

# Advice and support for young people moving to secondary school

Here are some tips for young people and their families to support them with the move to secondary school.

## Getting used to my timetable

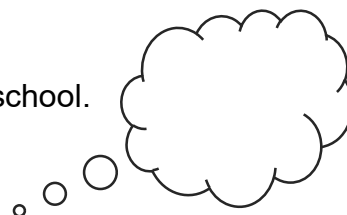
Have a look at this example timetable. Can you help Amelia work out where she needs to go? What could she do if she needs help finding a room?



	Lesson 1	Lesson 2	Break	Lesson 3	Lunch	Lesson 4	Lesson 5
<b>Monday</b>	7Sci E1	7FTech F5		7PE TG		7Eng B1	7Drama D4
<b>Tuesday</b>	7R.E. C4	7French A3		7ICT E5		7Maths D2	7Eng B1
<b>Wednesday</b>	7Sci E1	7Eng B1		7History E4		7ICT E5	7R.E. C4
<b>Thursday</b>	7Music M1	7Maths C2		7Geo C5		7Art A5	7Eng B1
<b>Friday</b>	7Music M1	7History C2		7Sci C1		7Maths D2	7Drama D4

## Organising myself

There will be lots of things to remember when you go to secondary school. How will you remember what you need to bring each day? What will you need to get ready the night before?



Here are some tips:

- Checking your timetable every day so you know which lessons you will have.
- Make a list of your homework and when it is due.
- Make a list of what you need to remember to bring each day.
- Write down important things to remember.
- Have a routine in the mornings and after school.

What could you use as a reminder? Here are some examples:

A checklist

	Tuesday
√	P.E. Kit
	Flour, eggs and butter for Food Tech
	Protractor for Maths

A notice board in your kitchen or bedroom



Your planner or diary



## Telling someone when I need help

Some young people find it tricky asking for help from someone they don't know.

Here are some things you could try:

- Ask the person next to you
- Look up the word in a dictionary or textbook
- Write down your questions for when someone comes round to you
- Use traffic light cards instead of putting up your hand (this needs to be agreed with your teacher first)



## Remembering what I've got to do

In secondary school, you will have lots of different lessons and teachers. There might not be an adult helping in your class, to remind you what to do. To help you remember what you've got to do, why not try:

- Using a task planner
- Making a checklist
- Write a list of things to remember and key words
- Write down words you don't know, to look up later or ask your teacher



## Making new friends

Lots of young people will feel excited and nervous about meeting new people. Everyone is unique and has their own special qualities. The idea is that you will find people who are like you and interests as you.

You can talk to your tutor about clubs that are available.

What are **your** special qualities? What makes **you** a good friend?



Which of these qualities make a **good friend**?

Which of these qualities would you **not** want in a friend?

Tick the box:	 	 
Kind		
Funny		
Makes fun of people		
Bossy		
Brave		
Chatty		
Quiet		
Popular		
Likes to spend time alone		
Silly		

## Talking to someone new

Remember to smile and look at the person (if you feel comfortable). This means the other person knows we are friendly and we want to talk to them.



Introduce yourself: what could you say?



Hi, I'm Grace.  
We are in the  
same tutor  
group with  
Mrs Cole.

What could you ask them, to find out more about them? For example, what is your favourite animal? What is your favourite TV show?

- 1.
- 2.
- 3.

What 3 interesting things could you tell them about yourself?

- 1.
- 2.
- 3.

How can we show we are a good listener?

- ✓ Taking turns: wait for them to finish speaking.
- ✓ Look at them (if you feel comfortable) or look at their forehead or nose.
- ✓ Ask them questions. This shows you are interested in what they say.
- ✓ Stay on the topic you are talking about (try not to say random things or change the subject).
- ✓ Smile and use a gentle, friendly voice.
- ✓ Keep your focus on them while you are talking.