

Dear Parents,

We have created this resource in order for you to support your child with their transition to Secondary School. We advise that you work slowly through the booklet allowing time for discussion and deep thinking as you go. We will update you further when we have guidance from Kingsbury High as to their provision to support with the move to Year 7. If you have a place at a different Secondary School, we suggest you check their website for more information.

My Transition Booklet

Name: _____



To support you in your move from
Roe Green Junior School to your
Secondary school

What I would like my new school to know about me:

My full name:

My date of birth: _____

My favourite subjects in Primary school:

Subjects I may need more help with:

Books I like:

What I like to do for fun:

My achievements at Primary school:

Me:

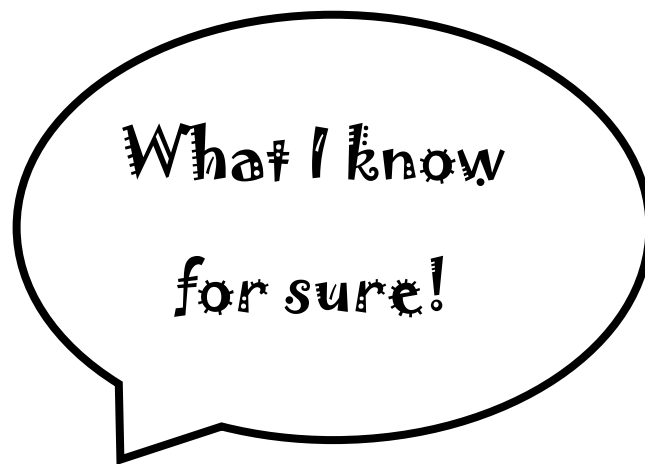


Let us think about what is the same or different between Roe Green and your Secondary school.

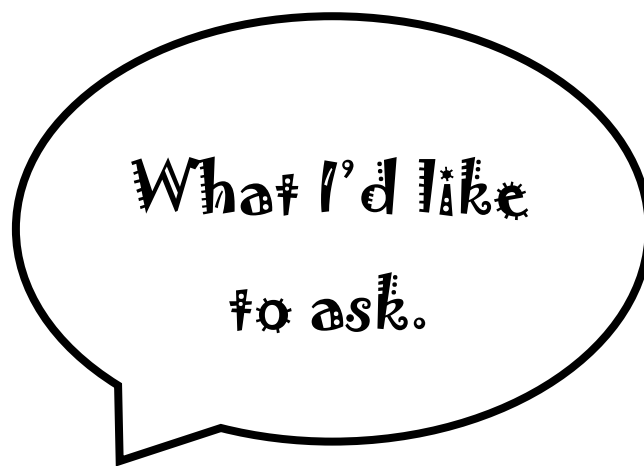
Some ways that my Secondary school will be the same as at Roe Green.

Some ways that my Secondary school will be different from Roe Green.

There might be some things you know for sure
about your Secondary school.



There might be some things you have questions
about.



Think about your first day of school. Some things you will need to have ready; other things will be provided by your new teachers. Label each box with 'me' or 'my teachers' to show who is in charge of the different things:

PE Kit

Lunch or lunch
money / card

Being on time

Knowing my
Tutor Group

Student Planner

Timetable

Map

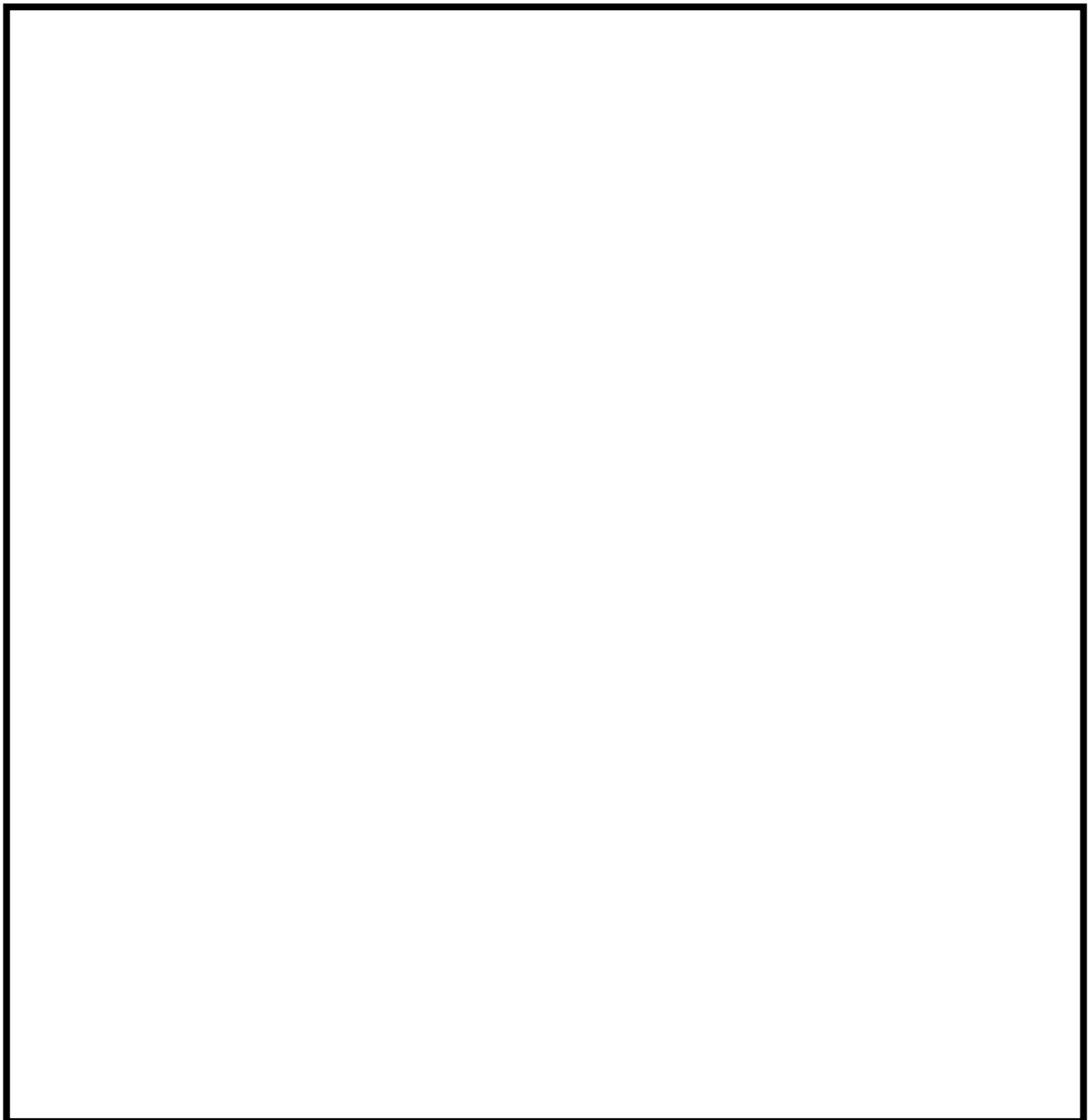
Library card or
username

Correct uniform
including shoes

You can discuss some of these ideas further with an adult. Can you think of three more ideas and write them in the bottom row of the chart above?

Sometimes, when we are unsure about what will happen we become anxious.

In the space below, write or draw what happens to our body and mind when we become anxious.

A large, empty rectangular box with a black border, intended for the student to write or draw their response to the prompt above.

Our anxiety can be made worse when we ask ourselves, our family or friends questions that start with 'What if?'



Write some questions starting with 'What if...?' that you have about Secondary school:

1. What if...

Let us continue to think about our questions and our 'What ifs.'

Consider those questions and worries that you have which are in your control (by asking a friend or checking the school website).



Questions or worries in my control...

It is normal to feel anxious or worried. You do not need to feel worried about these things, you can find an answer to them all! Accept that answer and put the worry to one side.

Now let us think about those questions and worries which are currently not in our control and for which we do not have an answer.

Questions or worries not in my control...

You may be worried about these things because you do not have an answer YET. Lots of these questions and worries cannot be solved until September. It is frustrating, but if a question cannot be answered or a situation is out of your control, try not to worry about it. A useful idea is to make a note of your question or worry and save it for the first day of school when someone can help you.

Let us think about these scenarios.

How would you react?

What would you do?

What seems fair?

You have not done your homework because you did not write it in your homework diary and when you got home you could not remember what to do.

You have lost your tie so had to come to school without it.

The teacher gives you a warning for talking in class, but you were only answering a friend's question.

You have overslept and are now late for school.

Some of your school and homework books are the same colour and you keep getting mixed up and take the wrong book to class.

You might feel worried about bullying at Secondary school. This is a normal feeling. You are used to being the oldest and tallest in the school, soon you will be the youngest! This can feel scary.

We have learnt lots about bullying at Roe Green so you should know what bulling is, but remember:

IS it Bullying?

When someone says or does something *unintentionally* hurtful and they do it once, that's...

Rude

When someone says or does something *intentionally* hurtful and they do it once, that's...

Mean

When someone says or does something *intentionally* hurtful and they *keep doing it* - even when you tell them to stop or show them that you're upset, that's...

Bullying

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Bullying

If you feel that you are being bullied, you **MUST** speak out to a trusted adult. You may not be the only person the bully is upsetting and it is unlikely the bullying will stop unless you say something.

In the space below list the people who you think are now, or will be people who can help you to deal with bullying:

In the space below write or draw what you would do if you feel that your friend is being bullied:

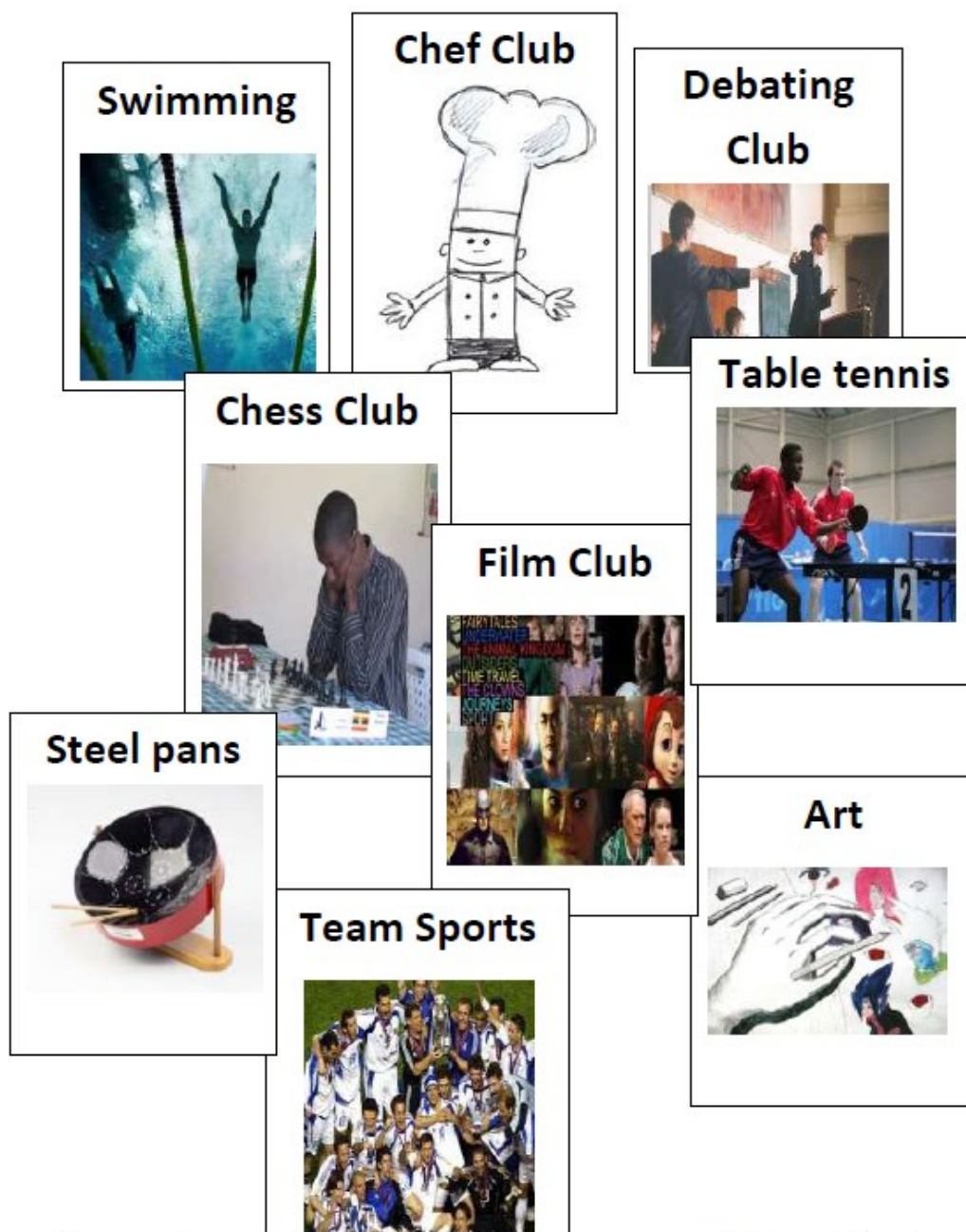
Healthy Routines

At Roe Green you have learnt a lot about keeping healthy, both physically and mentally. In the table below write or draw some ideas which would keep you healthy at Secondary school.

Tips for good mental health	Tips for good physical health

Things to look forward to!

There are lots of fantastic opportunities which await you at your Secondary school.



Which activities do you think you will take part in?

Why are these activities important?

Covid19 rules

When you arrive at your school, they may have some new rules in place to reduce the risks involved with Covid19.

Now I am ready!

In the space below, write 5 ways in which you feel that you are ready for your transition to Secondary school.