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Introduction

We have lots of different journeys in our lives, and it is important to prepare for each one.

It is also important to...

1. Be confident and feel positive about yourself, which will make it easier for you to take brave steps, and have a go at new things.

2. Think about where you are going and what will be different.

3. Think about and say goodbye to the people and places you leave behind.

This pack has been put together to help you get ready for the next hugely important and exciting step in your life of starting secondary school!

Talk to your family about the activities in this booklet, or even better, do it together!
NAME:

I enjoy...........................................................................................................................................

I am good at....................................................................................................................................

My teacher likes that I am..............................................................................................................

......................................................................................................................................................

My achievements this year.............................................................................................................

......................................................................................................................................................

Why I am a good friend....................................................................................................................

......................................................................................................................................................

Favourite lessons..............................................................................................................................

......................................................................................................................................................

Outside of school I like to..................................................................................................................

......................................................................................................................................................
What do your friends, family and teachers think are positive and special things about you?
Write their comments below, and their name so you can remember who said them.

Family

Friends/Teachers
Coping with Change

Memory Map

As you are about to take the next big step onto secondary school, it is important to think about the primary school you are leaving behind so you can look forward.
Together with your family, fill in the memory map for your primary school

- Special trips, assemblies, sports days, performances:
- Best and worst teachers and why?
- Special roles & responsibilities I have had
- Best friends and how long for?
- Certificates or awards I have received
- Favourite memories
- Favourite lessons and why?
- A time something made you laugh
- Favourite topic or book
- A time something made you worried or scared
- Proudest moment or achievement

Why not create a scrap book, or fill a special box with photos, drawings, newsletters and any other items from primary school to keep your memories safe.
Coping with Change

Similarities and Differences (Venn Diagram)

You can expect secondary school to be very different to primary school, but there will also be some similarities. List below the things that are different about each school and then in the middle, list the things that will be the same.

Primary school

Secondary school

Things that are the same
Coping with Change

You will have lots of different feelings about starting secondary school. Some things might feel exciting, while others might feel a bit scary or worrying.

Together, list all of the things you are excited and worried about. Ask your family what they are excited or worried about too and talk about these.

What I am excited about:

What I am a bit worried about:
Coping with Change

Problem Solving

Have a go at using this problem solving chart to think about possible solutions to some of the worries on your list. Listen, think and talk together with your family.

<table>
<thead>
<tr>
<th>Problem</th>
<th>All possible solutions (No matter how - weird or wonderful)</th>
<th>Pros and cons for this solution</th>
<th>Is it doable?</th>
<th>How good is this plan? (Rate 0-10)</th>
</tr>
</thead>
</table>

Once you have had a go at problem solving some of your worries, pick the best solution/s and try them out.

It is important to remember that problem solving is an important skill in your everyday life, and can be used to think about different types of challenges such as:

- Getting lost
- Bullying
- Losing something
- Too ill to go to school
- Joining a school club
- Forgetting lunch/money/card
- Not being able to go to toilet during class
Getting Organised

Getting to School

Your new school may be further away from where you live. So it will be important to plan and practice your journey before you start.

Shade in the things you will need to think about:

- How am I getting to school?
- Where am I going?
- What is the quickest way?
- Where is the bus stop?
- Is the route well lit?
- Will I go with a friend?
- Is there a school bus?
- What time will I have to leave?
- Do I get a pass?
- How long will it take?
- Is there a bike shed?
- Where can I leave my bike?
- How much does the train/bus cost?
- Will I get a lift home?
- Is my jacket bright enough?
- Where can I leave my helmet?
# My Journey to School

It is important to plan your journey to school so that you get there on time. Fill out the table below to help you prepare.

<table>
<thead>
<tr>
<th>Start point (Home address)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Destination (School address)</td>
<td></td>
</tr>
<tr>
<td>Distance from home to school</td>
<td></td>
</tr>
<tr>
<td>Time I wish to arrive at school</td>
<td></td>
</tr>
<tr>
<td>Mode of Transport (walk, cycle, bus, car, train)</td>
<td></td>
</tr>
<tr>
<td>The buses/trains I can catch</td>
<td></td>
</tr>
<tr>
<td>Details of bus/train changes</td>
<td></td>
</tr>
<tr>
<td>Nearest bus stop/train station to my house</td>
<td></td>
</tr>
<tr>
<td>Time it will take to get from my house to the bus stop/train station</td>
<td></td>
</tr>
<tr>
<td>Where is the nearest bus stop/train station to my school?</td>
<td></td>
</tr>
<tr>
<td>Time it will take to get from the bus stop/train station to school</td>
<td></td>
</tr>
<tr>
<td>What time buses/trains will get me to school on time?</td>
<td></td>
</tr>
<tr>
<td>The time I need to leave my house</td>
<td></td>
</tr>
</tbody>
</table>

It is important that you also plan your return journey.
My Journey Plan

Write down your plan for how you might get to school and rough timings

Now that you have decided on the safest and quickest route to and from your new school, set a date to practice the journey

Date: ___________________ Time: ___________________

Who is going?

How long did it take?

What time do I need to remember to leave the house?

*(remember to allow time for traffic when you start school in September)*
Keeping Safe

Your safety is very important and will be something your family will think about. Agree together the rules for travel to make sure you are safe.

Think about:

- Crossing roads
- Cars seeing you easily
- When you will get home
- Who will be at home
- Texting\ringing family so they know you are ok
- Going to other people’s houses after school
- Going to the park
- If you are late
- Buying sweets\fizzy drinks
- Using the internet

OUR safety rules...
Most schools will have a set uniform. This helps create a sense of belonging and makes getting ready for school in the mornings much easier. The school will usually send you a list or you can check their website.

Make a list together of what you will need.

My uniform shopping list

Specific subject items:

E.g. P.E.
You will probably need items for secondary school that you would not normally need for primary school. It is important to think about school rules - what items you are expected to bring, and what items you are allowed to bring. Which of these will you need?

Books I need to buy:
Routines

Your routine is very likely to change when you begin secondary school, and so it is good to think about and prepare for this before it happens. Talk together with your family about what your routine might look like. Write down tasks and times below.

My Daily Routine

<table>
<thead>
<tr>
<th>Tasks:</th>
<th>Alternative Tasks/Routine:</th>
<th>Time:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brush teeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shower/wash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pick clothes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get dressed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eat breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Go to school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Finish school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>After school activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arrive home</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Homework</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leisure time</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pack bag for school</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get ready for bed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brush Teeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Go to sleep</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Routine Tip List

✓ Label your belongings with your name
✓ Use your timetable as guide to pack your schoolbag the night before
✓ Carry your school planner with you wherever you go
✓ Set the alarm to allow time to get ready in the morning and eat breakfast (some people set a little earlier to allow for snooze time)
✓ Allow plenty of time for your journey to school
Lesson Timetables

Most secondary schools run a two weekly timetable. Use the example timetable and key below to answer the questions on the next page.

<table>
<thead>
<tr>
<th>Monday 1</th>
<th>Registration</th>
<th>Lesson 1</th>
<th>Lesson 2</th>
<th>Lesson 3</th>
<th>Lesson 4</th>
<th>Lesson 5</th>
<th>Form Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>English</td>
<td>French</td>
<td>Geography</td>
<td>Maths</td>
<td>PSHE</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>23</td>
<td>92</td>
<td>36</td>
<td>81</td>
<td>16</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SAB</td>
<td>PPR</td>
<td>KWM</td>
<td>AEK</td>
<td>KAR</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 1</td>
<td></td>
<td>PE</td>
<td>Computing</td>
<td>Maths</td>
<td>Science</td>
<td>History</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gym</td>
<td>FBR</td>
<td>81</td>
<td>54</td>
<td>16</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>RMR</td>
<td></td>
<td>AEK</td>
<td>PCS</td>
<td>KAR</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td>Maths</td>
<td>PE</td>
<td>RE</td>
<td>English</td>
<td>Science</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>83</td>
<td>Gym</td>
<td>36</td>
<td>23</td>
<td>54</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BLA</td>
<td>RMR</td>
<td>VMA</td>
<td>SAB</td>
<td>PCS</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td>Art</td>
<td>English</td>
<td>History</td>
<td>Maths</td>
<td>Science</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>41</td>
<td>23</td>
<td>16</td>
<td>81</td>
<td>54</td>
<td>KLD</td>
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<tr>
<td></td>
<td></td>
<td>HAA</td>
<td>SAB</td>
<td>KAR</td>
<td>AEK</td>
<td>PCS</td>
<td></td>
</tr>
<tr>
<td>Friday 1</td>
<td></td>
<td>Games</td>
<td>Drama</td>
<td>English</td>
<td>Drama</td>
<td>Music</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pitches</td>
<td>2B</td>
<td>43</td>
<td>26</td>
<td>2</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>RMR</td>
<td>SPB</td>
<td>LZA</td>
<td>STA</td>
<td>EBS</td>
<td></td>
</tr>
<tr>
<td>Monday 2</td>
<td></td>
<td>Science</td>
<td>DT</td>
<td>French</td>
<td>DT</td>
<td>English</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>54</td>
<td>43</td>
<td>92</td>
<td>48</td>
<td>26</td>
<td>KLD</td>
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<tr>
<td></td>
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<td>PCS</td>
<td>LZA</td>
<td>PPR</td>
<td>LZA</td>
<td>SAB</td>
<td></td>
</tr>
<tr>
<td>Tuesday 2</td>
<td></td>
<td>Learning</td>
<td>English</td>
<td>PE</td>
<td>Maths</td>
<td>Science</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>to Learn</td>
<td>23</td>
<td>11</td>
<td>81</td>
<td>54</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AAA</td>
<td>RMR</td>
<td>AAA</td>
<td>AEK</td>
<td>PCS</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td>Geography</td>
<td>Computing</td>
<td>PSHE</td>
<td>English</td>
<td>French</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>33</td>
<td>46</td>
<td>92</td>
<td>23</td>
<td>93</td>
<td>KLD</td>
</tr>
<tr>
<td></td>
<td></td>
<td>KWM</td>
<td>FBR</td>
<td>RDE</td>
<td>SAB</td>
<td>JEH</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td>Maths</td>
<td>Art</td>
<td>Games</td>
<td>English</td>
<td>Games</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>81</td>
<td>41</td>
<td>Pitches</td>
<td>23</td>
<td>23</td>
<td>KLD</td>
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<tr>
<td></td>
<td></td>
<td>AEK</td>
<td>HAA</td>
<td>RMR</td>
<td>SAB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 2</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

Key: Teacher’s Names

AAA: Miss A L Atkins  
AEK: Mr A E King  
BLA: Mr B Laner  
EBS: Miss E Barker

FBR: Mrs F B Rogers  
HAA: Mrs H A Abbott  
JEH: Miss J E Harman  
KAR: Miss K A Reed

KLD: Miss K Denver  
KWM: Mr K W Middleton  
LZA: Miss L Zimmerman  
PCS: Mr P Courtnell

PPR: Mrs P Router  
RDE: Mr R Devon  
RMR: Mr R M Richards  
SAB: Mrs S A Browning

SPB: Mr S P Bonner  
STA: Mr S Thomas-Ryder  
VMA: Miss V Minter
Lesson Timetables

It is important that you prepare for your lessons the night before. You will need to pack any books, homework, equipment and kit you need for the next day. It is not a good idea to do this in the morning.

1. What room would you go to for Registration?
2. What subject does Mr King teach?
3. What is the 3rd lesson on Wednesday, week 2?
4. When do you have PSHE?
5. Who teaches you art?
6. Where is Learning to Learn taught?
7. When do you need your outdoor PE kit?
8. Which two teachers teach you French?
9. When do have History?
10. What subject does Mr Bonner teach?
11. What books/equipment do you need to bring to school on Tuesday, week 1?
12. Who is your Form Tutor?
13. How many English lessons do you have each fortnight?
14. Where will your lesson take place on Friday, week 1, lesson 3?
15. When does Mr Thomas-Ryder teach you English?
16. When do you need your indoor PE kit?
Asking for Help

Sometimes at school things may be difficult or may go wrong. These things could be small, for example:
- not knowing what the homework is
- not being able to find your way around

Or they could be bigger, for example:
- getting into trouble
- finding the work hard.

There are many people who could help you, but they won't know that you need help unless you tell them.

Friends
Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

Teachers
Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

People at home
People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out whom you would approach in these situations:
- You don't know where your next lesson is.
- You cannot read your homework notes.
- You have got into trouble for forgetting your course book several times.
- In the lesson you did not understand what the teacher wanted you to do.
- You have not got a pencil which is needed to complete your work.

REMEMBER TO ASK FOR HELP!
Saying Sorry

If you do break a school rule or behave in a way that upsets or hurts someone then you can show you are sorry by apologising. At some point this might happen to you and it can be hard to apologise as it can be difficult to admit that you are wrong. Here are some examples of when you may need to say sorry:

When you forget something
- If you forget something, it is not a big problem. Everyone forgets things and it is always a good idea to say you are sorry.
- Imagine you have forgotten something. Practise saying the right words with a partner and then it will be easier when it does happen. For example:
  “I am sorry Sir / Miss. I’m not used to my timetable yet and I’ve forgotten to bring the right book. I will remember it for the next lesson.”

When you make a mistake
- Mistakes can sometimes happen because you did not really understand what the teacher meant. Some things may be different from what you are used to and if you pretend that you understand when you don’t the teacher will not know that you need help.
- Think up a situation in which you have not understood exactly what the teacher meant and discuss this with a partner. Take turns to explain to the teacher what has happened. For example:
  “I am sorry Sir / Miss, I have been listening, but I don’t understand. Please could you tell me again.”

School Rules
- You will need to learn the school rules when you go to your new school. This means you won’t accidentally break any rules you didn’t know about.
- Each school might have different rules about mobile phones for example. Some schools have a no mobile phones policy and you might be asked to sign it in at the beginning of each day.
- You will also need learn the school rules about uniform. This might include the length of your tie or skirt.
Friends

Going to a new school means that you also have the opportunity to make new friends, this can feel quite scary, particularly if you do not know anyone else who is starting the school at the same time as you. Think with your family about what you could do to help make new friends.

Making friends

What things can I try?

- Join a school club
- Give a compliment
- Smile
- Ask someone a question
- Join in with group work
- Invite someone to sit with you at lunch

Thoughts:

How can you tell that someone is a good friend?

How am I a good friend to others?

What qualities do I like in a friend?
Getting Involved

Getting involved is a great way to make friends. Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

You see three of your classmates playing football after school. You know one of them pretty well. You don’t know the other two. You’re quite good at being in goal.

What could you do? 
What could you say?

You hear two classmates talking about the latest playstation game. You were playing on it last night.

What could you do? 
What could you say?

Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try to win a contest. You think you may know the answer.

What could you do? 
What could you say?

Four classmates are looking at a text message they have received from a friend. They are laughing. You’re sitting at the same lunch table. You like sending text messages.

What could you do? 
What could you say?

Two classmates are asking the teacher for permission to work on an art project during lunch hour. Art is your best subject and your project is already on display.

What could you do? 
What could you say?
Joining-in

Joining in conversation or a group activity can be scary. However, it is one way to make new friends. Try these strategies for joining in.

Watch and listen. Observe what the group is doing. Listen to what the people are saying. Don't interrupt.

Make a friendly comment or gesture. Nod your head and smile. Make comments like, "That's a good idea", or "That looks great".

Find something you have in common with the group. Think about your own experiences. You could say, "I saw that movie", or "I have that game at home". Keep your comments short.

Ask to join the group. Wait for a pause in the conversation. You could say, "Can I walk with you?" "Do you need any help?" or "Can I play?"

Accept 'no' for an answer. Sometimes people don't want you to be part of the group. Don't argue or complain. Go and ask someone else.
Keeping Friendships

Some teasing is done in good-natured fun, but when teasing gets out of control it can be hurtful. Before jokingly teasing a friend, ask yourself these questions:

- Is this an okay subject to tease someone about?
- Will my friend understand that I’m teasing?
- Have I been teasing my friend a lot lately?
- Will this get on my friend’s nerves?

Sarcasm can be a form of teasing. The words in this kind of teasing are nice, but the way the words are spoken gives them a not very nice meaning. When you use nice comments to be sarcastic, you exaggerate the expression in your voice and on your face.

For example:
“Ah, well done!” = “That’s stupid”
“I love your new hair cut” = “I really don’t like your new hair cut”

If you are teased and you don’t like it, resist the urge to react by hitting or pushing your friend. You can ignore the teasing and simply walk away, or you can respond to the teasing by trying to diffuse the situation.

Before you tease someone, ask yourself this question:

**Am I treating this person the way I would like to be treated?**
Bullying

**Facts About Bullying**

**Bullying:**
- is any behaviour by an individual or a group that deliberately harms another.
- can be physical or involve threats of physical harm.
- can be name-calling or spoken teasing.
- can be demanding money of things, or making someone do something they do not want to do.
- can involve excluding someone (deliberately leaving someone out of an activity, ignoring them etc.)
- is usually repeated over a period of time.
- takes place when one person or group has more power than the person or group being bullied.

**Bullying is not:**
- an accidental bump or jostle, in the school corridor, or something similar
- an argument with a friend.
- a friend being nasty over something specific.
- a one-off fight or argument.

**Why do people bully?**
- usually the bully is unhappy with themselves about something
- sometimes bullies have been bullied themselves
- they are looking for someone to take their anger out on.
- sometimes bullies are jealous.

Bullies think that if they bully someone, it will make them feel strong, respected and powerful, but they often feel bad about it deep down. A good friend tells their friend that they are being a bully and encourages them to talk to someone about it.
What to do about bullying

What can you do if you are bullied?

- Keep being positive; say positive things about yourself and other people.
- Be proud of who and what you are (we all belong to different groups and are all equally valuable).
- Don't keep it to yourself: Always tell someone – a teacher, a parent or another adult.
- Think about the consequences of the different ways you might deal with bullying.
- Some ways of dealing with it are:-
  - Ignoring it or staying relaxed, fogging (creating an imaginary fog around you)
  - Being assertive: using your body language, eye-contact, tone of voice, words you say.
  - Remember why people bully.

Six good reasons to tell:

- You have the right to live without the stress or fear of being bullied.
- Taking action is better than doing nothing.
- There is nothing embarrassing about being bullied- think how many people it happens to.
- It is braver to tell than to hide it.
- If you think there is something wrong with you, is it because the bullies have made you feel this way? This is a common effect of being bullied and IT IS NOT TRUE.
- Bullying does not say anything about YOU. It says a lot about the BULLY. (If you call me a hippopotamus does it mean that I am one?)
Coping on your first day at school

It is normal to feel more nervous than usual on your first day at a new school. Here are some tips to help you manage those nerves.

Helpful thoughts: What could you say to yourself on your first day to help yourself feel more relaxed and confident? Make a list... there are a few to get you started.

- Everyone is likely to be feeling the same
- Lots of people won’t know anyone on their first day
- I can do it

Coping strategies: What other things can you do if on the day you feel worried or nervous? Here are a few suggestions, brainstorm with your family and list your own ideas too.

- Talk to someone, teacher? someone in your year?
- Try some of our relaxation techniques (next page)
- Take deep breaths – in through nose, out through mouth
- Find out what to expect, talk to someone you know that attends lor a teacher
- Try problem solving using the chart
Settling In
(and how to solve problems you may face)

Sometimes something can happen at school that makes you upset or anxious. A lot of people feel like this especially when they are starting somewhere new.

**Keep calm**
Tell yourself, “I can solve this problem if I stay calm.”

**Decide** what the problem is.
- Are you frustrated because you could not do something you wanted?
- Are you upset because someone did something to you?
- Are you worried because something has gone wrong?

**Think** about possible solutions.
Think about the consequences. What will happen if you try different solutions?

**Pick** the best solution.

Talk with someone about what you would do in each of these situations in school:

1. You haven’t done your homework.
2. You have forgotten your student planner.
3. You are in a crowd going upstairs and you think someone pushed you.
4. You think you are lost.
5. You see someone being bullied.
6. You find someone crying in the corridor.
7. You’ve lost your purse/ wallet.
8. You see someone stealing money from someone’s bag.
9. You find someone’s purse.
10. You’ve ripped your trousers/ skirt.
Break and Lunchtimes

Different schools have different systems for buying food and drink at school. You can still take a packed lunch every day, however some children decide to use the school canteen to buy their food and drink each day.

Some schools use a digital swipe-card or fingerprint system to purchase things at school. Money is pre-loaded to your card either through machines at school or online.

Some schools use a cash system. If so, you will be able to pay at school with cash like in a supermarket.

Whichever system your school uses, you must keep your cash or payment card in a safe place when you are carrying it to, from and around school.

Breaktimes

- You will be given a short breaktime each morning between lessons. Most children use this as a time to go to the toilet and have a snack.
- You might be able to buy a snack at the school canteen during break times, too.
- You might not have time to play games during breaktime as you might need to travel across the school to get to your next lesson.

Lunchtimes

- You will be given a longer lunchtime each day before your afternoon lessons. You will use this time to buy your lunch if you need to, eat your lunch and socialise with friends or catch up on some homework.
- You might be able to use expend some energy by playing games at lunchtime with your friends, too.

Remember you might not have a bell to remind you that break or lunchtime is over. You will be expected to get to your next lesson on time. Make sure you give yourself enough time to get to your next class.
Break and Lunchtimes

One of the things that can be stressful is making a decision about what you want to eat, under pressure (with a food server waiting, lots of people queueing up behind and lots of noise in the canteen).

Practise making choices e.g. at cafés/restaurants and talking about the things you like to eat, to make this easier. Try to make sure you don’t buy the same thing every day!

Using the menu below, decide what you would buy on each day with a budget of £17.50 to last the whole week:

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Wraps</th>
<th>Gold Snacks</th>
<th>Baguettes</th>
<th>Hot Lunches/Snacks</th>
<th>Desserts</th>
<th>Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>BLT: £2.30</td>
<td>Cheese &amp; Salad: £2.20</td>
<td>Buttered Roll: £0.40</td>
<td>BLT: £2.50</td>
<td>Main Meal</td>
<td>Cake: £0.50</td>
<td>Juice: £0.90</td>
</tr>
<tr>
<td>Cheese: £1.70</td>
<td>Chicken Mayonnaise: £2.20</td>
<td>Pasta Pot: £1.60</td>
<td>Cheese: £2.00</td>
<td>(Rice/Pasta dish): £2.40</td>
<td>Giant Cookie: £0.90</td>
<td>Perfectly Clear: £1.00</td>
</tr>
<tr>
<td>Cheese &amp; Salad: £1.80</td>
<td>Egg &amp; Cress: £1.80</td>
<td>Rice Pot: £0.80</td>
<td>Chicken &amp; Coleslaw: £2.20</td>
<td>Bacon Roll: £1.10</td>
<td>Flapjack: £0.80</td>
<td>Capri Sun: £0.70</td>
</tr>
<tr>
<td>Chicken &amp; Bacon: £2.30</td>
<td>Ham &amp; Salad: £1.10</td>
<td>Salad Pot: £1.80</td>
<td>Sausage in a Roll: £1.20</td>
<td>Cheese &amp; Ham Panini: £1.30</td>
<td>Custard Pot: £0.80</td>
<td>Water (Large): £0.60</td>
</tr>
<tr>
<td>Chicken Mayonnaise: £2.00</td>
<td>Tuna &amp; Cucumber: £2.20</td>
<td>Side Salad: £1.20</td>
<td>Sausage Roll: £1.20</td>
<td>Cheese Panini: £1.10</td>
<td>Yoghurt: £0.60</td>
<td>Water (Small): £0.50</td>
</tr>
<tr>
<td>Egg &amp; Cress: £1.50</td>
<td></td>
<td></td>
<td>Pasty: £1.20</td>
<td>Cheese Puff: £1.10</td>
<td>Fruit: £0.40</td>
<td>Yazoo: £0.90</td>
</tr>
<tr>
<td>Ham: £1.70</td>
<td></td>
<td></td>
<td>Pasta &amp; Cheese Bake: £1.60</td>
<td>Sausage Roll: £1.20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham &amp; Salad: £1.80</td>
<td></td>
<td></td>
<td></td>
<td>Cheese &amp; Coleslaw: £2.20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prawn Salad: £2.30</td>
<td></td>
<td></td>
<td></td>
<td>Coleslaw: £1.65</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna &amp; Cucumber: £1.90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You may well be able to find your secondary school’s menu on their website.
# Prompt Cards

<table>
<thead>
<tr>
<th>If I can’t find my way to class</th>
<th>If I arrive Late</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I will find my map and try to work it out.</td>
<td>• I will go to the Office and tell someone I have arrived at school.</td>
</tr>
<tr>
<td>• I will try to ask someone in my class.</td>
<td>• They will mark the register.</td>
</tr>
<tr>
<td>I will ask a teacher, TA or someone in the Office.</td>
<td>• I will go to my lesson</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If I forget my homework</th>
<th>People who can help me</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I will tell my Form Tutor.</td>
<td>• Form Tutor:</td>
</tr>
<tr>
<td>• I will tell my Subject Teacher when I get the lesson.</td>
<td>• SENCO:</td>
</tr>
<tr>
<td>• The teacher will tell where to put my homework when I bring it tomorrow.</td>
<td>• TA:</td>
</tr>
<tr>
<td></td>
<td>• Office Staff:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If I forget my PE Kit</th>
<th>If I forget my lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I will tell my Form Tutor</td>
<td>• I will tell my Form Tutor.</td>
</tr>
<tr>
<td>• I will tell the subject teacher when I get to the lesson and apologise.</td>
<td>• The Teacher or the Office Staff will call my Parents, who will bring it in.</td>
</tr>
<tr>
<td>• I will remember it next week.</td>
<td>• I can then eat my lunch at lunch time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If the person picking me up is late</th>
<th>If I forget any equipment, eg an apron or cooking ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I will go to the Office and tell one of the Office Staff.</td>
<td>• I will tell my Form Tutor</td>
</tr>
<tr>
<td>• They will ring the person picking me up.</td>
<td>• I will tell my subject teacher when I get to the lesson and apologise</td>
</tr>
<tr>
<td>• I will wait near the Office.</td>
<td>• I will remember it next week</td>
</tr>
<tr>
<td>• I will be picked up soon.</td>
<td></td>
</tr>
</tbody>
</table>

You might want to find out what your school might do in some of these situations, too.
Relaxation Exercise

Squeeze a lemon!
Imagine you have a lemon in your hand. Squeeze it really really tight. Think about how your hands and arms feel. Count to 5... and relax. How do they feel now?

Stretch like a giraffe!
Imagine you are as tall as a giraffe. Stretch your neck, your arms and your legs as far as you can. Think about how they feel. Count to 5..... and relax. How do they feel now?

Hide in your shell!
Imagine you are a little snail and have a shell on your back. Lift your shoulders up and pull your shell up as high as you can. Think about how your shoulders, your neck and your back feel. Count to 5..... and relax. How do they feel now?

Wiggle your toes in the sand!
Imagine you standing on the beach and you have the sand under your toes. Wiggle your toes and push down into the sand as far as you can. How do they feel when you are wiggling them? Count to 5..... and relax. How do they feel now?

Why not practice some mindfulness exercises using an app or youtube. We recommend...

Smiling Mind (free to use)
Questions You Might Have

Over the next few weeks and months you might like to find out the answers to some of these questions before you go to secondary school.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How will I get to school?</td>
<td></td>
</tr>
<tr>
<td>How much will my train fare/bus fare/bus pass cost?</td>
<td></td>
</tr>
<tr>
<td>Who will I go to school with?</td>
<td></td>
</tr>
<tr>
<td>What time does school start/finish?</td>
<td></td>
</tr>
<tr>
<td>What times are break/lunch times?</td>
<td></td>
</tr>
<tr>
<td>What snacks are sold at break time?</td>
<td></td>
</tr>
<tr>
<td>Approximately how much will my lunch cost?</td>
<td></td>
</tr>
<tr>
<td>Where do students go at break/lunch times?</td>
<td></td>
</tr>
<tr>
<td>What activities can you do at lunch times?</td>
<td></td>
</tr>
<tr>
<td>Where can I do homework at lunch times?</td>
<td></td>
</tr>
<tr>
<td>What activities can you do after school?</td>
<td></td>
</tr>
<tr>
<td>How much homework do you get?</td>
<td></td>
</tr>
<tr>
<td>Where will my school share my homework?</td>
<td>Google classroom; SIMS Learning Gateway; Showmyhomework?</td>
</tr>
<tr>
<td>What is the reward system?</td>
<td></td>
</tr>
<tr>
<td>What are the consequences for poor behaviour choices?</td>
<td></td>
</tr>
</tbody>
</table>
Questions You Might Have

Over the next few weeks and months you might like to find out the answers to some of these questions before you go to secondary school.

<table>
<thead>
<tr>
<th>Is there a House System?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>What House will I be in?</td>
<td></td>
</tr>
<tr>
<td>Who is the best person to talk to if I am having problems?</td>
<td></td>
</tr>
<tr>
<td>What will I have to wear to school?</td>
<td></td>
</tr>
<tr>
<td>Where can I buy my uniform?</td>
<td></td>
</tr>
<tr>
<td>What PE/Sports kit do I need?</td>
<td></td>
</tr>
<tr>
<td>What stationery must I bring?</td>
<td></td>
</tr>
<tr>
<td>What kind of bag must I bring?</td>
<td></td>
</tr>
<tr>
<td>Is there any other clothing/equipment I will need?</td>
<td></td>
</tr>
<tr>
<td>Name of the Head Teacher</td>
<td></td>
</tr>
<tr>
<td>Name of the Deputy Head</td>
<td></td>
</tr>
<tr>
<td>Name of the Head of Year 7</td>
<td></td>
</tr>
<tr>
<td>Name of my Form Tutor</td>
<td></td>
</tr>
<tr>
<td>How does the timetable work?</td>
<td></td>
</tr>
<tr>
<td>Any other questions I have?</td>
<td></td>
</tr>
</tbody>
</table>
With thanks to:

Whittington Health NHS
Islington Community CAMHS
Chums Child Wellbeing Service
Richmond Child Wellbeing Service
Parental Engagement Network (PEN)
Five Acre Wood School
South East London Welcare
Bromley Schools Wellbeing Service