



THE GRANGE  
ACADEMY  
LIBERTAS PER CULTUM



# Transition to secondary school

**Better  
Health** every mind  
matters



## Learning objectives

# What are we learning?



### Key vocabulary

### Learning outcomes

- Identify the differences between primary and secondary school
- Describe how it might feel to move to secondary school
- Explain different ways of managing change

We are learning about the transition from primary to secondary school and how to manage the changes that can arise.

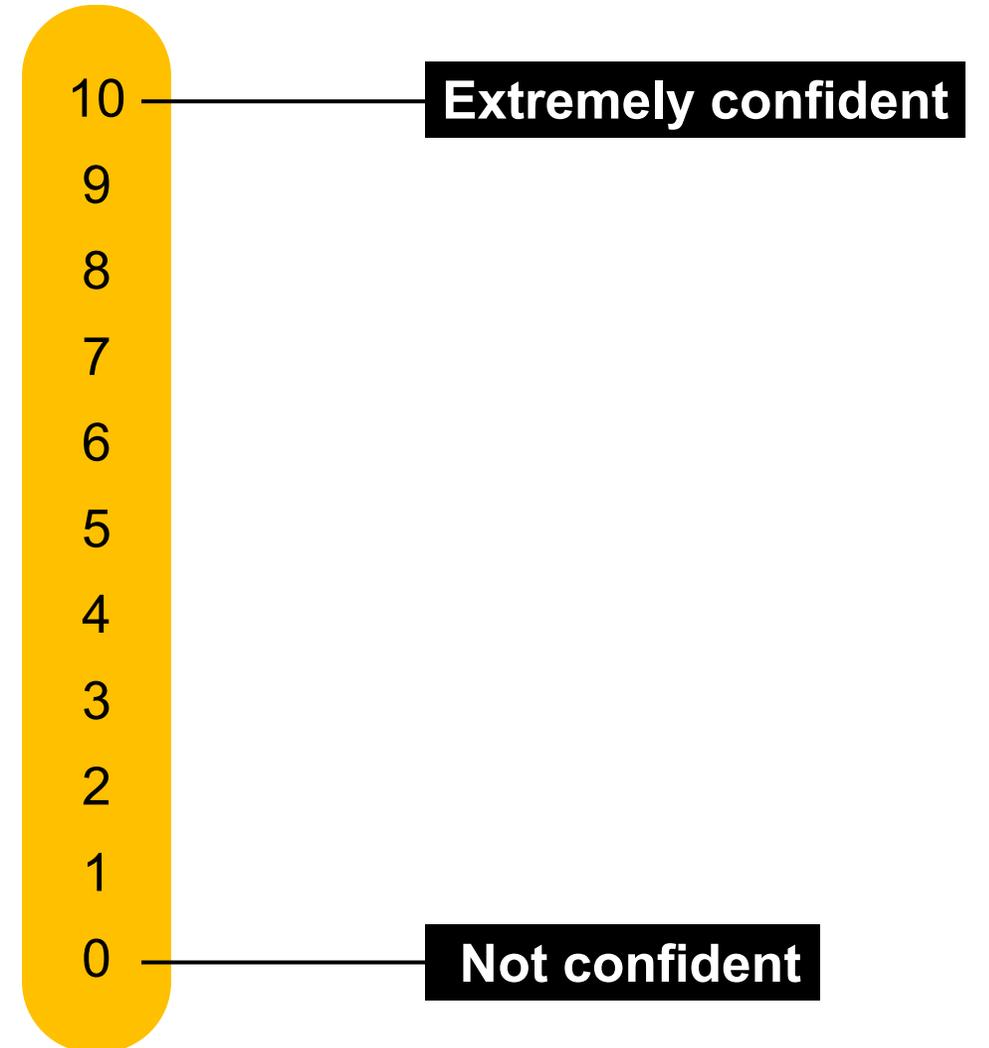
# Transition to secondary school

**Create a list of words  
you associate with  
the picture opposite.**



# How confident are you in...

- identifying the differences between primary and secondary school?
- describing how it might feel to move to secondary school?
- explaining some ways to manage change?



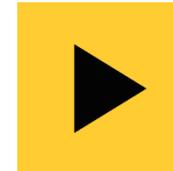
# Making the move



## Let's talk about change

- What will the similarities be between primary school and secondary school?
- What will the differences be between primary and secondary school?
- What are the most important things a Year 6 pupil needs to know about secondary school?

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# Making the move

Write down your thoughts!



## Head

What might new Year 7 pupils be thinking on their first day of school?

E.g. 'I wonder what my teachers will be like'



## Heart

How might it feel to start a new school?

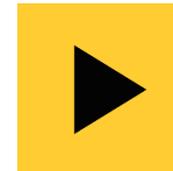
# Changes



## Discussion questions: Have this discussion at home or with your friends

- What do you think are the most exciting things about starting secondary school?
- What do you think some pupils are nervous about when starting secondary school?
- How do you think pupil's feelings might change over the first year at secondary school?

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# Individual Reflection

Think about a time you had to manage a change in the last year.

What helped you manage this change?

## Discuss

- Which strengths are most important when managing change?

### Organised

Being prepared by making a plan and finding what you need

### Honesty

Talking about how you feel and being able to ask for help

### Kindness

Looking out for and helping other people

### Fun

Finding time for things you enjoy

### Courage

Being brave and having a go even when things are tricky

### Hope

Staying positive and looking for the best in a situation

# Scenarios

## Scenario 1

“I’m worried I have fallen behind from missing so much school last year. I hope the work isn’t too hard and that I get to know my new teachers quickly.”

## Scenario 2

“I’m going to a different school than most of my friends but my sister loves her new friends from secondary school, so maybe this will be the same for me.”

## Scenario 3

“I have dyslexia and had brilliant support from my primary school, I hope it is the same in secondary school.”

## Scenario 4

“I find changes hard to start with, but my cousin got extra help and it went OK for her.”

# Possible strategies

- Find out who you can speak to in school if you're finding it difficult
- Take your time getting to know people
- Ask teachers for help if you are finding the work difficult
- Ask someone you trust to do the journey to school with you before doing it alone
- Talk to a trusted adult about your worries
- Make a homework timetable
- Remember what you are good at
- Think positively (I can do this!)



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



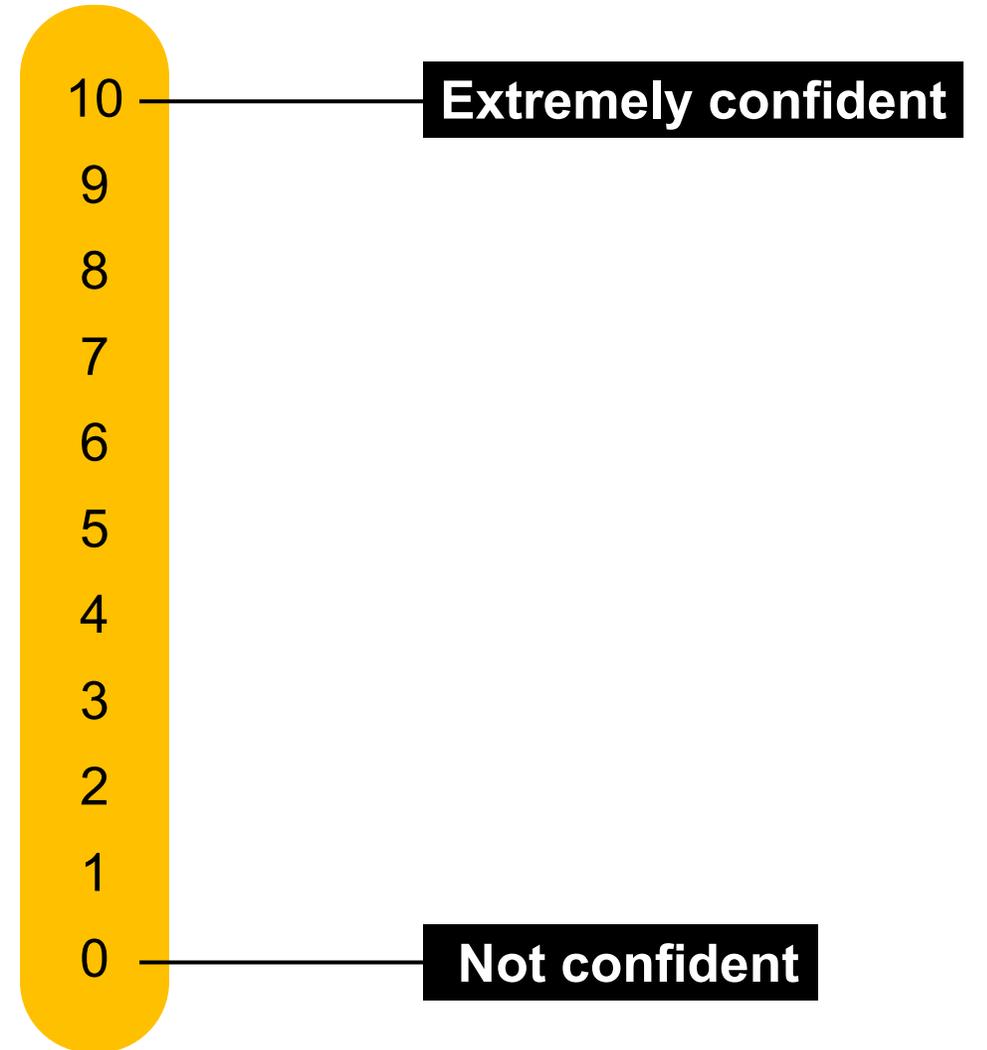
# Handy advice!



**What can pupils do to manage the changes in secondary school?**

# How confident are you now in...

- identifying the differences between primary and secondary school?
- describing how it might feel to move to secondary school?
- explaining some ways to manage change?



# Reflection

**What could a pupil pack on their first day of secondary school to help them manage the change ahead?**



# It's normal to have different feelings when change occurs.

If you are worried about changes affecting you or a friend, you can always speak to a trusted adult, perhaps at home or at school, and get some more help.

Childline: [childline.org.uk/info-advice](https://www.childline.org.uk/info-advice)

Or call 0800 1111

Or Email one of us at The Grange!

Shout:

Text 85258  
Mental Health every mind matters

