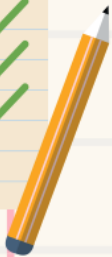


Moving on from Primary School



Leaving Primary School

It can be very hard to leave primary school but moving on to a different school can be very exciting and it will give you a new experience. It can be very different in your new school than in your old one so it can be very useful to prepare yourself for the different things that might happen or that you are worried about.

This booklet can help you to look at what your new school will be like and some of the changes that might happen. You don't have to finish all the bits of the book, you can do whatever bits of it that you want to. It might be good to ask someone to help you.

Write about, draw or put a picture in this box of your old school. What did you enjoy about it?

My New School

Name:

Address:

Telephone no:

Principle:

At the bottom of the page there are 2 columns, one for happy and one for worried. Think of the things that make you feel happy about going to your new school and think of the things that worry you - here are some ideas. You can add some of your own.



WORRIED	HAPPY

Write down your worries in the table below or any questions you would like an answer to and then work through them gradually to try to find out what is the best way to get the answer and then what the answer is when you get it.

Questions about how school works	Best way to find out	Answer
<p>Example:</p> <p>What time do I have to be there on the first day?</p>	<p>Look at induction booklet/pack or look on the school website</p>	<p>Website had a phone number mum phoned to check and I have to be there at 8.50am - induction assembly starts at 9am</p>

Who's Who?

Principal

Name: _____

Room number: _____

When do I see them?: _____

Form Teacher

Name: _____

Room number: _____

When do I see them?: _____

Head of Year

Name: _____

Room number: _____

When do I see them?: _____

Other people who I may meet or who might be able to help me?

Name: _____

Room number: _____

When do I see them?: _____

Name: _____

Room number: _____

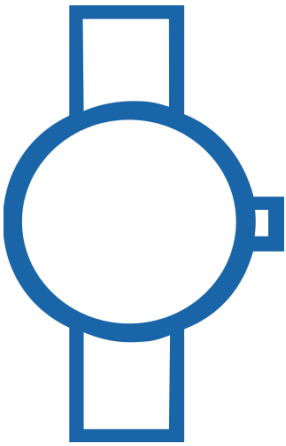
When do I see them?: _____

What Do I Bring With Me?

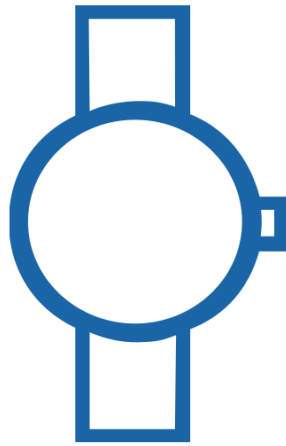
Use this table to work out what you need to bring with you. It may change depending on what subject you have. Use your timetable to help you if you have it. The things you need to bring may change but you can write it in here or use your diary to help you remember.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

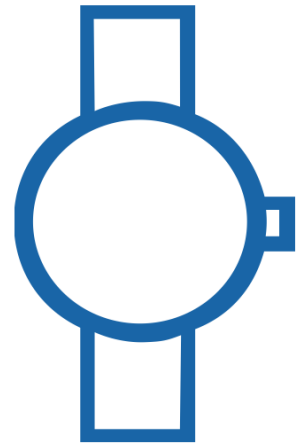
School Times



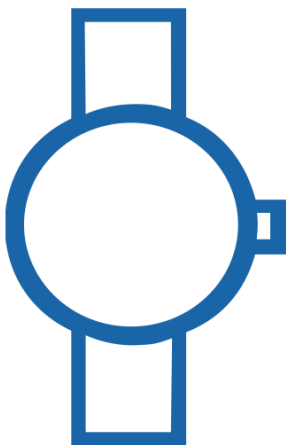
Start
Time



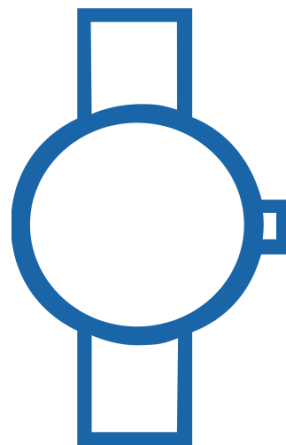
Assembly
Time



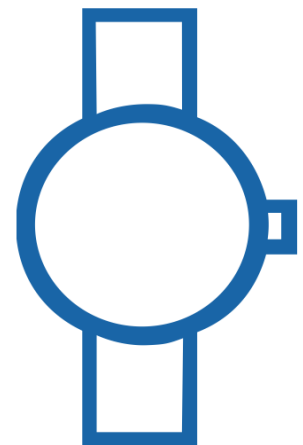
Break
Time



Lunch
Time



Home
Time



Bus/Transport
Time

Stress in my Day

School can be stressful. Try doing this worksheet to work out what stresses you out or upsets you.

WHEN	WHAT IS STRESSING ME	HOW IT MAKES ME FEEL	WHAT CAN I DO?	HOW CAN ADULTS HELP?
 Before school				
 In school				
 After school				
 In the evening				
 On the weekend				