



My
MOVING UP TO
SECONDARY SCHOOL
booklet



A little book to support your move to Quarrydale Academy

The move to secondary school can create lots of questions and emotions for year 6 children (and their parents/carers!).

We hope this booklet will help you to explore your thoughts and feelings about your move to Quarrydale. We hope it will make you feel more confident and prepared for your new start.

We recommend you go through this booklet with your parents / carers to give everyone a chance to talk about your thoughts and feelings.

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Introduction for parents/carers

This booklet has been designed to help you and your child with the move to Quarrydale. Starting secondary school can be a big step for your child and maybe an anxious time for both of you.

Your child will be moving from being the oldest in school to the youngest. They may be moving with friends and classmates from primary school, or they may not know anyone in their new school. For all children, there will be a lot to take in and learn, particularly in the first few weeks.

There are lots of ways to help and support your child as they settle into year 7 and throughout their time at Quarrydale. You do not need to be an expert in what your child is learning - being interested is the first and most important step. Parents/carers may find that the teenage years can be turbulent as young people find their own identity.

Here are some tips to help you along the way:



Many parent/carers feel anxious when their child starts secondary school, but try not to let it show. Remember that schools work really hard to help your child settle in. You may feel conflicting emotions: proud that your child is growing up and at the same time sad their primary school days are over. This is perfectly normal.



In the beginning, they might worry about practical things, like getting lost and having to cope with a locker. This should go in a few days as they learn their new routine and layout of Quarrydale. Explain to them that these things will get easier with time.



They may also worry about their school work, or about making new friends. Discuss their fears and give reassurances. The work will get easier as they understand it more and new friendships may take a little time to develop.



How is your child feeling? Rather than saying 'There's nothing to worry about', it can be more helpful to tell your child that feeling nervous is natural and that everyone gets nervous when facing new situations.



Remember to communicate with your child and discuss their concerns openly.

Mealtimes can be a good place to talk about what has happened during the day and find out how they are feeling in a relaxed way. Try to be interested rather than pushy.

Top Tips for a great start

Look out for this sign to read more of our top tips as you prepare for Quarrydale



Rules

School rules are there so that you can learn in a safe and productive way. You can find Quarrydale's rules on our school website.



Money

Our school has a cash-less system. Some schools use a pre-paid card where you top up at a machine in school. Others use a fingerprint system and some still use cash. Find out what system is used in our school.

Equipment

Your tutor will tell you what equipment you will need - from stationary to sports kits. Remember to check your timetable before the next day to make sure you have the correct equipment with you.

Homework

You will be encouraged to look at satchel one to see what homework is set. This can help you plan when you will fit homework into your day whether after school or at the weekend.



Break times

Make the most of your break times by using the canteen, toilets and getting some fresh air. There will be staff on duty if you need anything.

Top Tips for a great start



Remember to be you

You will meet lots of different people at your new school. We all have different qualities that make us interesting, try to enjoy finding out about others. There will be lots of other people who feel the same as you.



Getting around

You will be shown around the Academy, you will have a tutor rep for the first two weeks in September to take your lessons before you are expected to find them on your own.

Sanctions

Quarrydale gives sanctions for when behaviour and attitudes do not meet the expected level. Find the behaviour policy on our website before you start.



Rewards

All secondary schools have a reward system. You can collect points in lessons and around school.

At Quarrydale we also use a Golden ticket reward scheme for you to get a chance to win £50 amazon voucher.

Crowds

Lesson change-over times and breaks can be busy with everyone trying to get somewhere. Following the school system for moving around the building, which should help you find the easiest route.



Top Tips for parents

Quarrydale's tips on how to help your child feel ready for the move to secondary school.

Make the holidays count

Use the time during the summer holidays to prepare for the start of term; get uniform and equipment ready, do a practice run of the journey to school and spend some time online researching the school day, rules and maps



Think about what could help them take on the day

We all have little things that can make us feel more like ourselves. It's worth talking to your child about what makes them feel safe. This might be styling their hair in a way they like, having a conversation with a friend or family member, eating their favourite breakfast, doing power poses in the mirror or doing something fun the night before.



Help them to speak about their needs

If there are particular things your child would like. Their school/HOY/tutor to know about them, but feel unable to tell us in person, you could help them create a note to their tutor. This can include useful information such as "I like it when I'm sat near the front of the class so I can see the door" or "I don't like it when people stand too close to me". This can be created with words, pictures or anything creative.

Reassure them they are not alone

It's completely normal for your child to feel worried and anxious about starting a new school. It's also important that your child knows that they can talk to you about this, so try to talk to them about how they feel about coming to Quarrydale. If they're comfortable to talk about it with others, you could suggest they speak to children who may be in a similar situation. That way they can share their experiences and go through the school transition together.

Moving up checklist

As the move to Quarrydale gets closer, this checklist can help you prepare.

Tick off each item as you complete it.



VISIT THE SCHOOL WEBSITE

Visit the website for your new school and have a browse to find out as much useful information as possible. You can use Google to find the web address.



PRACTISE PACKING

Practise packing all the things you will need to take to your new school. Get in habit of packing the night before ahead of when you start.



PRACTISE BUYING FOOD

Practise buying your own food and drinks in a cafe or shop, or role-play this with family and friends.



PLAN YOUR ROUTE

Plan the route to your new school and make a few trial runs when it's safe to do so. You can familiarise yourself with the route from home using Google Maps and 'street view'.



PLANNER/DIARY

Do you use a planner or diary? If not, try and get hold of one and get used to.



SCHOOL MAP

If you have a map of Quarrydale, have a look at it and familiarise yourself with the layout. Have a look on our website to see if you can find one.



GET INTO A GOOD ROUTINE

Get in the habit of going to bed early and getting up in time to eat breakfast. Young people need plenty of sleep and fuel for the day!



TALK TO FRIENDS

Talk to friends and family members and try and find out who else is coming to Quarrydale and who already goes there.



PREPARE YOUR UNIFORM

Leave plenty of time to find out about your school uniform and order it. Make yourself aware of school policies on things like jewellery, piercings and mobile phones.



TAKE RESPONSIBILITY

Start taking responsibility for the things you need to do each day - getting your bag ready, doing work, and getting yourself ready in the mornings.

Moving up activity

My current school is called.....

My new school is called.....

The journey to my current school takes.....

The journey to my new school takes.....

What is similar about the two schools?

What is different?

Things that are special about my current school.....

Thing I have achieved at my current school.....

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

Things I am looking forward to.....

Explore Quarrydale. . . . Virtually


There will be lots of information on our website.

See what you can find out about the areas below:

School Day

Equipment

School clubs

TOP TIPS

Clubs are a great wellness tool, they make you happy, you have fun and they are a great way to make new friends.



Uniform and kit



Teacher and other staff



Where to get support when you need it



Find out where student services is and who works there

Wellness Tools

Wellness tools are the things we do that we enjoy and that make us happy. We can use our wellness tools when we are not feeling great to help lift our mood. Most wellness tools are simple, safe and free. Your list of wellness tools will grow and change over time, just like you!

Here are some examples:

Listen to music -

Music has the power to influence our mood. Consider the types of music that help you feel good.

Keep active - exercise can help you sleep better , have more energy and keep your heart healthy. Even if you go just go for a walk

Get outdoors - connecting with nature can lift your mood. Walk to school if possible and try to listen to the birds, notice the change in the trees or the different flowers.

Connect with others
- spend time with new friends, old friends and family.

Watch something funny - laughing can make you feel better and lift your mood.

Talk about any troubling thoughts or feelings you might have with someone you trust. You could write a journal or even talk to a pet.

Use this space to write down your own wellness tools - the different things you like doing that make you feel good.

People can be part of our wellness tools too, so remember to add the names of people who you enjoy spending time and connecting with.

At Quarrydale, you can meet new people, join new clubs and find new wellness tools to add to your list!



Getting a good night's sleep is important for your mood and concentration. Not having enough impacts on how you feel in a big way. The average 11-12 year old should get 9-10 hours every night

Meeting new people

You will meet lots of new people at Quarrydale. It's normal to feel excited, nervous or a mixture of both; here are some ideas that might help:

Get involved

Spend time with others at lunch and break times. Joining a club is a great way to meet new people.

Get to know your friends' friends

You can meet up in the canteen, on the walk home or you could ask your friend to introduce you to them.

Take the first step

Say 'Hi' or ask how someone's day has been. Giving someone a compliment on their hair, shoes or bag can be a good way to start a conversation.

Give everyone a chance

Difference is what makes us interesting, you could learn something new or try a new activity that a new friend enjoys.

Be a good supporter

Help people where you can. Just offering a smile or saying 'Hi' could help someone to feel better.

Be yourself!

Spend time with people who accept you for who you are.

Positive Friendships

Real friends encourage you to be best that you can be.

Think about the qualities you would look for in a good friend and what might warn you that a friendship was unhelpful. Write them in the boxes below.



Helpful friendship

Examples:

- Respects my opinions
- Listens to me

Unhelpful friendship

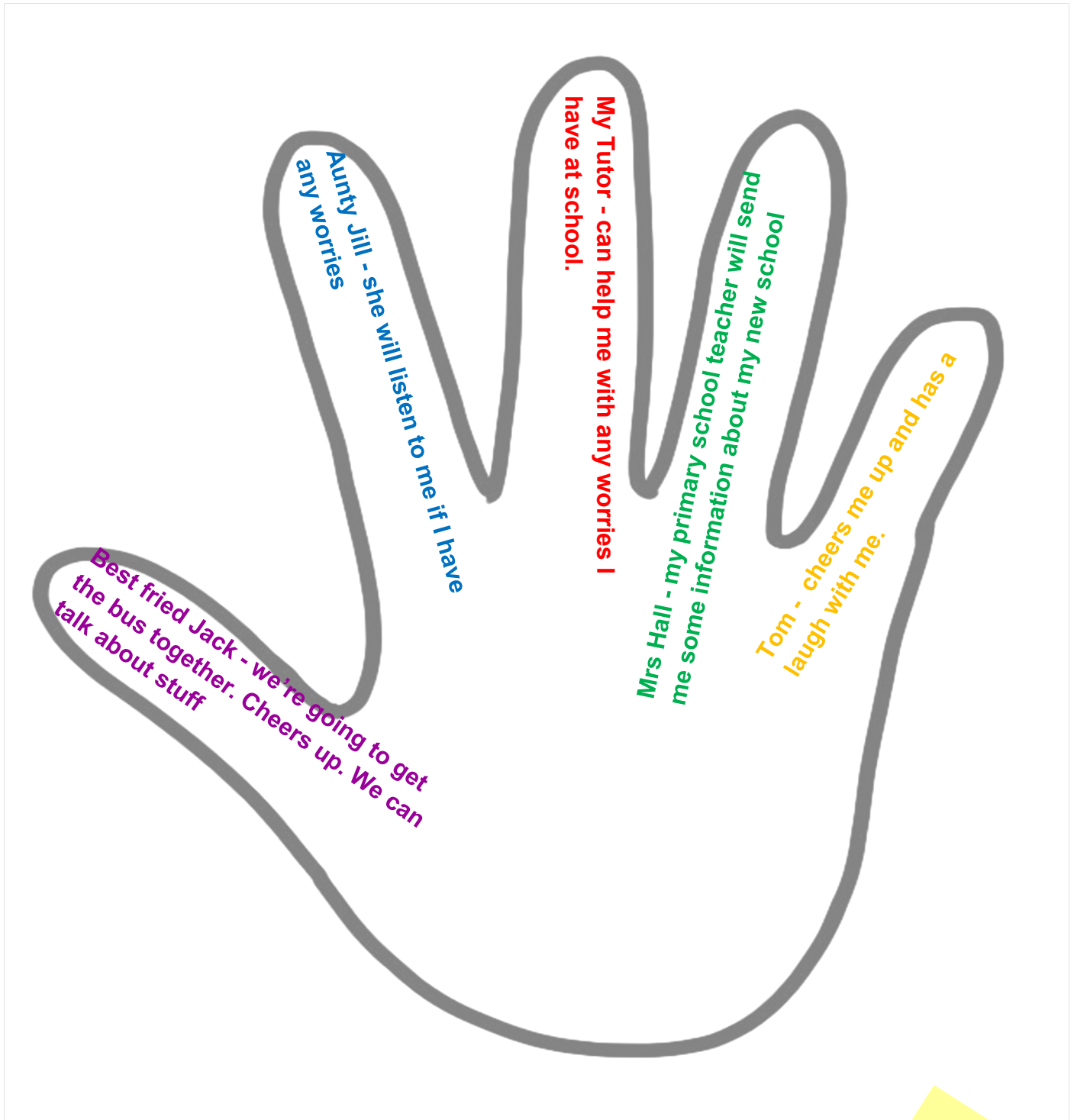
Examples:

- Tells lies about me
- Makes fun of me



Help is at hand.

There is a whole team of people at Quarrydale who can help you if you need it, as well as friends and family who can support you as you find your feet at in secondary school



This example shows who could support you in your move to secondary school. Think about who can support you in different areas and create your own hand of support.

My Supporters

Draw around your hand in the space below.



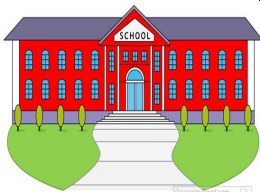



Let your supporters know that you have included them on your hand of support and tell them the different ways they help you.

My daily plan

Making a daily plan helps to ensure we include key things in our day which we recognise as helpful in keeping us emotionally well. Getting a shower in the morning and then eating a bowl of cereal might be something you do everyday before styling your hair and leaving for school.

Complete the plan below including times that have been left blank. Remember to include time to talk to friends and supporters at school, time to eat and time to complete homework and do things you enjoy after school.

<p>..... time to get up</p> 				<p>..... am leave the house</p> 
<p>..... am arrive at school</p> 				<p>.....pm finish school</p>
<p>.....pm arrive home from school</p>				<p>.....pm bedtime</p> 




Check your timetable for your lessons the next day. Have you packed everything you need?

Getting a good nights sleep

It's important to get into a good sleep routine. Practising your routine will give your body time to get used to it and help you feel tired.

Write in the boxes things you can do to prepare for sleep and which times you will do them.

<p>Have a bath</p>	<p>Go to bed at a set time on school nights and try to stick to it</p>
<p>Lack of sleep can trigger a change in behaviour</p>	<p>Stop looking at my phone and screens 1 hour before bed.</p>
<p>You can't sleep in advance; a regular sleep pattern will keep you at the top of your game</p>	<p>.....pm time to sleep</p> <p>Relax and read a book</p> 

Me on my best day

It's important to know what you are like on a good day, when you are feeling your best. Knowing this helps you and others to recognise when you are not feeling your best and might need some extra support.

Think about what you look like on a good day. What would your friends, family and teachers notice about you?

Tick any of the following that you notice about yourself that might signal you're ok

Happy

Chatty

Chilled
out

Smiley

Exercise

Helpful

Organised

Sociable

Friendly

Creative

Like to go
out

Attends
clubs

Sleeps well

Plays
music

Use social
media

Enjoys some
alone time

Eats well

Try new
things

Some message from years 7s

Sometimes strong, uncomfortable emotions such as worry or anxiety can get in the way of us feeling our best. Remember, having mixed feelings about starting Quarrydale is common. Some year 7 pupils share their experiences of moving to Quarrydale, the different feelings they had and how they managed.

Hello I'm Tyler, I remember feeling nervous about moving to a new school, Sometimes I couldn't sleep and I asked my dad a lot of questions, he didn't always have the answers. The best advice I got was from my grandad. He told me that when he went to secondary school he would smile and chat to people and he made lots of friends.

My grandad helped me plan a walking route to school, he also told me to be myself and respect others. He taught me that when things get tough I should take a few moments to think about 5 things I could hear, 4 things I could smell, 3 things I could touch and 2 things I could see. When I do this I usually forget the thing that is bothering me.

Hi I'm Misha, I left my primary school to go to Quarrydale where none of my friends were going. I was really anxious about this; I would bite my nails and feel like I had butterflies in my tummy. My mum told me that we all feel nervous about doing new things. She told me to breathe gently and listen to my breath, this really helped me. I'm now 5 months into year 7. I am enjoying it so far and have made lots of new friends. When you first arrive at school you do lots of new subjects and lots of activities to encourage you to make new friendships. I now think worrying was quite normal as my new friends told me they felt the same too!

My name is Rocco, I started Quarrydale in September and remember feeling ready to leave primary school and make a fresh start. I was a bit nervous and excited about my move. I find it hard when my routines change. I remember my year 6 leavers assembly where my teachers said we all experience changes and I won't be long before it feels like normal again. When I get anxious, I get fidgety and I talk really fast, my friends noticed this and I was able to let them know how I was feeling, which helped as I realised they felt the same.

Hi I'm Layla. I remember my first day at Quarrydale and the worry I felt on my journey there about not finding my way around and not knowing where things were. I worried that I would be late to lessons, but there were lots of teachers around to help. The teachers were understanding of anyone arriving a little late to lessons in the first week or so which helped a lot.

My first week was busy so it was important to get enough sleep so I could get up early and get to school in good time.

Hopes and Worries

Consider any questions or concerns you might have and think about the things you are looking forward to.

Examples

What am I looking forward to?

- Meeting new friends
- Using Bunsen burners in Science
- Cooking lessons
- Moving around school during the day
- Getting food at breaktimes
- Trampolining club

What is my biggest worry about starting Quarrydale?

I don't know the school. I might get lost and then get into trouble.

What can I do that might help?

Look at a map . Ask for help if I need it.

Can anyone else support me?

Teachers, friends, siblings.

Your turn

What am I looking forward to?

What is my biggest worry about starting Quarrydale?

What can I do that might help?

Can anyone else support me?

Examples

What are my other worries about starting Quarrydale?

I might forget something

What can I do that might help?

I will get everything I need ready the night before

Can anyone else support me?

I will ask Mum to remind me

What are your hopes for secondary school?

I would like to make some new friends and do my best in lessons

What can I do that might help?

I will be kind to others. I might join a club. I will ask for help if I need it

Can anyone else support me?

Teachers if I need help in lessons. Friends I already know

Your turn

What are my other worries about starting Quarrydale?

What can I do that might help?

Can anyone else support me?

What are your hopes for secondary school?

What can I do that might help?

Can anyone else support me?

What to do if I am still worried

Remember,
the best thing
you can do is
ask for help.

Remember, your
supporters who can
help you feel better.



Here are some useful websites:

sleepfoundation.org

More tips and tricks on how to get a good nights sleep
and why it is good for your emotional and physical
health.

youngminds.org.uk

Help to support your emotional health and build
resilience

howareyoufeeling.org.uk

Advice and support for your emotional health

bbc.co.uk/bitesize

Lots of information about starting secondary school

First day checklist

X

There are different things to prepare for and remember for your first. Use the checklist below to help you make your first day get off to a great start!

<input type="checkbox"/>	Rucksack or school bag	<input type="checkbox"/>	Pencil case (check your school website for specific things you need)
<input type="checkbox"/>	PE Kit		
		<input type="checkbox"/>	Lock for locker (and keys)
<input type="checkbox"/>	Water bottle		

Extra things Quarrydale has asked me to bring

Your journey to and from school:

Walking to school?

Plan and practice the safest walking route

Getting a lift?

Make sure you know what time you are being picked up and that you are ready

Cycling to school?

Remember a bike lock lights and a helmet



Certificate of Completion

This certificate is proudly presented to

Who has completed this “My Moving up to Secondary School” booklet and has taken personal responsibility for getting themselves ready for their next steps.

