



Welcome to Barnhill Community High School!

As you know things have been a little different at the moment, but we didn't want you to miss out on moving into a new school.

So we thought it would be nice for you to take part in lots of fun-filled activities to help you get to know your school whilst being at home.

Getting ready to transfer from Primary School to High School

Name: _____

Primary School: _____

Secondary School: _____

Goodbye

Primary

School,

Hello

Secondary

School!

My New School

Find a picture or photo of your new school and stick it here.

When you know which School you are going to go to in September, it is a good idea to find out as much information as you can before you start.

The name of the School is _____

The address is _____

The telephone number is _____

The website address is _____

The name of the head teacher is _____

The name of the SENDCO
is _____

Going to Secondary School

How do you feel?

These could be useful to think about when you think about changing school.

Use two different coloured highlighters, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about. Or cut them out and stick them into the boxes on the next page.

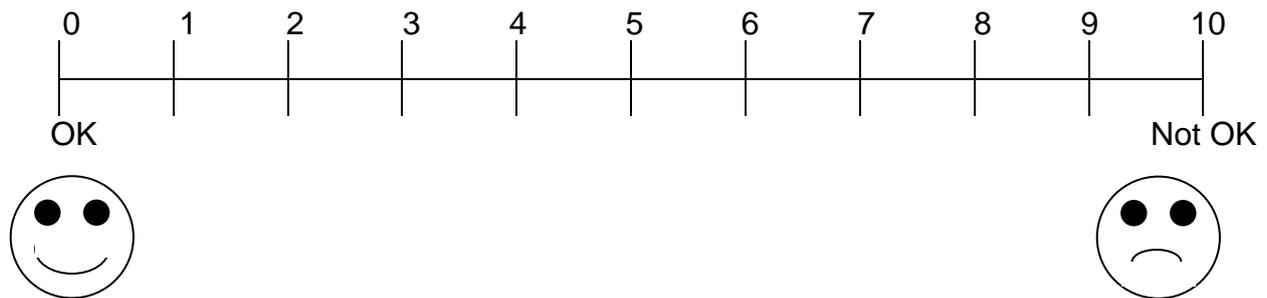
Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

If you have cut out the phrases from the previous page, paste them into the appropriate box.

Worries	Happy

A solution-focused approach

Think about something that worries you about moving to Secondary School.



What is the worry? _____

On the scale of 0 to 10 how worried are you? _____

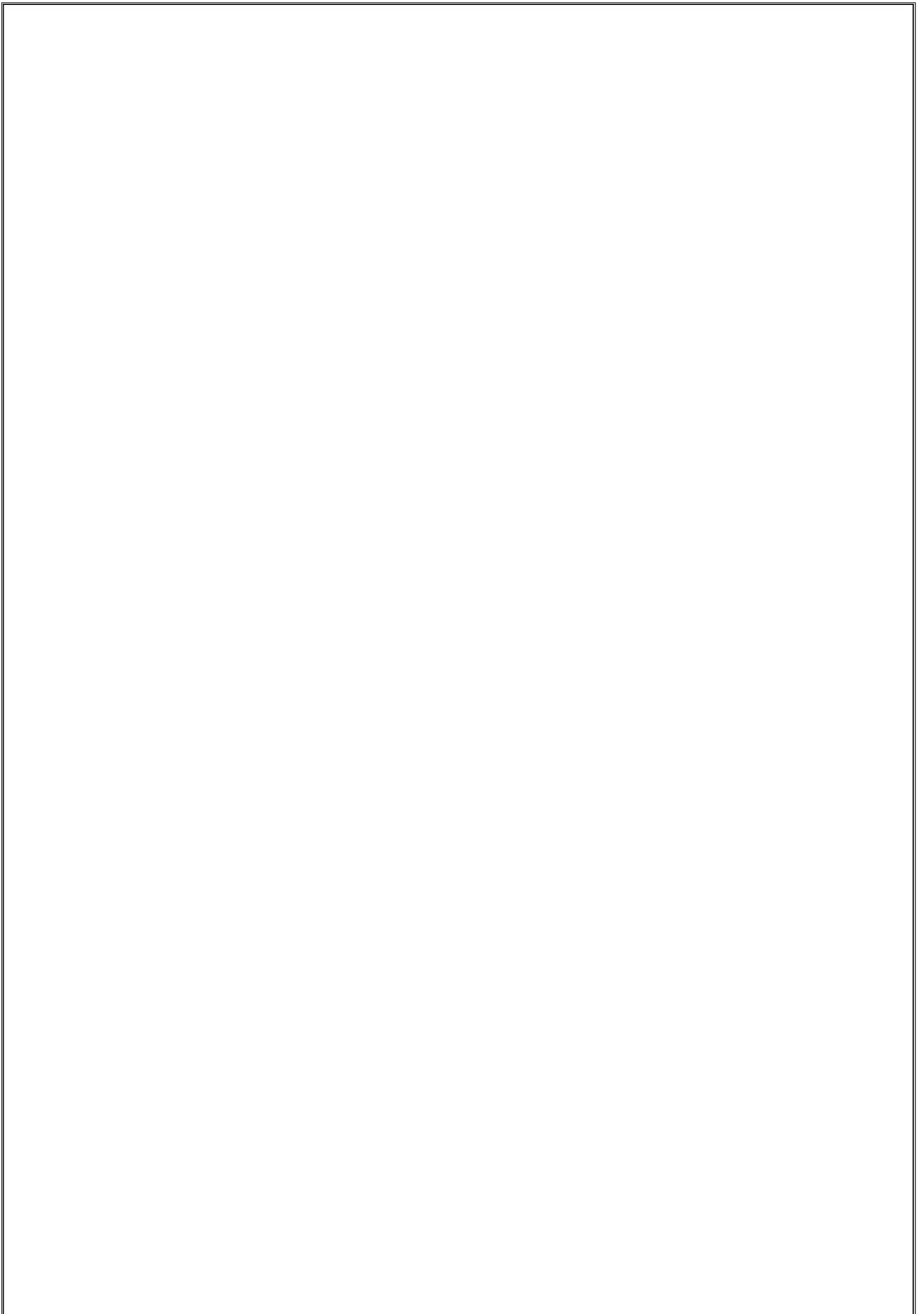
Think of a time when you have been worried before _____

What helped you move down the scale that time? _____

Where on the scale would you like to feel in a month, 6 months and in a year? _____

What would help you move one point nearer? _____

What will have changed so you know you are less worried? _____



Secondary School question sheet

Secondary School: _____

Address of School: _____

Telephone Number: _____

Questions about how the School works	Best way to find out	Answer
What time does School start/ finish?		
What times are break-times and lunch time?		
What sort of food is sold? How much do things cost?		
Where do students go at lunch time?		
What snacks can you buy?		
How much homework do you get?		
What happens if it isn't done?		
Where can I do my homework in my free time?		
What happens if I get into trouble? What are the punishments?		
Who's the best person to talk to if I am having problems?		
How am I rewarded for my work?		

Questions about getting to School	Best way to find out	Answer
Where is the School?		
How will I get there?		
Can I take a bike? Where can I put it?		
How much is the bus fare? Which number bus would I take?		
Are there friends who will be going to the same college I can walk with?		
How long will it take to get there?		
What time will I have to get up?		
Is this better or worse than now?		

Questions about School Uniform and equipment	Best way to find out	Answer
What do people wear to School?		
Where can I buy it?		
What sports kit will I need?		
Do I need my own pens and pencils?		
What kind of bag will I take my School equipment in?		
Is there any other equipment that I need?		

Questions about Who's Who	Best way to find out	Answer
Name of your form tutor		
Name of your Head of Year		
Name of the Head Teacher		
Name of the Deputy Head		
Who else do you need to know? What do they do and when will you see them?		

Questions about the timetable and learning opportunities in School	Best way to find out	Answer
How does the timetable work?		
What subjects will I be able to study?		
What facilities does the School have (e.g. sports equipment, science laboratories)?		
What happens if I find the work hard?		
Is there support in lessons?		
Does it offer anything after school?		
What other activities are offered?		
Which could I join?		

Any other questions I have	Best way to find out	Answer
1.		
2.		
3.		
4.		
5.		

Finding your way around

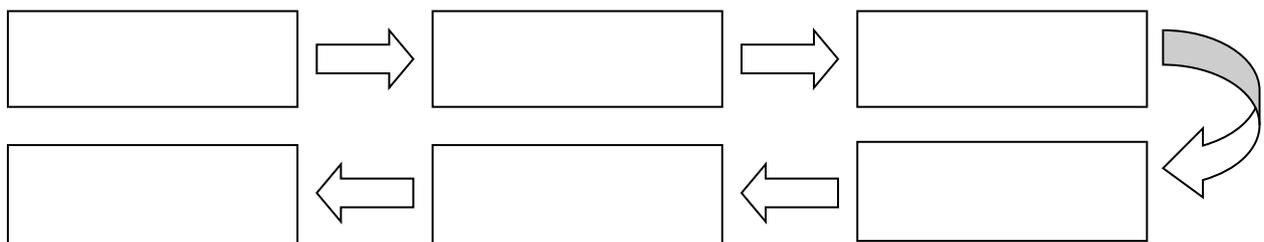
Before September you might get the chance to come and visit Barnhill. Of course we will make sure you are safe in these uncertain times.

It can be difficult to find your way around a new environment. Before you visit the Secondary School, get a map of it. Mark on rooms in different colours.

You may want to mark on

- Your form room
- The library
- Different subject rooms e.g. English room, Science labs, Art room, Computer suite
- The canteen
- The toilets
- The main office
- Student's entrance

Plan a route for your visit to school that will take you to some of the places marked on the map.



Draw your route on the map. Try and follow this route when you visit your School.

School Staff

There are many teachers in a secondary school, not all of them will teach you, but may be important to you in a different way. As well as being a teacher they may have another job in school. The different names for these jobs are helpful to learn.

Written below are some of the jobs that adults in your secondary school may have.

Try and find out if there are adults in your secondary school who do this job, what they do and when you may see them.

The name of your form tutor _____

What do they do? _____

When may you see them? _____

The name of the Head of Year 7 _____

What do they do? _____

When may you see them? _____

The name of the Head of Lower School _____

What do they do? _____

When may you see them? _____

Is there anyone else who might help you?

What is their name? _____

What do they do? _____

When may you see them? _____

When I visit my Secondary School

Date of visit _____

Time _____

Who will I go with _____

How will I get there _____



My questions	Best way to find out	Answer

After visiting Barnhill...

Describe what you did and saw.

What did you like at the School?

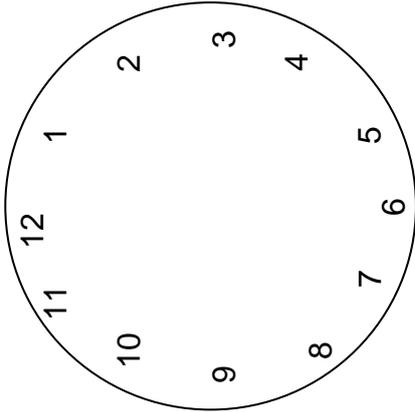
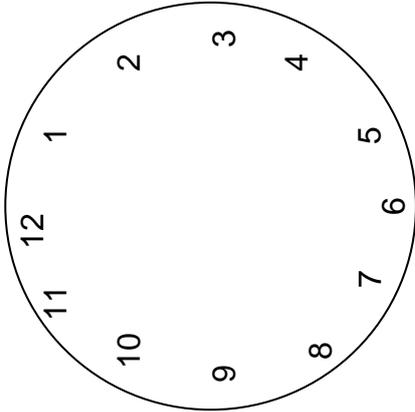
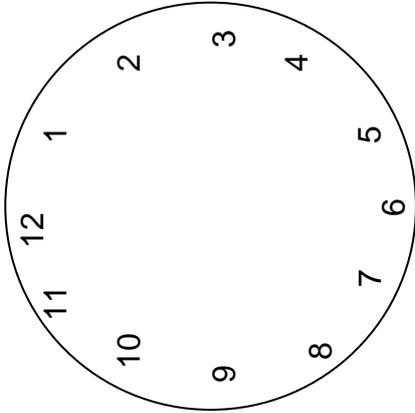
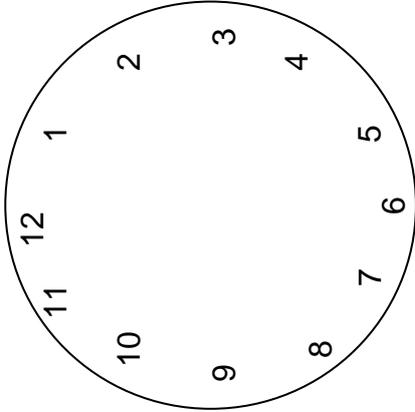
What didn't you like?

How was it different from your Primary school?

Is there anything else you want to find out?

School times

Organisation at school

School starts at:	Break time is at:	Lunch time is at:	School finishes at:
			
			

Morning Break

At the end of a lesson you need to pack your bag, check you have all your belongings and usually you have to leave the room in order to go to your next lesson. At some time in the morning you will usually have a longer break in which you have time for a snack and to meet up with your friends.

Start Finish Length of break

Where can I go and what can I do at morning break?

Place	What you are allowed to do

What snacks can I buy at School?

1. _____
2. _____
3. _____
4. _____

Lunch Break

The lunch break is between morning and afternoon lessons. It is a time when you can mix with your friends, go to a lunchtime activity, and eat your lunch.

Start Finish Length of break

Where can I go and what can I do at lunchtime?

Most Secondary Schools have a canteen system or you can bring a packed lunch.

Make a list of some of the different types of food you can buy in the canteen:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

REMEMBER you might need to bring in money or a card / voucher (eg: a "Smartcard")

If you bring in a packed lunch you will need to find out

Where can you eat it? _____

What time do you eat it? _____

Can you buy a drink at school? _____

What sort of drinks or containers are you allowed to bring into school? _____

Lunch time activities- there are often different activities that occur at lunchtime

Make a list of the different activities you could do:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Places to go- there are often different places you can go during your lunch break

Place	What you are allowed to do

Home help

Give this sheet to your Mum or Dad, or whoever helps you get ready for school

Ideas for helping your son/ daughter at home

The most important help you can give is continual encouragement and praise.

Talk

Encourage your son/ daughter

- To talk about School- likes/ dislikes, what they are good at, what they are worried about...
- To talk about books, films, hobbies etc.

Don't pressure them they will talk when they are ready.

Organisation

- Encourage them to make a large copy of their timetable
- Display it in a prominent place
- Refer to it to remind them what lessons they have each day
- Make lists of what they need each day
- Encourage them to pack their bag with everything they need for the next day
- Encourage them to check it against the list for that day
- Don't pack their bag for them
- Encourage them to get into a routine and do things in a similar sequence

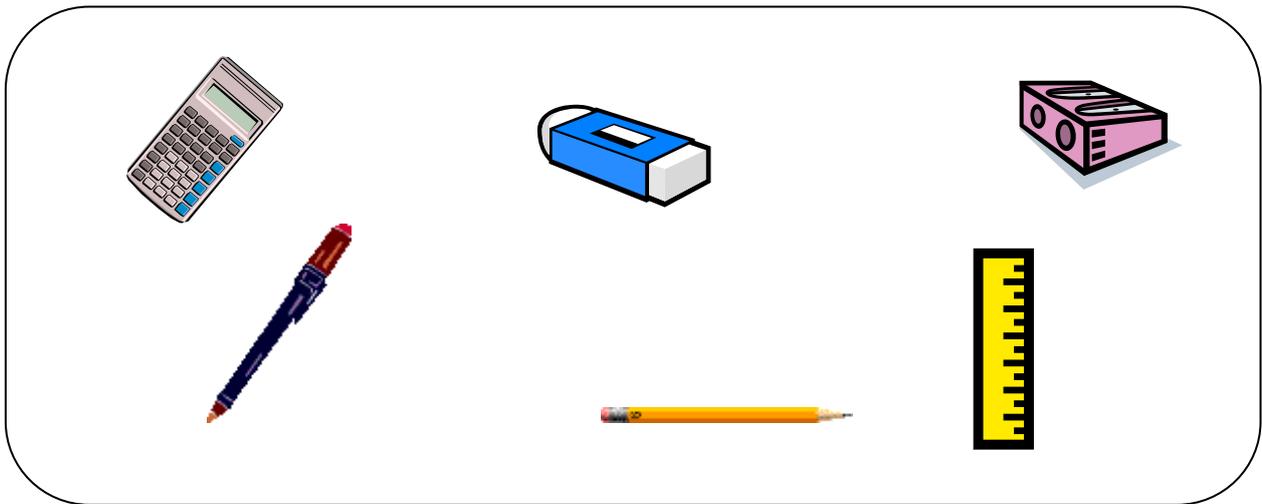
Coursework

- Help plan out extended pieces of coursework over a period of days or weeks
- Check their homework diary each day
- Encourage them to have a set time to do their homework
- Help with homework
- Don't do their work for them
- Keep an eye on the time they spend on their work. Check they do not spend too long or too little time on each piece.

School equipment

Things I need to bring every day

Every day you will need your writing equipment. Circle the equipment you need in your pencil case. Draw in anything else you need.



Some days you will need extra equipment. This will depend on the lessons you have that day. Look at your timetable and work out the additional equipment you need each day.

Day	Things I will need to bring
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Getting to know you

My favourite place is.....

My favourite food is.....

My interests are.....

I don't like.....

I like to listen to

My favourite band/music is.....

My favourite sport is.....

My favourite programme is.....

My favourite colour is.....

I like to wear

I would most like to be.....

I am looking forward to

I am most relaxed when.....

I worry about.....

I am happiest when.....

I get angry when.....