**Week 1 – Moving on and moving up**

Moving from primary school to secondary school is a big transition. Teachers in both schools do their best to prepare you for this step and support you through the change. It’s normal to feel anxious, worried or scared about starting a new school, and sad that you won’t be going to the same school as some of your friends. But remember that it is also an exciting time when there are lots of new experiences, new friends and new opportunities to look forward to.

**Task 1:** When we have a lot of strong feelings, it is easy to feel overwhelmed. Your first task is to think carefully about your feelings and complete the spider diagrams below. You can add boxes if you need to.

What I’m looking forward to

What I’m worried about

It can feel like you are alone, but your worries and concerns are probably very similar to how other people are feeling too. These quotes are some things that other people have said about starting secondary school.

I was worried about bullying. In the first week at school our form tutors talked to us about the bullying policy and who we could talk to if we saw any bullying in school. I felt safe knowing that my teachers were there to speak to if I had any worries.

I was worried about not making friends, but now I have new friends as well as my friends from primary school.

You spend lots of time together in lessons and form time so there are lots of chances to get to know people.

I was worried about how much work and homework there would be, and that I wouldn’t understand it. I didn’t need to worry; the work was linked to what we already knew so it wasn’t much harder than primary.

I was worried about getting to lessons on time, but there were lots of students willing to help. They were really friendly and pointed us in the right direction if we got lost.

I was worried about the new lessons that I hadn’t done before but I love them now. There are more options for PE, and DT, music and art are all better than in primary school!

I was worried the teachers would be scary and shout a lot, but they were friendly and helpful just like my primary teachers.

I was worried about getting lost, but the school wasn’t as big as I had thought.

**Task 2:** Imagine you could talk to someone in your new school about what it’s like. What kind of things would you like to ask?

Write down 5 questions that you might have for someone at your new school about what it’s like going there:

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Task 3:** You probably know lots of people who have been through the experience of leaving Primary School and starting Secondary school. Choose a friend or family member who is older and who remembers what it was like to move from Primary to Secondary school and ask them the questions you wrote down above (even if they didn’t go to your new school).

Use the space below to make any notes about the conversation, eg. something that surprised you, good advice, helpful tips etc.