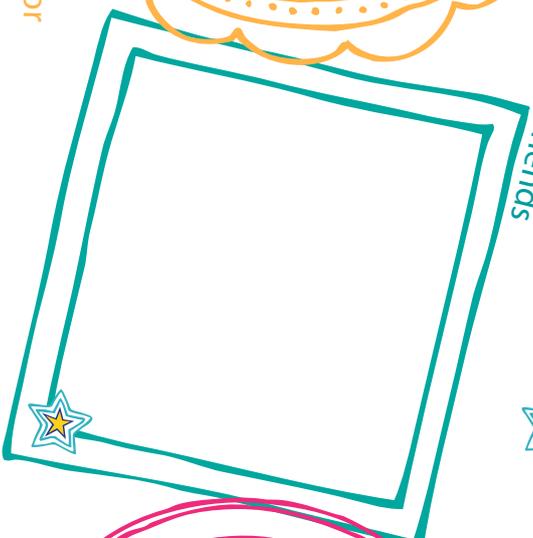
Sports or clubs



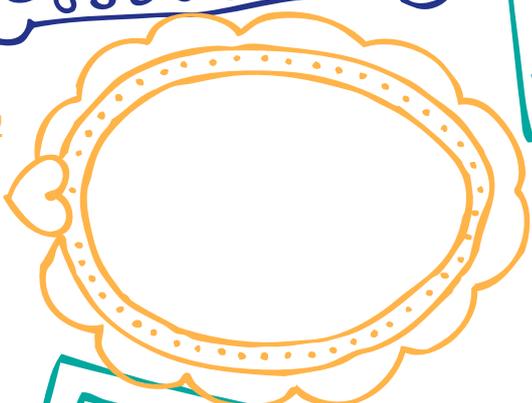
Best trips



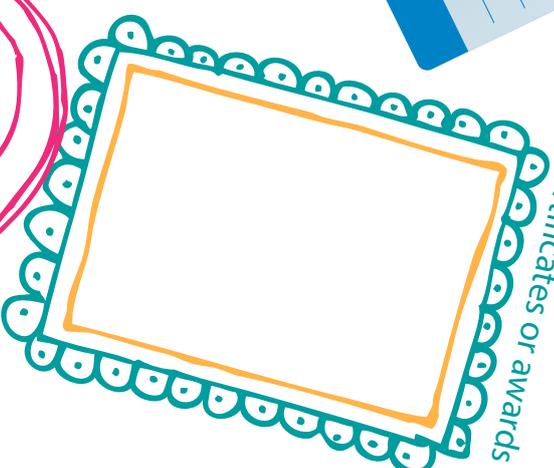
Friends



Plays, concerts or assemblies



Certificates or awards



Favourite lessons

