



What skills will I need?

At secondary school you will need to use a lot of the skills that you have already learnt at Godinton.

Read the skills below and think about how you have developed these during your time at Godinton.
How will you need to use these skills in September?

Self confidence

Good organisation skills – equipment, lessons, homework

Time management skills – getting to places on time, doing homework

Good social skills – making friends, getting on with other students

Self-control and coping strategies – when things are difficult

Listening skills

Speaking skills

Concentration skills

Presentation skills

Study skills



How can I practise these skills?

Challenges for you to try. How many can you tick off?

- During the summer holidays, make a list of items you think you haven't already got and might need to buy
- Thoroughly read all the information sent to you from your new school and highlight things you need to know
- Try to keep to a time schedule – wake up with an alarm and get yourself ready as if you're going to school, make your own lunch and maybe for your family too?, ask your grown-ups to let you know what time things are happening and try to be prepared on time without being reminded
- Read and learn about something new to you, make notes and explain it to someone else
- Prepare a small speech to read aloud at home or over video message or video call (it might be about what you learnt for the previous task)
- Discuss with a good friend what you would do if you saw someone being unkind to another pupil
- Make a poster about the things you like – could be photos, drawings, writing, post-it notes etc.
- Listen to a family member telling you about a time in their life which was interesting and ask them questions



Getting organised

When you go to secondary school, you will need to use your organisational skills to help you to get sorted on a day to day basis.

You will probably need to ensure you have:

- Your pencil case
- Purse / wallet with a small amount of money in it
- Packed lunch
- Drink / snack

Money

It will probably be useful to carry a small amount of money with you. Don't take more than you need each day. You may have to take dinner money to buy your lunch (if you are not having packed lunch) or your school may have a system in place for online payments (or a lunch card system), in which case you won't need money. Some schools have vending machines or snack shops so that you can buy a snack.

Pencil case

Make sure you have a good sized pencil case for all your bits and pieces. It would be useful to have:

- Pens
- Pencils (plain and coloured)
- Rubber, sharpener, ruler

Your school might also suggest that you have your own maths equipment such as a protractor, compass, set square and calculator.



Getting organised

Books and equipment

Every evening before you go to bed, check your timetable to see what lessons you have the next day. Put in all the text books, folders, equipment, homework and other bits you need for those lessons and take out things you don't need – you'll be carrying them around all day!

PE Kit

Remember to check your timetable to make sure you know when you have PE, whether it is inside or outside PE and what kit you might need for that session. It will be your responsibility to wash it – or at least to let your parents know if it needs to be washed – give them plenty of notice so that have time to get it ready.

Planner or homework diary

Some schools will have a planner or homework diary that you will need to have in school every day. If this is the case, make sure it stays in your bag at all times.

Don't leave packing your bag until the morning because:

- Who is at their best in the morning?!
- If you oversleep you might rush and forget something!

If you are given a locker, keep your key in a safe place and remember to take it to school every day!



What if things go wrong?

No matter how organised you are, there may be times when things don't go according to plan.

Jot down what you might do in the following situations:

You've got history in the afternoon but you've brought your geography books by mistake

You forget to bring your packed lunch to school



You've forgotten your pencil case

You lose your bus pass during the day

You can't find your locker key

Remember if the worst does happen, **DON'T PANIC!**



Finding Friends and Fitting In

Everyone is different and people have different ideas about the type of friendships they want. Some people are happy with one best friend, and others want to be in the middle of a larger group/; some people don't need any close friends at all, but like to be on the edge of several groups. Some people want a quiet, studious friend they can talk to and others want a big group to have a laugh with. Making friendships isn't about having a particular personality- it's about having good friendship skills. Here are some tips to help you start up new friendship groups or close friends.

Seven secrets of likeable people

- :-) They smile at people
- :-) They expect other people to like them (expecting people not to like you is a way of rejecting friendships)
- :-) They are interesting, because they can talk about themselves without boasting or grumbling
- :-) They are interested in other people and like to find out about them
- :-) They know the difference between joining in and taking over
- :-) They are not over possessive or jealous about other people
- :-) They are comfortable with the fact that not everyone will want to be their friend



Finding Friends and Fitting In

By the time you've been right through primary school, you know everybody in your year really well. Going up to secondary school means that, for the first time in years, you're starting again in a big group of people that you don't know. You've got the chance to make lots of new friends, as well as staying in touch with all your old friends.

You'll never have had the chance to meet so many new people your own age, so make the most of it.

In the boxes below, think of some things that you could do to get to know new people at your new school.

For example, think about things you're interested in and how you could use that information to spark up conversation.



Time for reflection

You probably have lots of feelings about moving from Godinton to your new secondary school. It is normal to have mixed feelings. Thinking about these feelings and making a note of them can help to reduce any worries you might have.

What am I looking forward to?

What am I worried about?

Who can help me prepare?

What are my goals?

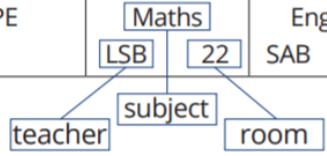


What if I get lost?

At Godinton, your teachers have always helped you get organised; reminding you when to pack away, getting you to assembly or lunch on time, reminding you to bring things in.

At secondary school you will have to be organised and get to the right place on time. Don't worry though, you'll have a timetable to remind you. Make sure you take a copy of it – a photo or photocopy would work well. It might look a little like this:

	Mon	Tues	Wed	Thurs	Fri
Tutor	ADZ 101	ADZ 101	ADZ 101	ADZ 101	ADZ 101
P1	Science XTE 216	English SAN 147	Maths LSB 222	Science MSA 236	DT MES 137
P2	French ADH 202	Ethics TOM 226	English SGM 105	Maths JMK 229	DT MES 137
P3	English SAB 107	French ADH 202	History SHA 219	Art ARS 141	French ADH 202
P4	Computing EAH 212	Music JLS 127	Geography EGS 218	Geography EGS 218	Science KTN 234
P5	History SHA 219	PE LPT	Science SLT 238	Science KTN 234	English SAN 147
P6	Science MSA 236	PE LPT	Maths LSB 22	English SAB 107	Maths ADB 220



By looking at the timetable you could work out which days you'll need different resources.

Can you see which days you would need:

- a PE kit _____
- Your art resources _____
- Your protractor _____

on this timetable?



Changes

Secondary school will be a major change for you and you might feel a little overwhelmed. Use the space below to reflect on times when you have coped with changes before. Hopefully you will see that you have overcome challenges like changes before and that you can do it again.

Family changes

House moves

New siblings

New schools

New class after summer holidays

New rules



Questions?

You might have lots of questions about how things will work or what things will be like. Can you think of some questions you could ask someone who is already at secondary school, or an adult (either a contact at your new school or a grown-up at home) that might help you prepare?

