

YOUR TRANSITION PACK



**EVERYTHING YOU
NEED TO HELP
YOU MOVE INTO
YOUR NEW SCHOOL**



**STRIDES
PROGRAMME**



scotty's
THE MILITARY BEREAVEMENT CHARITY



STARTING SECONDARY SCHOOL

Here at Scotty's, we know how important it is for your new school to know your story and why you are a scotty member. We want your school to understand that you might need a bit of extra support, especially when you are getting used to all the new things at secondary school. You might also need a bit more help on important dates such as remembrance day.

The Transitions booklet is here to help you think about what it feels like to start a new school, give advice about what you can do to prepare, and has questions to help you share your story with teachers and friends (if you want to).

We suggest you go through the booklet with your mum or dad to help them to understand what starting a new school might feel like for you.

You might also find it useful to have your year six teacher write a note to your new form tutor for them to know what has helped you in the past.

WHAT CAN SCHOOL DO TO HELP ME?

Most schools have 'transitions days' to help you feel more comfortable with the new school before you start attending. Going to these is a great opportunity to meet your new teachers and make new friends.

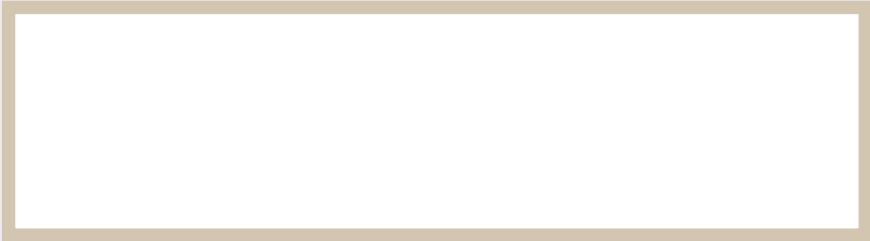
When you start secondary school, form teachers are there to help guide you through your first weeks but if you feel like you are continuing to struggle after this time, many schools have student support staff you can talk to.

Student support staff are there to listen and offer advice in how to manage big feelings, including those you might be having about the person in your family who died.

If you are finding it difficult, try and talk to the trusted adults around you



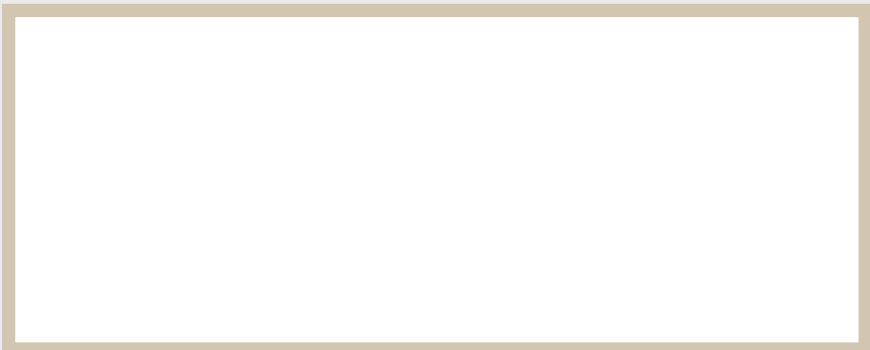
ALL ABOUT ME



What I like to be called



What am I good at



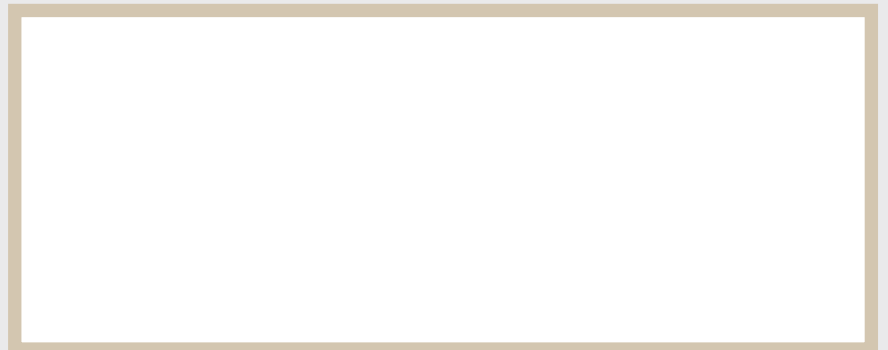
What teachers and other people like about me



The achievement I am most proud of



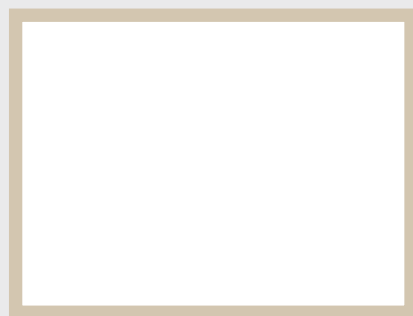
My favourite lessons



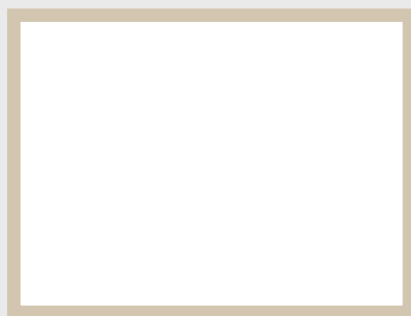
What I like to do in my spare time

ABOUT MY FAMILY MEMBER WHO DIED

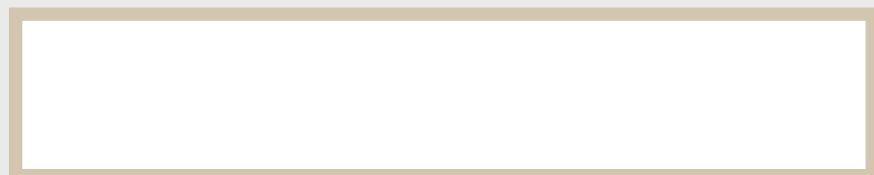
Below are a few questions which can help you tell someone about your family member. You might want to share your answers with your new form teacher.



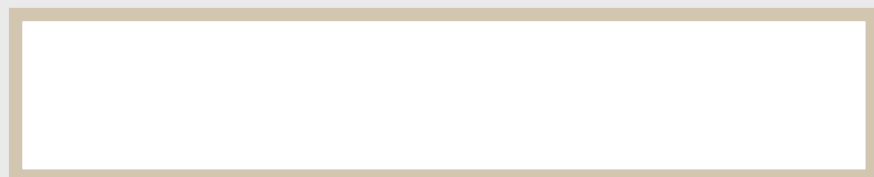
How old were you when your family member died?



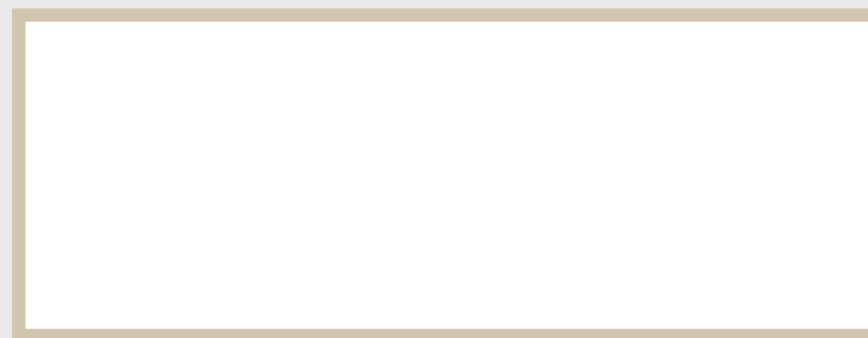
How old was your family member when they died?



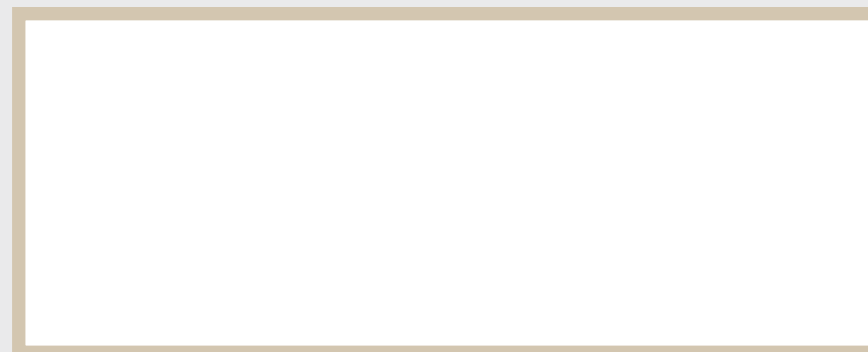
What was their name?



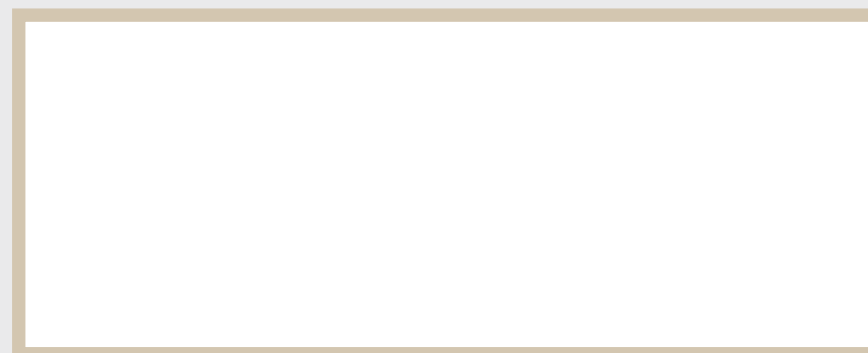
What did they do in the Armed forces?



What were the things they enjoyed?



What is your favourite memory of them?



What would you like teachers to know about your family member who died?

TIPS...

...on how you might answer a question about the person who died

Talking about the person who died to someone new can be difficult. You could plan ahead what you want to say if someone asks about your family member:

'Thank you for asking but I really don't want to talk about them'
'I have lots of stories about them, what would you like to know?'
'I don't feel like I can talk about it today, but I will tell you another day'
'I don't like to talk about it, but my mum/dad died when I was younger'

Use this space to practice what you might say if someone asks about your family member

If anyone makes you feel uncomfortable you can ask adults in school or at home for help. You can speak to your form tutor, student support staff or a teacher you trust, they will want to help you.

What questions do you think you might be asked by a new school friend?

What do you want your classmates to know about your family member who died?

How do share with the teachers if you are struggling with your feelings? (e.g. Write a note, send an email, tell them outside. etc.)

What can the teachers do to help if you are finding it hard? (e.g. let you take a break, talk to you, etc.)

LOOKING AFTER YOURSELF

It is important that we look after ourselves, especially when there are big changes in our lives. You may experience lots of different emotions and be unsure how to help your self better. You could try some of the activities below:

Being active

- Running
- Swimming
- Dancing
- Playing catch with a ball
- Going for a bike ride
- Playing with stress balls
- Throwing socks against a wall



Being creative

- Writing journals, letters or stories
- Singing
- Sewing
- Drawing and Painting
- Making a play list of favourite songs
- Playing an instrument
- Doodling or scribbling



Taking time for yourself

- Writing a to do list
- Organising your room
- Cleaning
- Reading a book
- Cooking your favourite food
- Gardening
- Painting your nails

Being 'mindful'

- Watching your favourite film
- Listen to music
- Playing with slime or clay
- Popping bubble wrap
- Building things out of Lego



Taking time to relax

- Laying outside and watching the clouds
- Talking to a friend
- Being around animals or stroking your pet
- Collecting things from nature like Leaves, stones or shells

What activities help me

COPING WITH CHANGE

With a family member, friend or teacher, think about what things will be the same when you start secondary school and what things might be different.

For example:

- Changing - I won't have the same teacher for all my lessons
- Staying the same - my favourite school dinner will be Pizza

What is changing?

What is staying the same?

Look at what you have written, how are you feeling about the changes going to secondary school will bring?

Starting a new school can make you feel lots of different emotions, it's ok to feel a bit mixed up.

Use the speech bubbles below to write down things you might be worried about, things you're hoping to achieve and people you can speak to if you need help or support?

My worries are

My hopes are

I am looking forward to

If I need help, I can speak to

What should I do if I still feel worried?

- Remember the best thing you can do is ask for help
- Remember your trusted adult who can help you to feel better
- Speak to your friends, they may also be feeling the same

HELPFUL HINTS AND TIPS

Before you start school

- Do you have an alarm clock? Most secondary schools start at 8.30am so if you live a long way from school you might have to get up early
- Practice tying your tie. You'll need to be able to do it at speed and under pressure (i.e. after PE) and in a range of styles (long and thin, short and wide...). Then practise putting it on and taking it off without undoing it.
- Work out your route to school, Decide whether you're walking or taking public transport. Practise until you're confident and time yourself. Also, make sure you have an alternative route in case of problems with transport or people you want to avoid. If it helps, draw a map.
- Buy a good strong bag. You will have lots to carry. And that's not counting the days when you'll have your PE kit with you
- If you can, find a friend to walk with on your first day. Things won't seem so daunting if you can go with someone
- Find out your new school's policy on mobile phones

In your first week

- Eat some breakfast, even if you feel nervous. It can be a long time until lunch.
- Does your new school have lockers? Or will you be carrying your coat around with you all day? If you do, you may need a lightweight one you can stuff into your bag.
- Be prepared to just 'hang out' at break time.
- Work out how you'll be paying for your lunch – if it's a card or fingerprint system, make sure you're topped up for your first day.
- Find out where the toilets are.

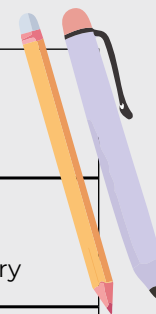
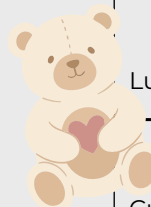


General stuff

- Be organised. If you're given a student diary or planner, use it to write down your homework – when there is so much going on, it's easy to forget.
- Go through your timetable and pack your bag the night before – there's never time in the morning to find your maths book.
- Join the library. It's a great place to go if you want to do some homework or just avoid the playground.
- Never be afraid to ask for help if you're not sure where to go.
- At lesson changeover, stick with someone who knows where they're going.
- Relax and try to enjoy it – in no time at all, it'll seem like you've been there forever. And this time next year, you'll be showing the new pupils around the school

Below are lots of different things you might need for school. Which of these will you need? Tick or colour the correct boxes. If you're unsure you can look at your new school website for details

Books	Ruler	Bag	Pencils
Glasses	Money	Pens	Dictionary
Lunch Box	Planner	Door Key	Calculator
Cuddly Toy	Makeup	Mobile Phone	Sweets
Hairbrush	Deodorant/ Spray	Fidget Toys	Post-it Notes



**We hope you've found your pack helpful,
if you need any support or would like more
information on transitions, please contact
the Scotty's team**

EMAIL

welcome@scottys.org.uk

PHONE

0800 029 8571 Option 1



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THE MILITARY BEREAVEMENT CHARITY

