



MY NEW SCHOOL

The Grange

Why have I been given this booklet?



This is to help me to prepare for my new school in September which will be The Grange in Aylesbury.

When I feel anxious or nervous about starting at my new school I can look through this presentation and remember all of the good reasons for going to secondary school.

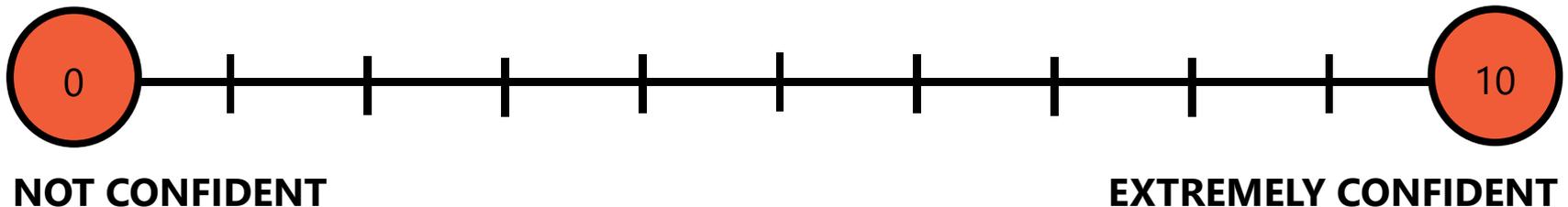
Although it is normal to feel a little worried about leaving primary school, it is also a very exciting time and I am looking forward to joining The Grange School in September.



A. I can identify the differences between primary and secondary school.

B. I can describe how it might feel to move to secondary school.

C. I can explain some ways to manage this change.



What are the similarities between my primary school and my secondary school?

- Before I started The Grange I thought that the only thing that would be the same were my friends
- I found out that there were many things that were the same:
 - The amount of lessons in a day
 - At the beginning the work is not much different
 - P.E lessons are not much different
 - There is still someone I can talk to if I have any worries – your form tutor, head of year, TA's

What are the differences between my primary and my secondary school?

- Before I started I different think there would be much different apart the work and the cafeteria
- When I started I found these differences
 - Moving classrooms
 - Different teachers
 - Lots of new children
 - Different uniform – plus a large P.E kit
 - The size of the school – it is much bigger, but it didn't take long to find my way around
 - The food is much better!!!

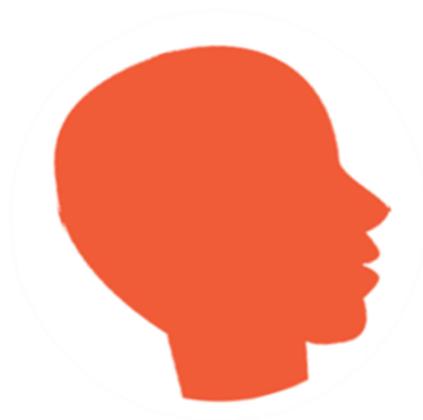
What are the most important things a Year 6 pupil needs to know about The Grange? (e.g. structure of the day, how many teachers will they have, how many people in a class, etc.)

- There will be a lot of people when you go in
- You will be given a 2 week timetable for your lessons
- You will need to help each other to find your way around the school because you don't get given a map
- There are lots of nice teachers, and you will work with many of them
- There are about 30 young people in each class
- You can have a locker to leave your things in – I use mine for my P.E kit and cookery things

What are the most important things a Year 6 pupil needs to know about secondary school? (e.g. structure of the day, how many teachers will they have, how many people in a class, etc.)

- Listen and behave in lessons
- Do your homework on time
- Try your best
- Enjoy yourself
- Make new friends

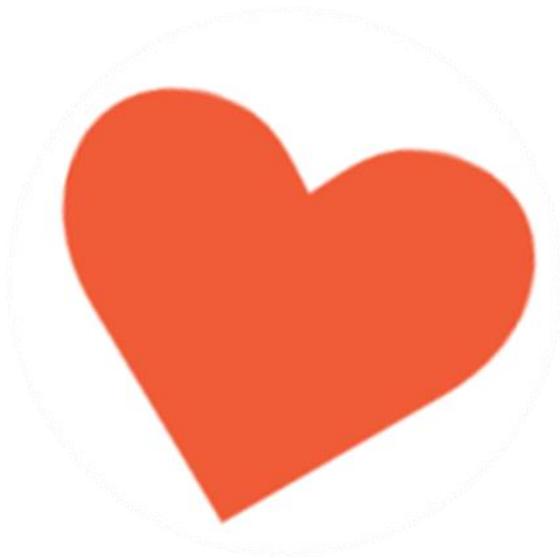
What were you thinking on your first day at secondary school?



- “I might just hide so no-one can see me, so I can find out who are nice. Then I could make friends with them”
- I would not say anything so I could see what the teachers were like

What did you feel like on your first day at secondary school?

- I was excited
- I was nervous about the new teachers and children



What were you nervous about before starting at secondary school?

- Meeting the new children and being able to fit in and make new friends
- Meeting the teachers and not knowing if they were going to be nice
- The amount of older children in school and not know what they might do

What do you think have been the most exciting things about starting at secondary school?

- Being able to go to the cafeteria and use my thumb print to pay
- Being allowed to walk to and from school with my friends

How do you think your feelings changed over the first year at secondary school?

- I'm not nervous or worried about anything any more
- I am happy to be there as everything is planned and explained to me.
- My form tutor makes me aware of any changes so I can prepare myself and use my coping strategies
- I feel reassured as I know there is someone I can speak to. I was supported really well by the pastoral team



POSSIBLE STRATEGIES

- A. Learn your route to school
- B. Find out who you can speak to in school if you're finding it difficult
- C. Write the names of your teachers on your timetable
- D. Take your time getting to know people
- E. Ask teachers for help if you are finding the work difficult
- F. Keep a school map in your pocket
- G. Learn the school rules
- H. Ask someone you trust to do the journey to school with you before doing it alone
- I. Talk to an adult at home about your worries
- J. Make a homework timetable
- K. Make a photo album of all your friends at primary school
- L. Remember what you are good at
- M. Find out when and where school clubs run
- N. Think positively (I can do this!)

Further Challenge: Can you think up other strategies that could help in each of the scenarios? Explain why.



On your first day make sure you have :

- A dairy or note book
- Your pencil case
- Your lunch
- A water bottle
- P.E kit
- A reading book



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