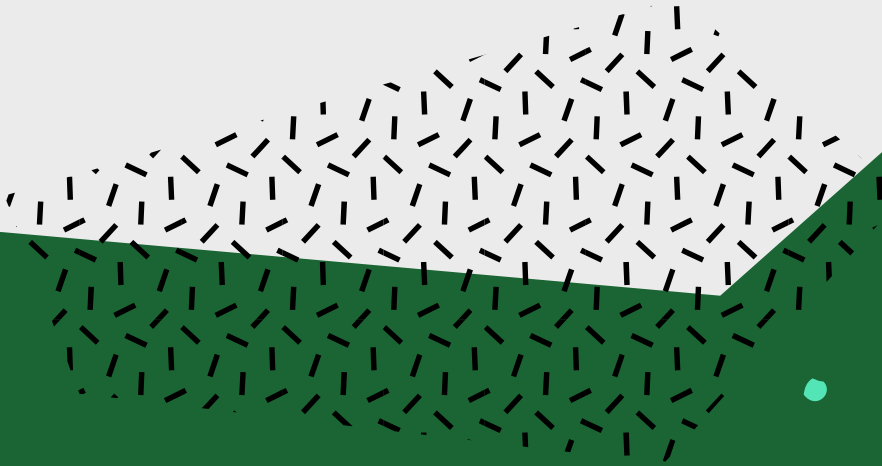


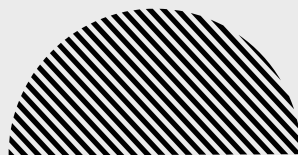
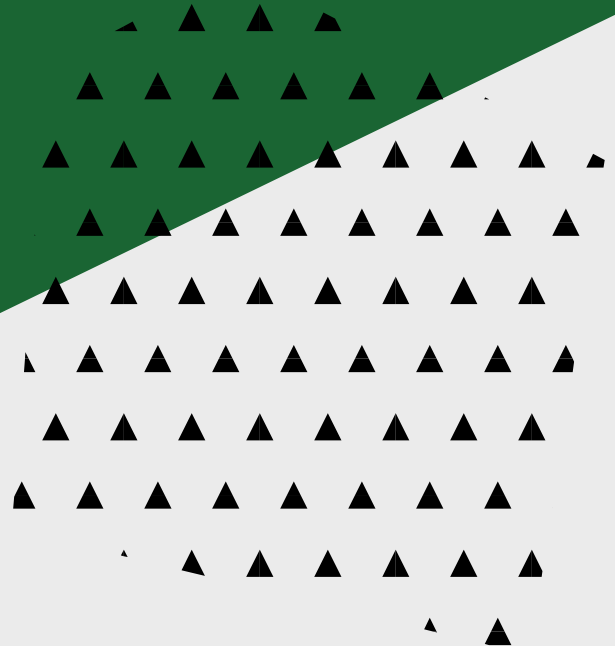


Unlocking Potential



UP's Weekly
Transition activity

29.06.20





Unlocking Potential

Getting there!

The first step to getting to Secondary school is knowing where you need to go! Find out your school's address, it will be on their website, or if they sent you a welcome pack check there. Once you have the address, you need to work out how you are going to get there. Even if you are going with a friend, it's important that you know the way yourself. You can look up a map online or maybe access a local travel planning website like The Transport for London site. Make sure to check out how long the journey will take so you will know when to leave!

1

The next step is to think about what you need for your journey. If your journey involves taking public transport, it's a good idea to check bus/train timetables, then you will know when to leave and can maybe stay in bed a bit longer. Will you need a Travel pass? If you do, make sure to get it as soon as possible. If you need to put money on it, find out how you can add money, so you don't run out! If you are walking to school, make sure you have good shoes and a rain coat. It might be useful to know an alternate route in case roads are closed. Learn to read the map on phone (ask for help if it's a bit tricky) then you are ready to go! For those of you who are going to school on a bike, remember to wear a helmet. Don't forget to take a lock and find out where you can keep the bike at school.

2

It is very important to be aware of your safety. When you go to secondary school your journey to school changes and it may take longer. There may be more roads, more transport and more people. It's going to be a new adventure, and like all adventures one of the most important things (after having a good time) is to keep safe. Make sure you know how to look out for yourself on your new journey. Pay attention when crossing the road and let people know if you are going to be late getting home so they don't worry about you.

3

Our final step is to be prepared - the readier you are for your new journey, the easier it will be. If you can, do a practice run to school. To make it is as accurate as possible, try getting to school for the first bell. Use your phone to time your route, this will help you know when to leave in the morning. There may be things that get in the way of your perfect plan, so try as much as possible to leave in a bit of extra time for your journey. That way if your bus is full or your train is cancelled, you can still get to school on time.

4



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My Journey.

You are now ready to become an intrepid explorer and get yourself to Secondary school. Make sure to complete our brilliant Transitions Passport that will help your new school know all about YOU!

My home address is...

To keep safe getting to school I need to...

When going to school I need to keep safe, I can do this by...

It takes..... minutes to get to school. So I need to leave the house by...

My School gates open at ...
They shut at...

My schools address is...

Their Phone number is...

END



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Website Wizzard.

Its time to get to grips with your new school. You may not be able to go there right now but everything you need to know is at your fingertips because this is a website challenge. All you need to do is find your school online and you are ready to play! You have 15 minutes to see how many of these 10 things you can find! Don't worry if you don't find them the first time, just have another go!

- 1.What time do the gates open at school?
- 2.What time is break?
- 3.Whats the Head Teacher/Principals name?
- 4.Do they have a sixth form?
- 5.What languages can you learn?
- 6.Do I have to wear a tie?
- 7.How do you pay for your lunch?
- 8.What is the last day of Summer term?
- 9.What sports are played in the school?
- 10.Who can help me if Im feeling a bit sad?
- 11.Does school finish the same time every day?





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Who can help!

There are going to be situations in secondary school where even though you are amazing, you will need someone to help you out. Have a read of some situations where you might need help and who you might be able to go to.

Maybe create a message group for your friends in your class so you can ask questions when they come up.

Homework. You are going to be getting more homework in secondary school and some of it might be harder than you are used to. If you are finding it too hard, see if you can find someone to give you a hand. Perhaps someone in your home can help, or someone in your close circle like an Aunty or older neighbour in Y9. Maybe some of your new friends are struggling a bit too and you can help each other, even start a study group. If all else fails, then your subject teacher will be ready and able to go over it all with you.

Running late for school. Even with the best planning this can happen. The first thing you need to do is let people know. You can ring someone from your house or maybe a friend in your tutor group. Most importantly, you can then ring the school's office and explain to them what's happened. Apologise and try and give them an idea of when you will make it in to school, they will understand if it happens once in a while. If you are late a lot, it might be worth rethinking your morning routine and leaving home earlier.

Make sure you have the schools number saved to your phone.

If your school has a map print out a copy and keep it in your bag.

Lost! Everyone gets lost at least once when they start secondary school. The buildings are so much bigger, and you may have so many other things on your mind. Don't feel shy about asking for directions. Look around for someone who looks like they know where they are going and ask for help. If there is an adult nearby then they are good option.

Feeling unwell. If you are in school and starting to not feel unwell, then it is important to let your Teacher or the TA know right away. They will be able to tell you where to go. Each school will have their own way of supporting pupils who are feeling unwell so it might be useful to find this out in advance. Check their website and read through your induction pack for information.

If you have any regular medications or ongoing health issues, let the school know before you start so they can support you with this.

Most schools will have someone whose job it is just to help people feel better. Look on the school's website or ask your form tutor to point them out to you.

Feeling overwhelmed. It can be really hard starting a new school, meeting lots of new people and trying to learn lots of new things. If you are feeling like you need some extra support, then find someone who you trust and talk it through. It might be someone in your household, maybe a good friend or perhaps there is an adult in school who you feel would be able to hear you talk things through. Its normal and OK to sometimes not feel OK. Talking things through can feel hard but if you have the right support, it will go a long way to helping you feel more ready for the world again. You've got this!





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