



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.



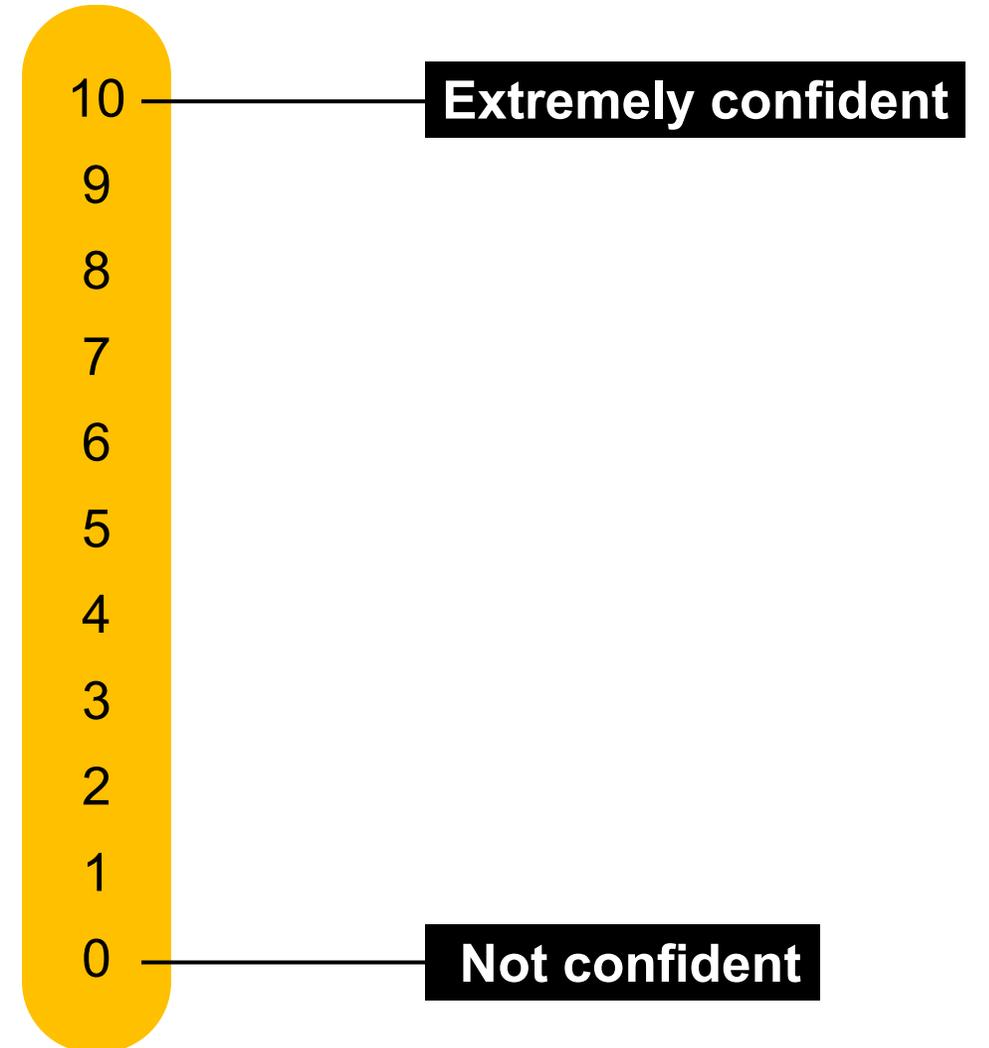
Transition to secondary school

**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?



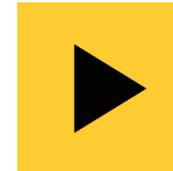
Making the move



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?

[Click to view](#)



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?

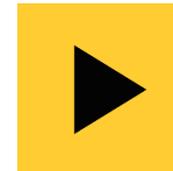
Changes



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.



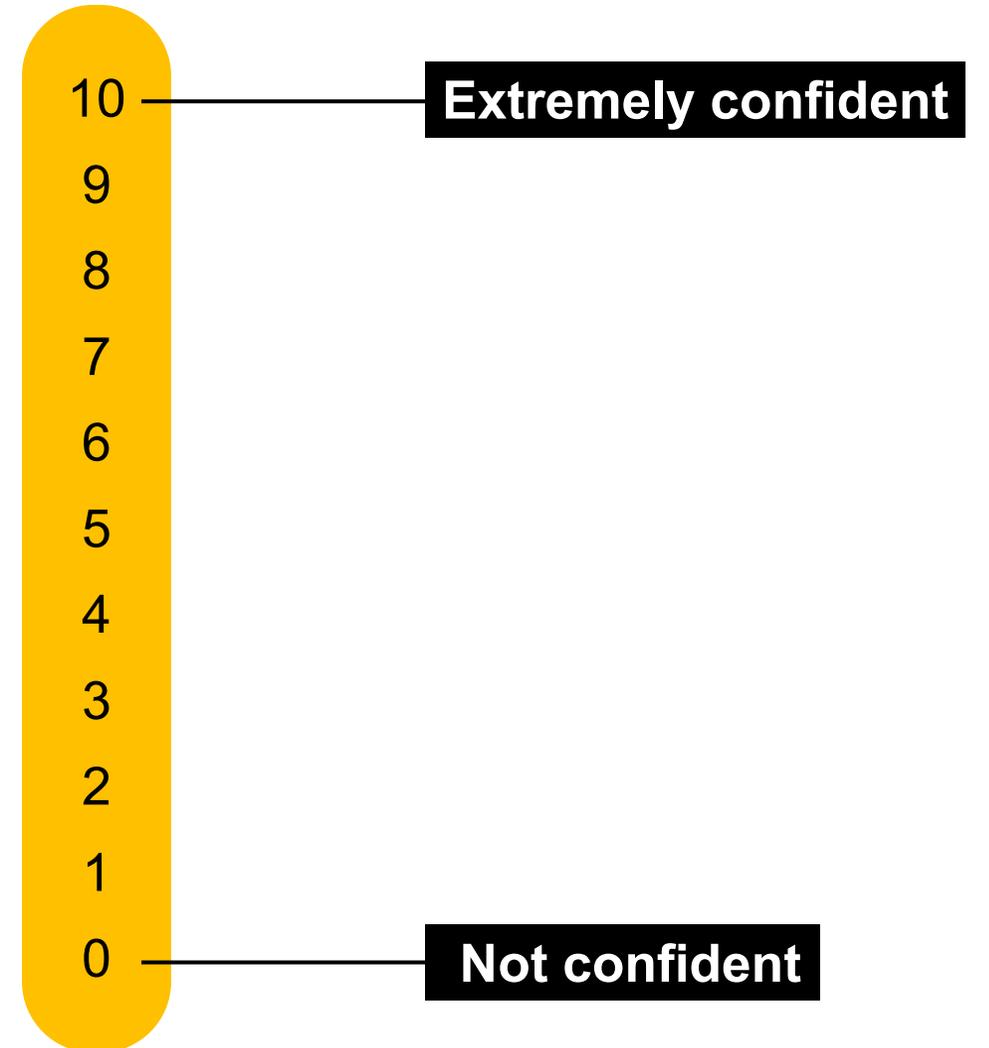
Handy advice!



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

