

Children and Family Health Surrey

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June 2020



Transition

Moving from Year 6 to Year 7



Ground Rules

- Be **sensitive and respectful** of others feelings
- Do not **judge** others
- If you do not understand or are worried to ask, make a note of any questions you may have – **don't keep it to yourself!**



Transition: Learning Outcomes

By the end of this session you should be able to;

- 1.** Recognise some of the **emotions & feelings** I may be having about **moving to secondary school**.
- 2.** Identify ways of **managing** these feelings
- 3.** Understand where to seek **advice and support**.



TOP TIP:

During this session write down any questions you would like answered



It is important to recognise your thoughts and feelings as these are sensitive issues we will be discussing



Starting Secondary School

Moving from Primary School to Secondary School is an exciting time of life

New clubs

New friends

Things to be excited about!

Independence

New teachers

New subjects



Worries and new changes...

- It is **normal** to feel a little **worried** about starting a new school.
- Within a few days, **you will get used** to your new school and will wonder why you were worried!!
- It is **important** to talk to people about how you are feeling **so the little worries don't become big ones!**



Will I make new friends?

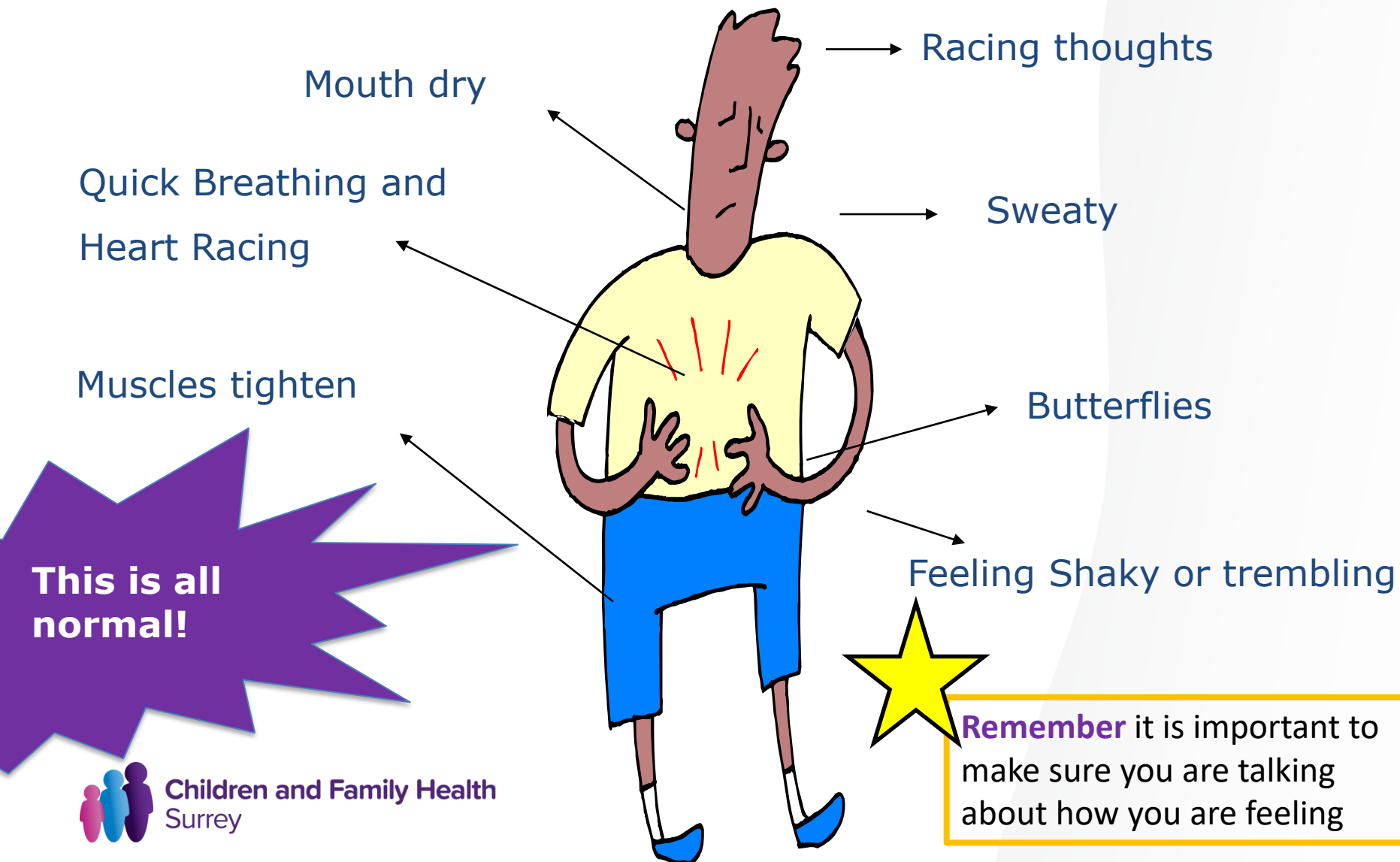
How will I find my way around?

Remember everybody will be feeling the same as you (even if they don't show it!)



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Physical signs of feeling worried



How can you help yourself?



- Keep in touch with **old friends**
- **Talk to someone** who you trust
- Make time to **relax and have fun!**

Who can help?

- Your **tutor**
- Your **parent/carers**
- Your **friends**
- Your **school nurse**

**Remember to ask
for help!**



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Top Tip! Get Organised!

- Pack your bags the night before
- Do your homework the night it is set

★ Top Tips! How you can prepare for starting school:



- Visit the **school website**, there is lots of useful information on there.
- Practice **packing your bag**(choose a comfy & spacious bag, remember you will have to carry lots of heavy books in there)
- Look after your **back!**
- **Plan your route** to school and practice walking there with a parent, carer or friend.
- You can use **Google maps or Streetview** to help you plan your journey.
- **Practice buying food in a shop or café**, as this will be practice for buying your lunch in the canteen
- **Talk** to your friends about how they are feeling
- Get into a good **routine** of going to bed early, waking up on time & eating breakfast.
- Get your **uniform ready** and make sure you know the uniform policy!



Keeping healthy



Can you think of ways **you** can keep **healthy**?

Keeping active

Personal Hygiene

**Join a Clubs/
have hobbies**

**Eating a
balanced
diet**

Get enough sleep

Online Safety

**Drink water
and keeping
hydrated**

**Keeping safe
friendships**



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Top Tip!

Check out Change 4 Life website



Friendship: It is Important

What makes a good friend?

- Honest
- Not controlling
- Supportive
- Fun
- Reliable
- Good at listening
- Laughs with you, not at you!



Can you think of anymore qualities you would like in a friend?



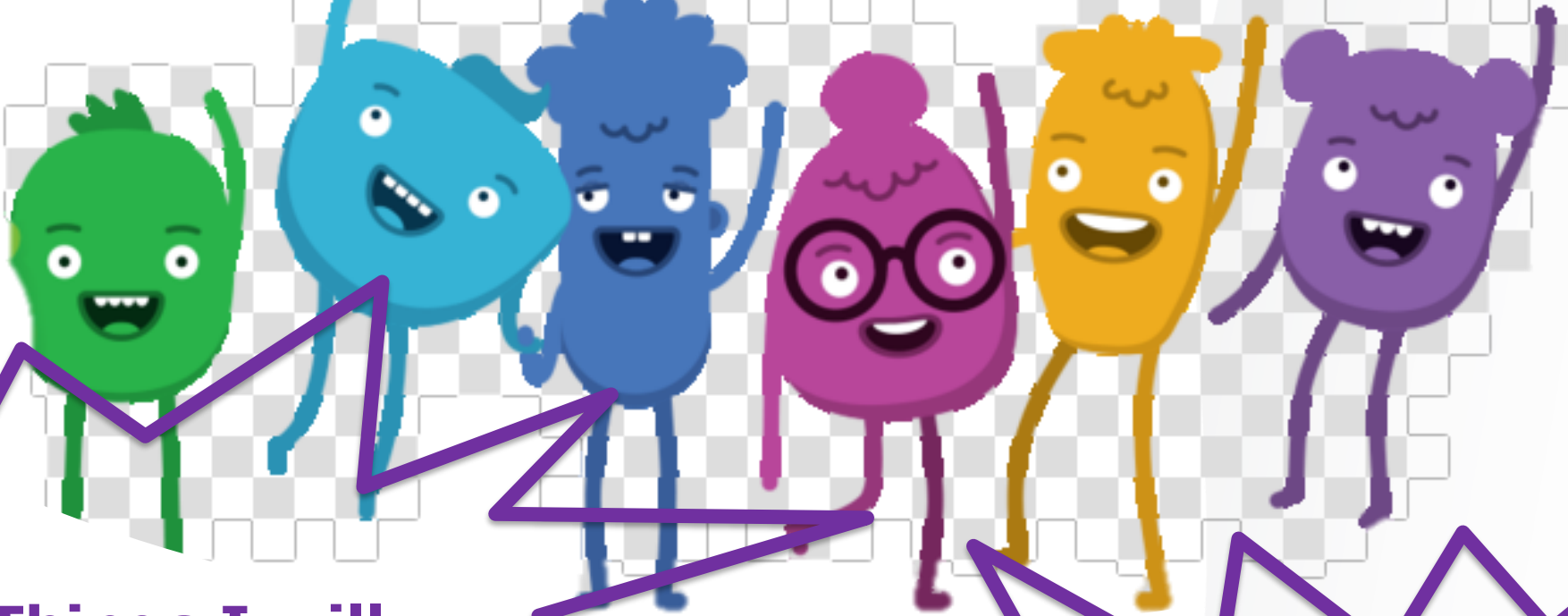
Top Tips!

On making new friends

- Be brave, introduce yourself!
- Find people with the same interest as you, this might be achieved by joining clubs and activities
- You will often be seated next to different people by your new teachers, take this opportunity to get to know them.
- Be patient, sometimes making good friends take time



Group Activity Part 1



1. Things I will remember about my school:

2. Things that I have achieved at my school:



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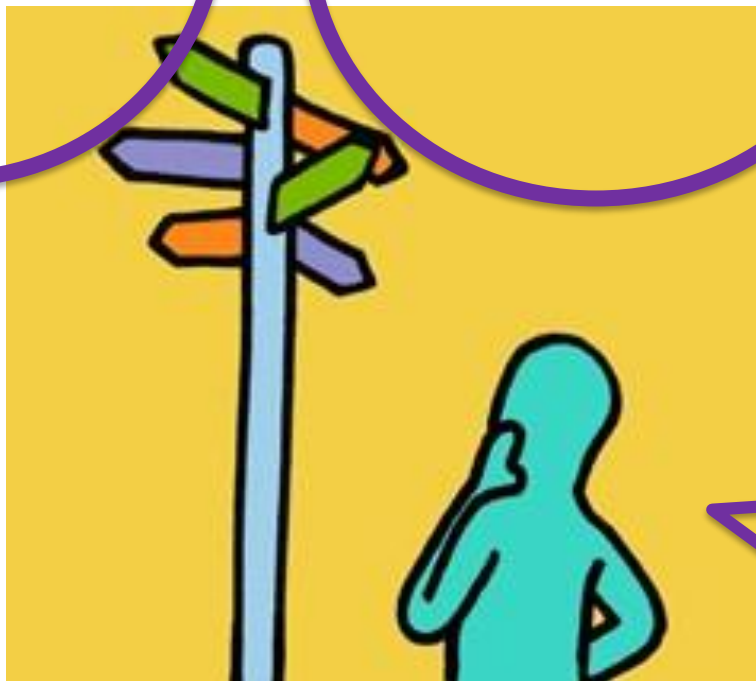


Group Activity Part 2

1. Things I would like to know about my new school

2. Things that I am worried about

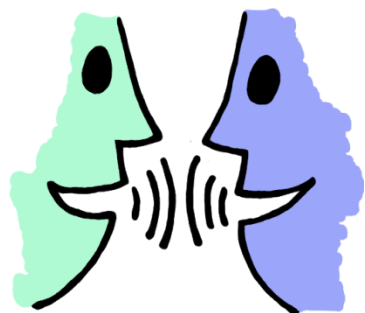
3. Who can I talk to?



4. Things I am looking forward to







Where can I get help?

- **Kooth.com** <https://kooth.com/>
- **Surrey Youth Counsellors**
- **CYP haven** <https://www.cyphaven.net/>
- **Tutors /school welfare officer**
- **GP**
- Your **Parents/ carers/older brothers & sisters**
- **Child Line & NSPCC** websites



School Nurse Top Tip!

Just ask your tutor or school welfare officer and they will help to arrange a face to face appointment. **We are here to help you**



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Transition: Have you met your Learning Outcomes?

You should now be able to:

- Recognise some of the **emotions & feelings** I may be having about **moving to secondary school**.
- Identify ways of **managing** these feelings
- Understand where to seek **advice and support**.



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Transition during Coronavirus

You'll almost certainly have heard about coronavirus.

You may understand that we are currently living in rapidly changing times.

So you might be thinking how will this affect me starting Secondary School?



- It is important to **talk** to a trusted adult/carer about how you are feeling if anything is worrying you
- We will **all** struggle with transition to a '**new normal**' as this is a **unique experience**
- When starting Secondary School, keep to a **routine** and make time to **safely play** and **relax**

It's a word you might have heard
at school or online or on T.V.



Remember your teachers and school are here to support you and thinking of creative ways to help you transition to secondary school

Top Tip:

It might be useful to keep a mood journal. Writing down your thoughts is a helpful way for you to balance your mood during this period of uncertainty



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Is there anything else you would like to know about transition from Year 6 to Year 7?



Top Tip!

It might be useful to draw round your hand and write down 1 question on each finger



**Remember:
No question or
worry is silly**

