



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.

Remember to write your name on all your uniform in case it gets lost



My uniform shopping list

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 ☐



iPod ☐



Cuddly toy ☐



Lunch box ☐



Ruler ☐



Money ☐



Planner ☐



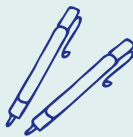
Make up ☐



Bag ☐



Pens ☐



Door key ☐



Mobile phone ☐



Pencils ☐



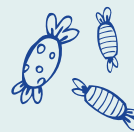
Dictionary ☐



Calculator ☐



Sweets ☐



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





Coping with change



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?

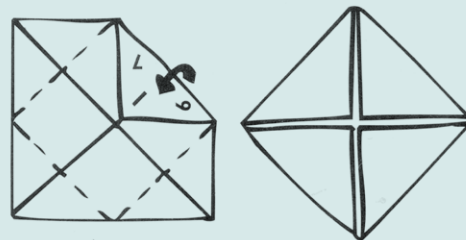
To make your puzzler...

1. Cut out the Puzzler square.

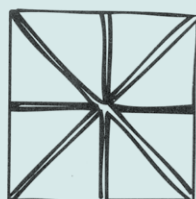
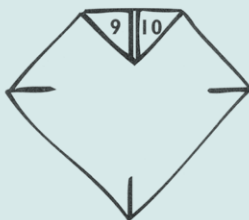


Fold and crease the square along each diagonal. Open it out and lay it flat.

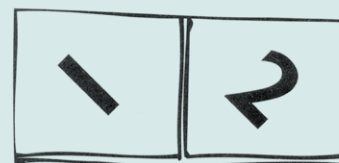
2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



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.



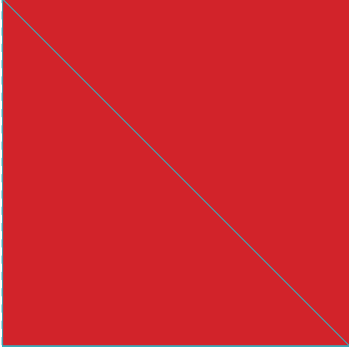




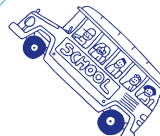



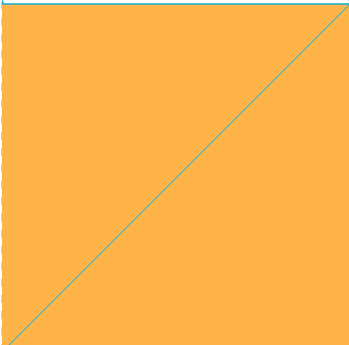


Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

TRANSITION ZONE



Changes: Question template

Cut along dotted lines 

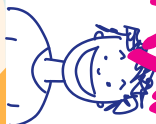
	<p>2</p> <p>What did you do at lunchtime?</p> 	<p>3</p> <p>What funny memory do you have of secondary school?</p> 	
<p>1</p> <p>What did you take with you to secondary school?</p> 		<p>4</p> <p>How did you travel to secondary school?</p>	
<p>8</p> <p>What was your favourite subject?</p> 			<p>5</p> <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!



Secondary School

TRANSITION ZONE



$$3+5=8$$



Study





Routines

Your routine will change when you start secondary school . Talk together and try and work out what you 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!



Time to wake up

00

Washing

00

Getting dressed

00

Breakfast

00

Brushing teeth

00

Leaving for school

00

Arrive at school

00

End of school

00

After school clubs/sports

00

Arrive home

00

Homework

00

Evening meal

00

Leisure / family time

00

Get bag ready for next day

00

Brushing teeth

00

Bed time

00

Breakfast is the most important meal of the day



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:



Screen Time agreement

1. _____

2. _____

3. _____

4. _____



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?



TRANSITION ZONE



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...

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.

Or if you'd rather,

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



TRANSITION ZONE

TRANSITION ZONE



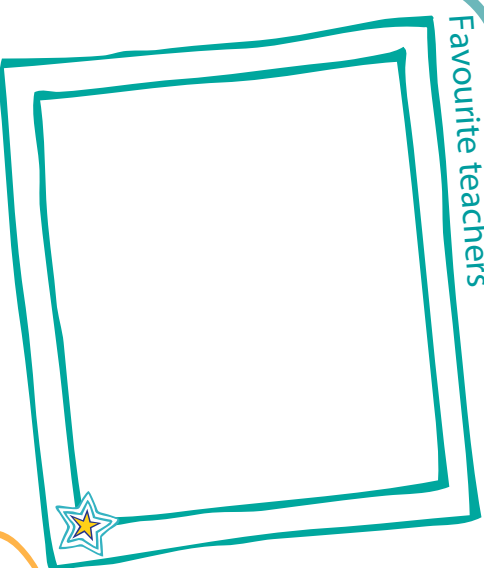
Primary school Memory Page

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

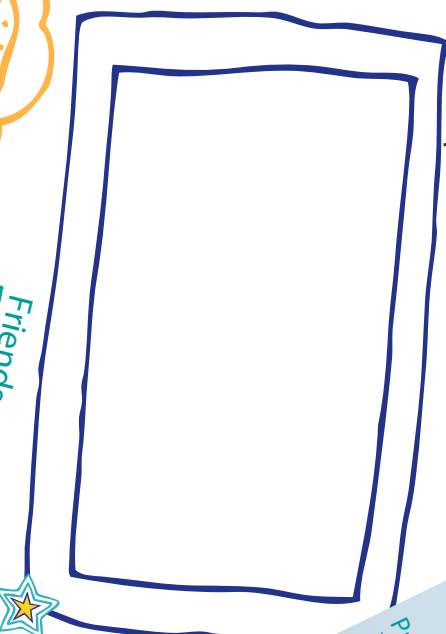


FRIENDS

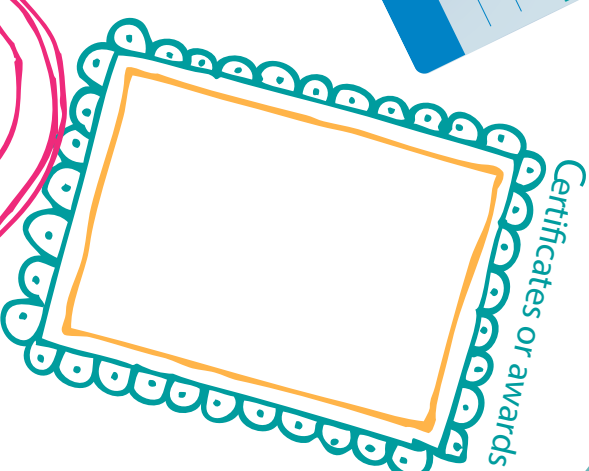
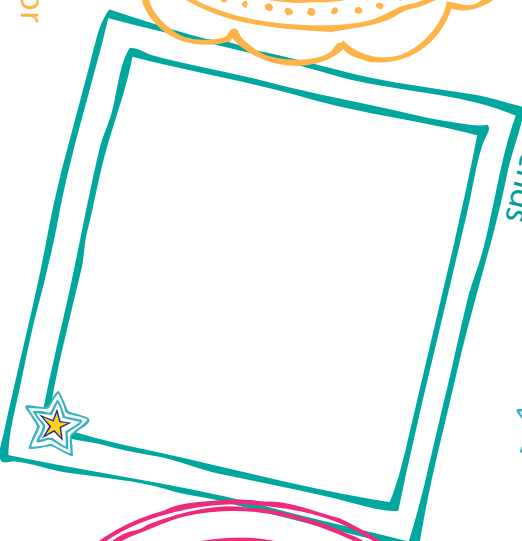
Favourite teachers



Best trips

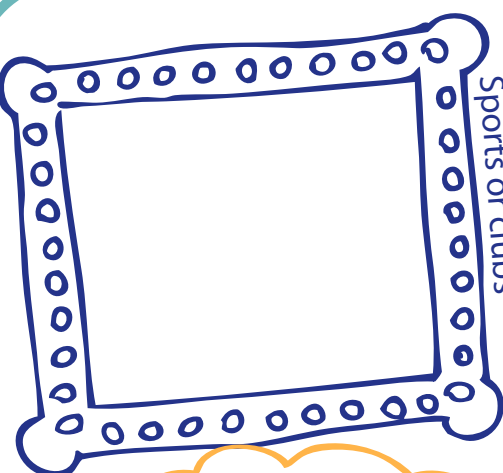


Friends

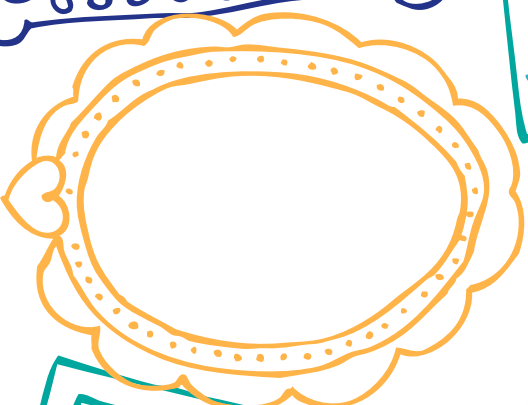


Certificates or awards

Sports or clubs



Plays, concerts or assemblies



Favourite lessons

