

A BOOKLET TO SUPPORT YOU IN YOUR MOVE TO SECONDARY SCHOOL

You might have lots of different questions and different feelings about moving up to secondary school which is completely normal. We hope this booklet will answer some of your questions and help you feel more prepared for starting secondary school.

What's inside?

- Moving up reflection
- Dealing with worries
- Moving up checklist
- Moving up activity
- Helpful tips for when you start
- Your support network
- Your strengths
- Managing change - using your strengths
- Looking after yourself - sleep, exercise, healthy eating, mental health, self care toolkit, self care
- Your new school visit
- Moving up reflection and advice from other young people



MOVING UP REFLECTION

REFLECTING ON FEELINGS

Being aware of how the move to secondary school makes us feel can help us to understand how to look after ourselves and our wellbeing. Looking at things that we are worried about, as well as the things we are looking forward to, can help us to see that change can bring positive experiences too!

In the box below, think about all the things you may be worried about moving to secondary school, and write them in the first box. Here are some examples to get you started:

- Homework
- Getting lost

Then think about all the things that you are looking forward to at secondary school, and write them in the second box. Here are some examples to get you started:

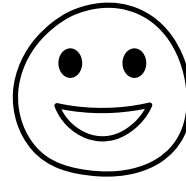
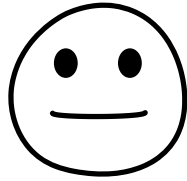
- New subjects
- Making new friends

Worries about moving up to secondary school:

Things you are looking forward to about moving up to secondary school:

DEALING WITH WORRIES

How I feel about moving up to secondary school



Reason for my rating

MANAGING WORRIES

Look at the worries you wrote down on the previous page and choose one worry to think about. Write the worry in the centre of the circle on the next page. Then think of possible solutions that can help you to manage this worry, and write these in the outer jigsaws pieces. There is an example below to get you started. The Moving Up Checklist on Page 6 may also help you.



DEALING WITH WORRIES



MOVING UP CHECKLIST

VISIT THE SCHOOL WEBSITE

Visit the website for your new school and have a browse to find out as much useful information as possible. You can use the internet to find the web address.



PRACTICE PACKING

Practise packing all the things you will need to take to your new school. Get in the habit of packing the night before ahead of when you start.



PRACTICE BUYING FOOD

Practise buying your own food and drinks in a cafe or shop, or role-play this with family members. Find out how the canteen works in your new school.



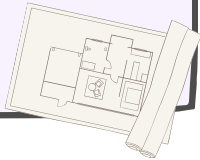
PLAN YOUR ROUTE

Plan your route to your new school and make a few trial runs or look at Google Maps and 'street view'. Sort out a bus pass if you need one.



SCHOOL MAP

If you have a map of your new school, have a look at it and familiarise yourself with the layout.



GET INTO A GOOD ROUTINE

Get into the habit of going to bed early and getting up in time to eat breakfast. Young people need plenty of sleep and fuel for the day!



TALK TO FRIENDS

Talk to friends and family members and find out who else is moving to the same school as you and who already goes there.



PREPARE YOUR UNIFORM

Leave plenty of time to find out about your school uniform and order it. Make yourself aware of school policies on things like jewellery, piercings and mobile phones.



MOVING UP ACTIVITY

My current school is called...

My new school is called...

The journey to my school
takes...

The journey to my new
school takes...

What is similar about the
two schools?

What is different about the two
schools?

Things that are special
about my current school

Things that I have achieved at
my current school

Things that I would like to know
more about my new school...

Things I am most looking
forward to...

HELPFUL TIPS FOR WHEN YOU START

Moving up to secondary school is an exciting time. You will meet lots of new people and be able to take part in new activities like sports and other clubs. However, it's also normal to be nervous about this big change in your life, so don't worry – lots of other students will be feeling the same. Here are some tips to help you settle in:

MAKING FRIENDS

Introduce yourself to people even if it takes you out of your comfort zone – remember, most people will be in the same boat as you and will also be hoping to make new friends.

- Find common interests and pursue them together.
- Take your time – good friendships often form gradually as you naturally learn more about each other.
- Join a club or lunchtime/after-school activity to meet new people.
- You will often be partnered or seated with different people in your classes, which can be a good opportunity to get to know people.

GOOD FRIENDS ARE OFTEN:

- Honest
- Reliable
- Encouraging
- Supportive
- Good listeners
- Sensitive to other's needs
- Humble (don't brag)
- Not controlling

Look for these qualities in your new friends and try to display them yourself. This will help you form true friendships that last a long time.



Remember, most people will be looking to make new friends in your new school.

HELPFUL TIPS FOR WHEN YOU START

BULLYING

Many of the students you meet when you go to secondary school will be nice people who treat you with respect. However, there's a small chance some will try to pick on you. If you do experience bullying, here are some practical tips for dealing with it:

- Be assertive without being aggressive. This means standing up for yourself without getting angry or being rude back. It could be something simple like saying 'no' if someone asks you to do something you don't want to, or politely disagreeing with someone who tells you their hurtful opinion.
- If someone purposely upsets you or makes you angry, try not to show your reaction in front of them. It's really difficult to do this, but some people enjoy getting a negative reaction and will be more likely to leave you alone in the future if you act like you don't care. Vent later to someone you trust.
- Talk to someone. Your school is there to support you in these situations, so if someone bullies you, tell a teacher what has happened. It's also a good idea to talk to a friend/someone you trust, as this can help you process what has happened and decide if anything else needs to be done.
- Remember, if you do experience bullying, it's not a reflection on you and it's not your fault. Reaching out for support is the best thing you can do.

Remember, your safety is top priority! If you think you are in danger, YELL to attract attention, RUN away from danger and TELL a teacher immediately.



Your school is there to support you if you are being bullied.

MY SUPPORT NETWORK

WHAT IS A SUPPORT NETWORK?

A support network is a group of people who we have in our lives, who provide support, advice, or sometimes just listen to us when we need someone to talk to. Talking to them can help us to solve a problem, or just makes us feel better.

Sometimes when we go through a new change, or have feelings we might not completely understand, it can feel very lonely. Identifying people in our support network can remind us that there are people in our lives to support us, and we can reach out to them when we need to.

ACTIVITY

1. Using the diagram on the next page, choose one of the options below to fill in the small circle:

- Find a photo of yourself, cut and carefully stick it into place (check with an adult first to make sure it's ok to use, or if you need help).
- Draw a picture of yourself, and/or write your name.

2. Use the big circle to write the names of all the people you can think of that you can include in your support network. This can be anyone you trust or anyone that cheers you up – even your pets!

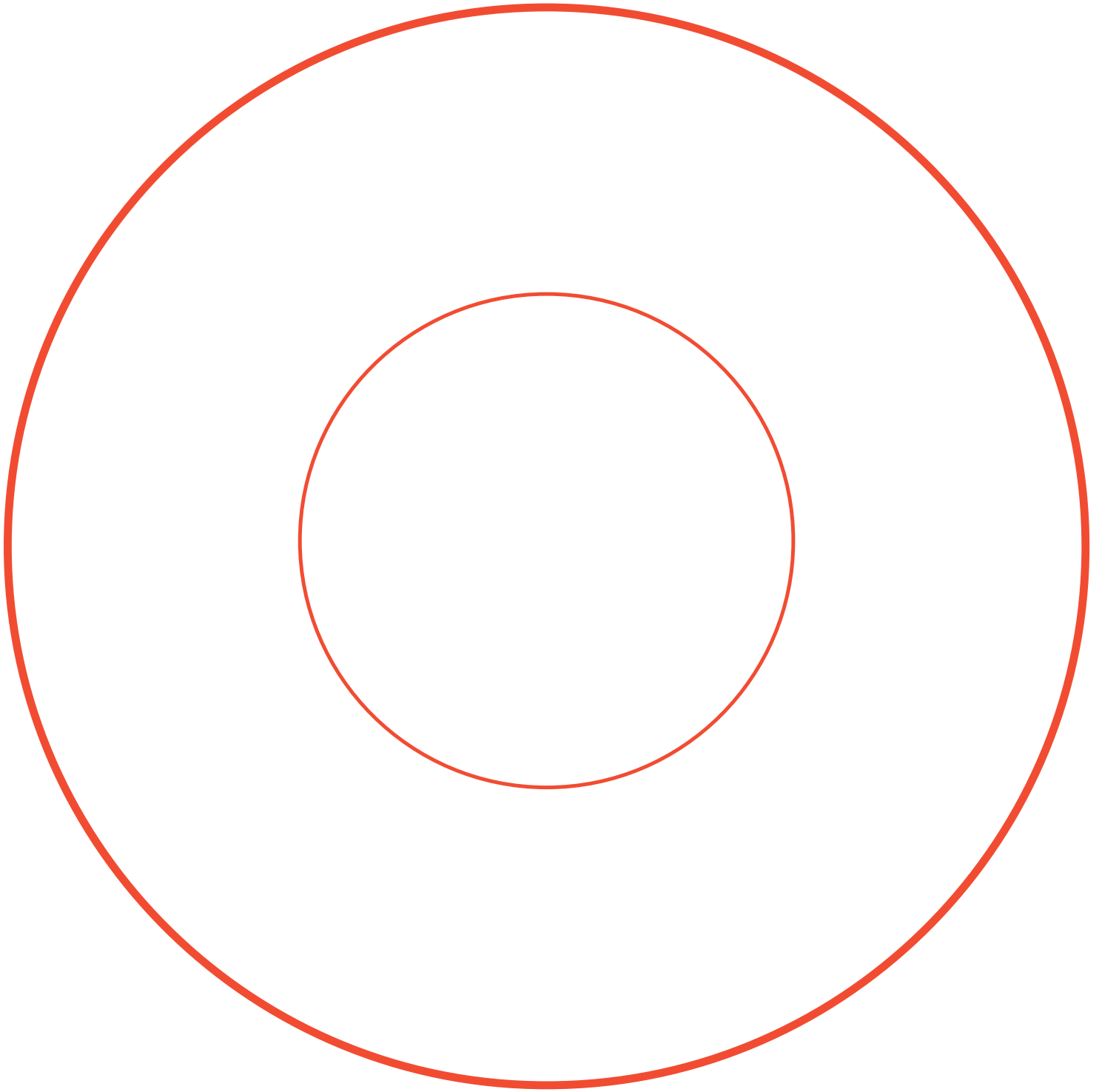
Try and think about all the different places where you have people you can talk to. These can be:

- At home
- At school
- At youth/activity clubs
- Charities/helplines



There are people in your new school to support you and you can reach out to them when you need to.

MY SUPPORT NETWORK



PERSONAL STRENGTHS

YOUR STRENGTHS

Our personal strengths are the things we are good at, whether that's because of a natural ability or through lots of learning and practising. They can be creative activities, or sport related. They can also be simple things, such as being a good friend, or a good listener - we are all good at something!

It can be difficult to think about what we are good at sometimes because we don't often take enough time to appreciate ourselves and our strengths. Understanding our strengths helps us to be better prepared for dealing with change, and the feelings that come with it.

ACTIVITY

Using the thought bubble on the next page, write down something that you think you are good at. Below are some examples you can use if you get really stuck:

- Being a good friend/listener
- Sports, e.g., football, dance
- Arts, e.g., drawing, singing

If you find this tricky, think about what your friends/family might say you are good at, or ask them if they are nearby! Think about what skills you use/need to be good at this.



We all have our own unique personal strengths.

MY PERSONAL STRENGTHS

My personal strengths:

I am good at these things because:



MANAGING CHANGE

REFLECTION

Think about a time you had to manage change in the last year.

What helped you manage change?

What strengths did you use to manage the change?

Look at the strengths below. Which ones have you used before?

ORGANISED

Being prepared by making a plan and finding what you need.

HONESTY

Talking about how you feel and being able to ask for help.

KINDNESS

Looking out for and helping others.

FUN

Finding time for things you enjoy.

COURAGE

Being brave and having a go even when things are difficult.

HOPE

Staying positive and looking for the best in a situation.



Finding time for things you enjoy is important.

AFFIRMATIONS

AFFIRMATIONS

One of the things that can help us to look after ourselves during times of change is something called 'affirmations'. Affirmations are statements that we repeat to ourselves to help us change the way we're thinking to be more positive. Sometimes when we are having a bad day (we all have bad days!), we can use affirmations to improve how we are thinking and feeling. Although we can use affirmations on good days too!

To try using a self affirmation, just choose a statement from below that represents how you want to think. Then, say it to yourself using these tips:

- Say it out loud.
- Use the present tense.
- Focus on the positive rather than the negative.
- Choose the statements that are most meaningful to you or add your own ideas in the spaces below.

I am proud
of myself.

I am enough.

Nothing is forever,
this too will pass.

It's okay to cry.

I'm doing the
best I can.

I'm allowed to
say no.

There are people
who care
about me.



Add your own ideas here.

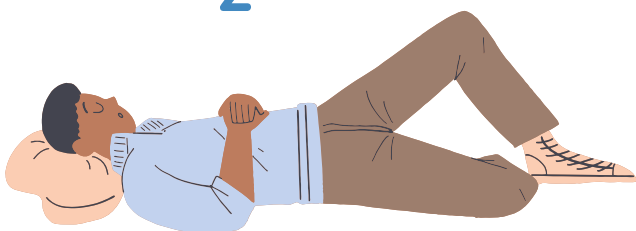
LOOKING AFTER YOURSELF

SLEEP

As you move up to secondary school, your daily routine will change. Getting to bed at the same time each night and winding down in the hour before bed are key to helping your routine. Did you know that getting better sleep can have a positive impact on all aspects of your life? Some of the benefits include the following:

- It can help your brain retain information (great for memory, learning and revision!).
- Helps us to look better (think clearer skin and shinier hair).
- If you enjoy exercise or sport, sleep can lead to better performance and results.
- It can help your mood, how you think, feel and act on a daily basis.
- It can help your physical health.

Getting good sleep makes everything better. Check out the top tips on the next page to help you get your best sleep.



Getting good sleep has many benefits.

SLEEP - TOP TIPS

BED TIME ROUTINE

Everyone benefits from having a routine in the run up to bedtime. Try and do the same things at around the same time each night - even at weekends - so that your body has time to prepare to relax and sleep.



TURN OFF SCREENS

In the hour before bed, avoid using screens. It can be hard to turn off your devices especially if you've been revising all night and want to chat to friends or even unwind with a game. But remember, blue light stops melatonin (a hormone that helps you sleep).



COPING WITH WORRIES

If you find yourself getting into bed and worrying, writing down your worries can help you sort through feelings and enable you to process them. It can also help to talk through your worries with someone you trust.



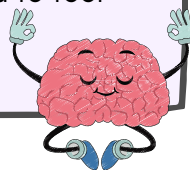
MUSIC OR READING

Avoid the temptation to play on your phone all night by picking up a good book or listen to music to help you relax. There are even playlists with music to fall asleep to.



RELAXATION

Relaxation and mindfulness exercises can help when you're stressed and worried. Whether you do this during your bedtime routine, or once you're in bed, pick something that really helps you to feel calm and content.



SNACKS AND DRINKS

Got the urge to snack? Resist the sugary snacks and instead choose a handful of almonds, a banana, oatmeal, cherries or sugar free cereal, and avoid caffeine before going to bed.



Which of the above tips would you like to try?

LOOKING AFTER YOURSELF

PHYSICAL ACTIVITY

Young people should aim to do at least 60 minutes of moderate-to-vigorous physical activity a day. Anything that makes you breathe faster and makes you feel warmer counts as physical activity. It could include running, cycling, swimming, football, hopping, skipping, gymnastics and many more! One way to tell if you are working at a moderate level is if you can talk, but not sing. Whereas when doing vigorous physical activity you may struggle to talk.

Being physically active helps to release hormones (chemicals that send messages to cells in your body) to your brain that provide a healthy environment for new cells to grow and develop. In particular, more cells grow in an area of the brain called the hippocampus which is responsible for learning and memory - this can in turn help you perform better at school. There's also evidence that happy hormones called endorphins are released through being physically active, which can benefit your mental health and wellbeing.

So basically, physical activity is good for you!

Whatever way you choose to be physically active, choose something that you enjoy! Check out the activity on the next page to identify physical activity that you enjoy.



It can be helpful to identify physical activity you enjoy.

PHYSICAL ACTIVITY

WHICH FORMS OF PHYSICAL ACTIVITY DO YOU ENJOY?

Circle the exercise that you enjoy in one colour pen. In another colour pen, circle the exercise that you haven't yet tried but would like to.

- Cricket
- Frisbee
- Aerobics
- Gymnastics
- Jogging
- Football
- Walking
- Yoga
- Basketball
- Rugby
- Cycling
- Skateboarding
- Weights
- Dancing
- Tennis
- Rollerblading
- Rugby
- Netball
- Resistance training
- Hockey
- Badminton
- Athletics
- Swimming
- Rounders
- Strength training
- Martial Arts
- Volley ball

LOOKING AFTER YOURSELF

SELF CARE

As you prepare to move up to secondary school it can be useful to think about self care. Self-care is just the little things we do to look after our own mental health which in turn supports our resilience too. It's about trying to listen to how we are feeling and understanding what we need, even if it's difficult, so we can care for ourselves.

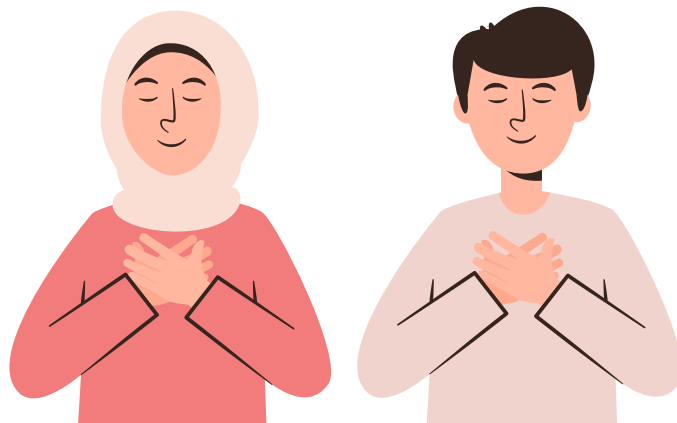
This could mean taking time out when we're feeling overwhelmed; it could mean making time to do an activity that we know makes us feel good; or it could be as simple as making sure to do the basics like eating and sleeping well when we're struggling.

What works for one person may not work for someone else. It also looks different depending on how our mental health is - remember our mental health can change over time. What works for us when we're doing well might feel impossible when we're going through a hard time. But that's okay. The important thing is that we listen to what we need, not what we think the world needs from us.

When we think about self-care, we might think of a particular activity like reading a book or having a bath. Self-care can be a single activity like this, but it doesn't have to be. It could be setting a boundary with someone to look after your own mental health; it could be pushing yourself to do something you want to do even though you're nervous about it; or it could be giving yourself permission to take a break and do nothing at all.

Remember, the important thing with self-care is not what it looks like, but what it does for you and how it makes you feel. Because when it comes to self-care, it's not one thing, it's your thing.

On the next page you will find a range of different ideas for looking after yourself. Look through the ideas and cut out the ones that you like to do now/or would like to do in the future for self care (there are also some blank ones for your own ideas). Then, stick them in the toolkit on the next page.



The important thing with self-care is what it does for you and how it makes you feel.

SELF CARE IDEAS

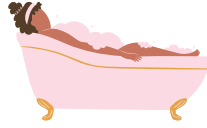
Take a break



Slow breathing



Do something to relax



Ask for help



Saying No



Be active



Talk to others



Do something you enjoy



Make a plan



Practice being mindful



Do something creative



Listen to music



Stay hydrated



Get enough sleep



Meditate



Healthy eating



Keep a journal

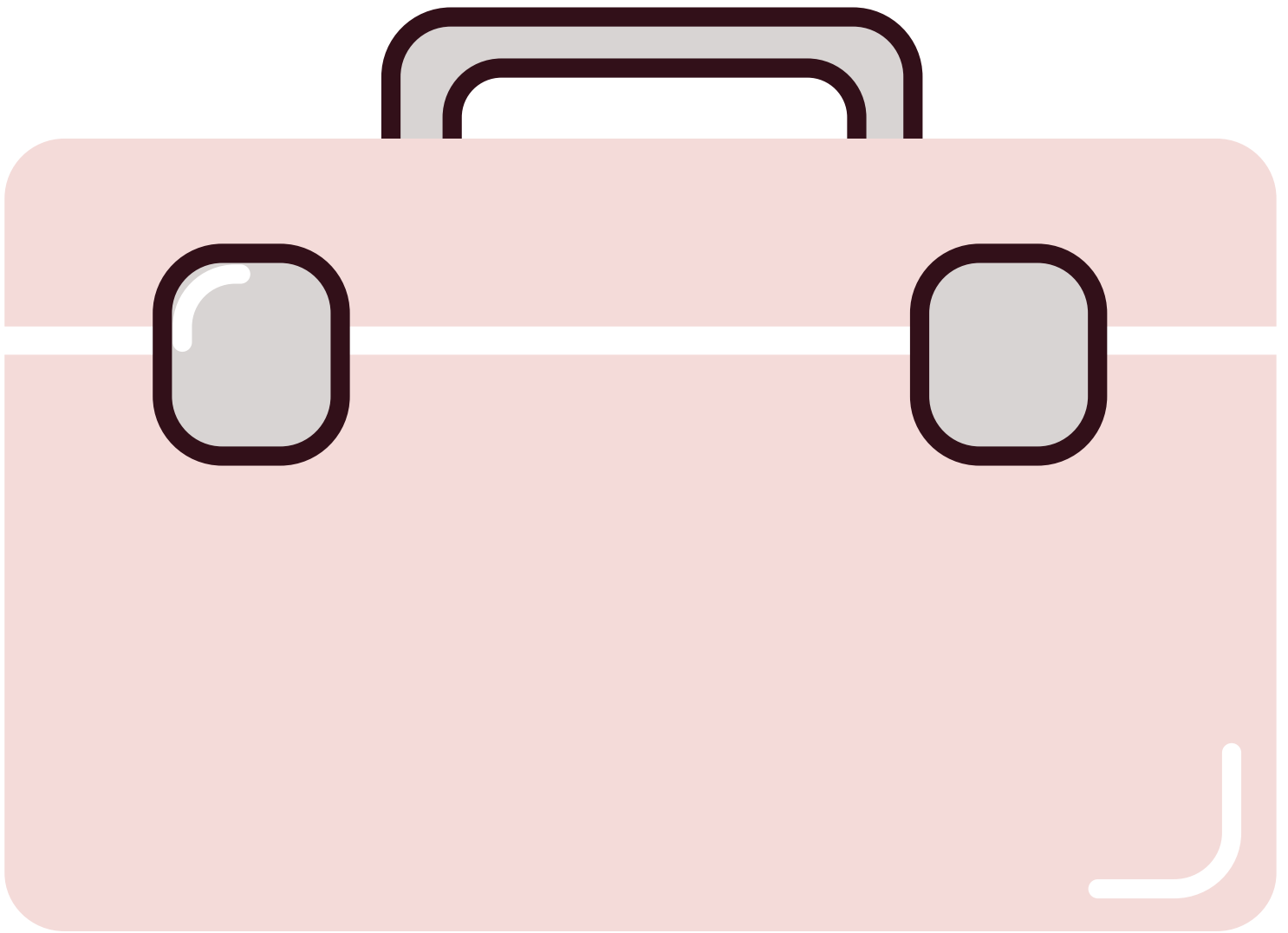


Socialise



Add your own ideas here.

MY SELF CARE TOOLKIT



Self-care is not a replacement for getting help from friends, family or professionals, nor is it about having to fix your problems on your own; but it is an important part of looking after your mental health.

In the same way that a computer or a car needs maintenance, we need to check in with ourselves and practise self-care to look after our mental health and wellbeing. We all face challenges in life, and self-care is a way of ensuring we're in the best possible headspace to take on those challenges.

YOUR NEW SCHOOL

YOUR VISIT TO THE SCHOOL

Here you can write down important information from your visit to your new school.

MY FORM TUTOR

MY HEAD OF YEAR

SAFE PLACES IN SCHOOL

THINGS I LIKE ABOUT MY NEW SCHOOL

THE HIGHLIGHT OF YOUR VISIT

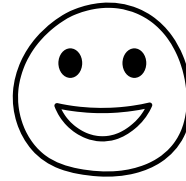
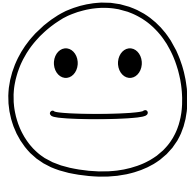
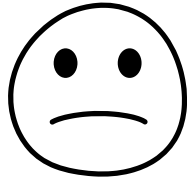
Welcome



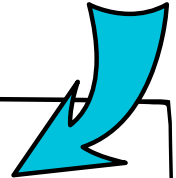
Remember, if you have any worries or concerns still, you can speak to people in your support network.

FINAL REFLECTION

How I feel about moving up to secondary school



Reason for my rating



Top Tips from other young people

If you are scared about getting lost or travelling to school, ask for help and tips about how to get around

Secondary school isn't as hard as you think

Getting your feelings out can help - whether that's writing, drawing or talking to someone you trust

You're allowed to feel upset or scared. You might not be the only one who feels this way

Find out what works for you to get through bad days

SUPPORT FOR YOU

SOURCE OF SUPPORT FOR YOUR HEALTH AND WELLBEING

Childline: Any worries that you have, no matter how big or small. Free and confidential. 0800 11 11 / www.childline.org.uk

Kooth: Your online mental wellbeing community. Free, safe and anonymous support. www.kooth.com

Health for Teens - Health for Teens is for young people aged 11-19 to learn about their health and wellbeing. www.healthforteens.co.uk/manchester/

Young Minds - The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. www.youngminds.org.uk

Talk to Frank - Information about drugs and drug use. Confidential helpline for anyone concerned about drug use. 0300 123 6600 / www.talktofrank.com

YOUR NOTES

