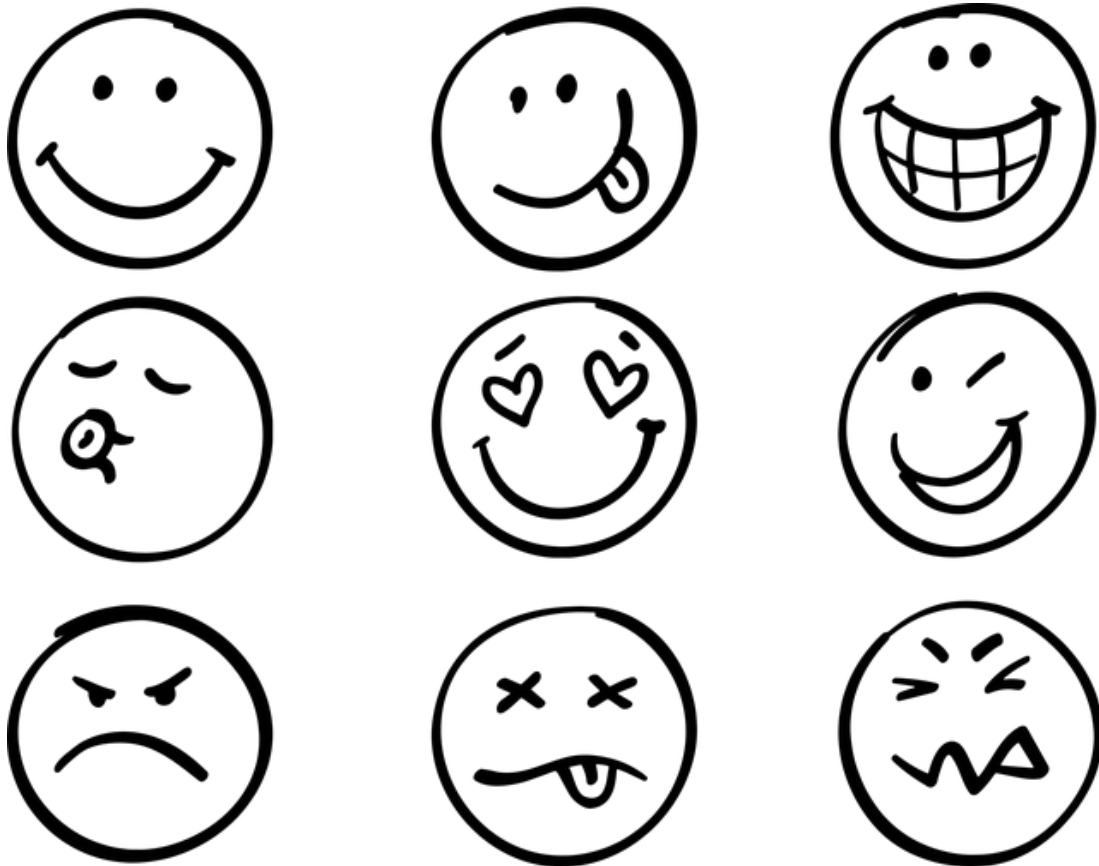


# Moving up: The Next Chapter



A Beam guide for young people who are moving from Primary to Secondary school.



# About This Booklet

This booklet is here to help support you in the next adventure of your life: moving from Year 6 in Primary School to Year 7 in Secondary.

You might be feeling excited. You might be feeling nervous. It's likely there is a mixture of feelings for you!



By now you should have received some information from your new school with lots of details about what to expect. Hopefully this has answered some of your questions, but you might have extra things that you are uncertain about.

We hope that this booklet will help you with some of the other things you are thinking about... Don't forget, Beam is here to support you throughout the summer break. We will tell you how you can get in touch with us later on.

# School Intro's & Lockdown Changes

Lockdown has had a massive impact on your move from Y6 to Y7.

Taster days... Shuffle-up days... Transition days... Whatever you know these as, having days to see what the move to secondary school is like is a really great way to experience your new school.

It is also useful to meet some representatives from your new school if they come into your Primary School.

We know that lockdown has meant that this probably hasn't happened for you.

## So what can you do?



... at your new school's website.

This should give you loads of information about what your new school is like.

Some even have a virtual tour so you can see inside different parts of the buildings.

You might even be able to see who some of the school staff are!

# Feelings about the move

Whatever you're thinking about going to secondary school, it is likely it's a big mix of emotions.

And that's ok.

Some things you might be feeling... Do you recognise any?!

## How I am feeling?

		
Happy	Angry	Upset
		
Silly	Nervous	Surprised
		
Frustrated	Hungry	Affectionate
		
Sleepy	Thoughtful	Sick

# Friends

## Are you...

- ...Going to a different school from your friends?
- ...Going to the same school as your friends, but nervous you might get separated?
- ...The only one from your class going to your new school?
- ...Really excited about making new friends?
- ...Happy that you are going to have a new start?

*Whatever your situation is, there are things you can do to make new friends and keep in touch with old ones.*

**BBC**  
**Bitesize**

**BBC Bitesize give some great tips about making new friends...**

- Join a club or after school activity to meet new people
- Be yourself and you'll make friends with people like yourself
- Smile and be approachable
- Make an effort to speak to people even if it takes you out of your comfort zone
- Don't rush this: the most genuine friends come gradually as you get to know each other, not by trying to be instantly popular
- You will be seated with different people in different subjects and will have to work together. This is a good opportunity to get to know your classmates and form new friendships.



<https://www.bbc.co.uk/bitesize/articles/znhf7nb>  
<https://www.bbc.co.uk/bitesize/articles/z7yrhbk>

## ... and how to keep in touch with old ones

- Keep in touch and make sure you see each other outside of school time
- Don't let other commitments or new friends get in the way of making time for your old friends
- Introduce your new friends to your old friends
- Don't worry about not being as close or seeing them as regularly, a good friendship can pick up at any time
- Send an occasional encouraging text or give them a call for a chat, your old friends are probably worried about losing you as a friend too
- After a couple of weeks, organise a cinema trip or other activity with a few of your old friends to compare notes on new schools and just catch up

**TO DO:**

- ✓ Find out if my new school has activities where I can meet new people.
- ✓ Does my school have any clubs I can join
- ✓ Chat to my friends about how we are going to keep in touch



# Fitting in, bullying & big kids

You will be leaving your Primary School as one of the big kids.

Maybe you're worrying about being one of the small ones again.

Don't forget, the kids in year 11 were once in year 7 and having the same thoughts then that you are now.



Being worried about bullying is something we hear all the time. Every school will have something called an Anti-Bullying policy – your primary school will have one too!

Some of the types of bullying...

- Name calling
- Making things up and spreading rumours
- Leaving someone out
- Things being put on social media – also known as Cyber Bullying
- Being hit, pushed or some other physical contact
- Making threats and intimidating another person

It is important to tell an adult if you experience bullying. Your school will have people who want to help you.

Don't forget – even though the Year 11's might seem really grown up and you might want to avoid them, lots of them will be happy to help you if you have a problem!

### **TO DO:**

- ✓ Find out who is the best person to talk to about bullying
- ✓ Find out more about my school's anti-bullying policy



**Young Minds have some great stuff about fitting in on their website...**

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>





# Having the right uniform & equipment

A new school means a new uniform. Are you looking forward to this? Or are you worried about it?

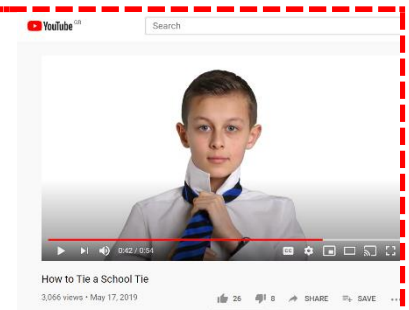


Maybe you are worried about being told off for not wearing your uniform properly, or don't know how to tie a school tie.

look

Watch this video about  
tying a school tie

<https://www.youtube.com/watch?v=7-yIOMf5RXY>



A lot of children going into Year 7 will be wearing uniform they have had given to them – maybe by an older brother or sister, a friend or someone they have never met.



Talk to your parents or carers about uniform if you are worried about anything to do with clothing for school.



We know this is easy for us to say, but try not to worry about not having the newest, smartest or most expensive stuff. If you have hand-me-down uniform, that's ok. In fact, it's better for the environment!



## Did you know...

11 million items of clothing end up in landfill every week?!

This has a massive impact on our planet... Do your bit and reuse where you can!

### TO DO:

- ✓ Practise tying a school tie
- ✓ Try on my uniform and see how it looks!



# Journeys to & from school

Reduce your school journey worries by preparing! Get to know times for buses, learn what routes are quickest & have a test run!

Travelling to and from school on your own can be scary, especially as it is likely you haven't had to do anything like this before!

It will probably take you longer to get to secondary school, and you might even have to use a couple of different travel methods such as a bus journey as well as a walk, or take 2 different buses!



Maybe you have 2 journeys to plan if you live between 2 parents' houses.

Get to know your journey to, from and in-between both homes, even if they mean using different ways to travelling.

## Bus & Train Journeys

Check out the websites for bus and train times. If you have a smartphone, download the apps so you always have a travel timetable in your pocket!

<https://www.arrivabus.co.uk/travel-help-and-accessibility/school-travel/>



<https://www.nationalrail.co.uk/>



Have a look at the above websites for information about bus times, journey planners and info about ticket prices.



Did you know... you can report a crime to the British Transport police from the train? Look at their website

[http://www.btp.police.uk/local\\_npt\\_teams/midlands/shropshire\\_and\\_staffords\\_hire.aspx](http://www.btp.police.uk/local_npt_teams/midlands/shropshire_and_staffords_hire.aspx)

# Thinking about journeys...

*“I’m worried about using public transport in case it makes me late for school!”*

School will know that this can happen sometimes. If you have a phone, get a number for the school office so you can let them know what’s happening.

*“It’s really expensive travelling on the bus or train everyday”*

Talk to your parents/carers - it might be that you can get some help with the costs! There is information on the local council websites (links below) or speak to someone at school about your concerns.

*“What if I get bullied on the bus or train?”*

Tell someone. On the bus you can tell the driver, on a train the ticket collector. If you can’t tell anyone when it happens, make sure you speak to someone at school or home.

**Shropshire County Council:**

<https://www.shropshire.gov.uk/school-transport/>

**Telford & Wrekin Council:**

[https://www.telford.gov.uk/info/20466/travelling\\_to\\_school](https://www.telford.gov.uk/info/20466/travelling_to_school)



## TO DO:

- ✓ Plan my journey to school from home(s)
- ✓ Have a trial run of my journeys to see how long it takes
- ✓ Find the best way to contact school if I am running late

## CHECKLIST

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

# Getting lost in school

You've overcome your first challenge of making the journey to school – excellent! But now you are worried about finding your way around.



The building seem massive, the corridors are busy and you just don't know how you will manage to get to your next lesson.

Relax. Breathe. Hopefully you will have been given a school map. There will be lots of kids moving around the school at the same time as you who know where you need to go – ask for help!

Some schools have older pupils who are there to help you: see if you can find out who they are.



It might seem impossible, but in a few weeks you will know your new school like the back of your hand! But until you do, reach out for help.

## TO DO:

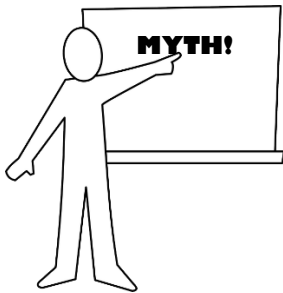
- ✓ Have a copy of my timetable in my bag (& a spare!)
- ✓ Have a look at a map of the school
- ✓ Find out who I can ask for help if I am lost



# Staff & Teachers

It is a big adjustment going from having a couple of teaching staff all day to having lots of different teachers in lots of different lessons.

Not only that, you might have been told that teachers are all really strict at secondary school...



This **isn't** the case! Rules will be different at your new school, and expectations will be higher. Part of this is because you are being treated differently because you are growing up.

It's important to **listen** to what you are being told, **follow the rules** and **ask** for help.

The word 'look' is written in a stylized, hand-drawn font. Each letter is a different color: 'l' is blue, 'o' is red, 'o' is green, and 'k' is blue. The letters have a slightly textured, sketchy appearance.

**Check out this video  
about Myths about  
Teachers!**

<https://www.bbc.co.uk/bitesize/articles/zdxnjhv>

The BBC Bitesize logo, featuring the letters 'BBC' in white on a blue square background, followed by the word 'Bitesize' in white on an orange rectangular background.



**Don't forget:** Teachers and school staff are there to support YOU. That's their job! If you are worried about anything – school work, things at home, friendships – talk to them! You will have a form tutor who can help you or find help for you.

**Your school will probably have a pastoral or wellbeing team who can support you.** Find out who they are and where in the school you can find them.

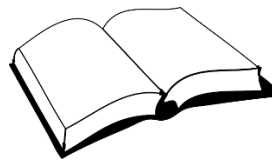
# School work & home work

Secondary school means learning lots of new things and having lessons that you maybe haven't had before.

It also means you will get homework set for you.

You probably have had homework at primary school, so you will know how important it is to get this in on time.

Planning how and when you are going to do your homework is really important.



## Things to think about:



- **Get organised!** Homework planners or diaries are really helpful, and some schools will give you one of these – use it!
- **Where** might you do your homework? Kitchen table? Desk in bedroom? School library?
- **When** is the best time to do it? Maybe you want to do it as soon as it has been set so you don't forget. You might prefer to do it at the weekend. Just be aware that tasks can pile up quickly so it might be worth spreading it out and doing a bit each night!
- **Working together** with a friend can help (just as long as you don't copy each other!)

**Don't forget to talk to teachers or parents/carers if you are struggling: if they don't know you are struggling, they won't be able to help you!**

**look**

Some links for advice about school and home work:

**childline**

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/homework-revision/>

**BBC  
Bitesize**

<https://www.bbc.co.uk/bitesize/articles/zbd2cqt>

**TO DO:**

- ✓ Fill in my homework planner/diary every day
- ✓ Plan where and when I will do my work
- ✓ See if I can study with a friend or call someone for help





# Discipline at Secondary School

A bit like the rumours you might have heard about strict teachers, you might have heard all sorts of things about getting trouble at school.

You might have heard punishments being called 'sanctions'.

Like the bullying policy, your new school will have a behaviour policy. It is likely that these two things go hand in hand.

Each school will have slightly different expectations of their pupils, but following **The Five P's** should help you avoid getting into trouble!

Be <b>Prepared</b>	<ul style="list-style-type: none"><li>✓ Complete homework on time and bring the correct books and equipment for your subjects.</li><li>✓ Be presentable – tuck in your shirt!</li></ul>
Be <b>Punctual</b>	<ul style="list-style-type: none"><li>✓ Arrive on time to school and to your lessons. If you are late, explain why and apologise.</li></ul>
Be <b>Productive</b>	<ul style="list-style-type: none"><li>✓ Do the things you have been asked to do – stay on task! Avoid being distracted.</li></ul>
Be <b>Polite</b>	<ul style="list-style-type: none"><li>✓ Respect everyone – teachers, staff and other students.</li><li>✓ Be nice or neutral towards others.</li><li>✓ Don't swear, hurt anyone or destroy property.</li></ul>
Be <b>Patient</b>	<ul style="list-style-type: none"><li>✓ Wait your turn.</li><li>✓ Let others talk.</li><li>✓ Don't shout out unless asked to do so.</li></ul>

Some punishments or sanctions might be:

- a telling-off
- a letter home
- removal from a class or group
- confiscating something inappropriate for school, eg mobile phone or MP3 player
- detention



## TO DO:

- ✓ Find out more about my school's behaviour policy
- ✓ Find out what is expected of me

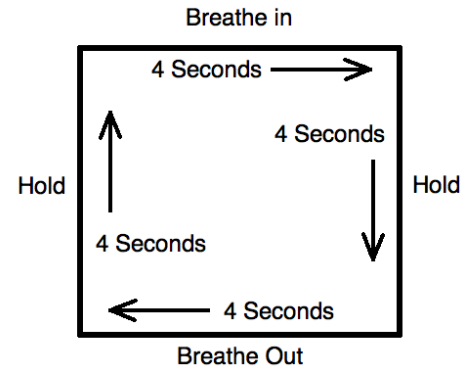


# Strategies to cope with nerves

Some suggestions below for how to cope with the nervous feelings you might be having before starting your new school:

## Square Breathing

Paying attention to how you breathe can give you a calm and relaxed feeling in your body and mind. It can also help you to sleep at night!



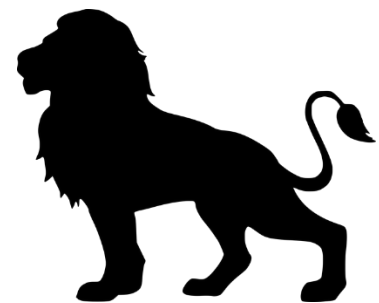
## Grounding Exercises

These can be used to help you feel more in control when you are feeling panic. Try practising this when you aren't panicking it'll work better when you need it that way!

- 5 things you can SEE
- 4 things you can FEEL
- 3 things you can HEAR
- 2 things you can SMELL
- 1 thing you can TASTE

## Choose to be Brave

This might seem weird, but go with it. If you choose to be brave in a moment instead of worrying about not being brave, before you know it you've done the thing you were worried about!



## Positive Self-Talk

Focus on positive thoughts.

"I am good enough"

"I can do this"



## Pay attention to your sleep

It's easier to deal with nerves when you are not exhausted! Beam have produced a guide about sleep which is on their website (details further on).



# Directory of Support

There are lots of places you can get support – both in school and outside of it. If you feel like you need help **reach out to someone**.

Find out the name of someone in the pastoral or wellbeing team in your school, as well as how you can contact them.

Use the space below to jot their details down.

Name: .....

Room No./where to find them: .....

I can contact them by: .....



## Other places for support:



**Emotional wellbeing support for young people**  
<https://www.childrensociety.org.uk/beam/shropshire>



<https://www.kooth.com/>

Online support



<https://www.childline.org.uk/>

Free, private confidential service with a number of ways to get in touch.



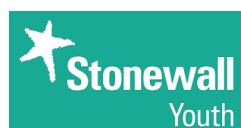
<https://www.samaritans.org/>

Free, private confidential service with a number of ways to get in touch.



<https://mermaidsuk.org.uk/>

Organisation supporting gender-diverse young people and families.



<https://www.youngstonewall.org.uk/>

Stonewall Youth exists to let all LGBTQ youth know they are not alone.



<https://www.beateatingdisorders.org.uk/>

Information and support relating to eating disorders.

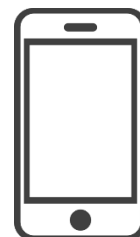
# About Beam

Beam is an emotional wellbeing service for children and young people under 25.



**OUR AIM:** to help **you** find ways to manage your thoughts, feelings and emotions.

**We are currently providing support on the phone.**



To arrange a call back, ask your parent/carer to email us:

**AskBeam@childrensociety.org.uk**

(Young people age 14+ can contact us directly)

We will then arrange a time to call you back.

Beam won't force you to talk about anything you don't want to.

We will take the time to listen to what you want to tell us before we make any suggestions.

**Beam is run by The Children's Society.**



Have a look at our website for more details:

**<https://www.childrensociety.org.uk/beam/shropshire>**