



Year 6



Transition to secondary
school





Transition to secondary school



Hello to all our lovely year 6 children, this lesson is about the transition you will soon be making from primary to secondary school.

Transitioning to secondary school is a big life change. Even when someone is feeling positive about it, a big change can cause mixed feelings like excitement and worry. It is ok to have lots of mixed feelings.

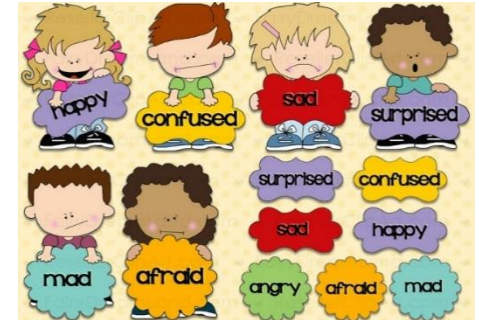
As you transition from primary to secondary school we want you to feel as empowered and confident as you can. This will help you to manage your emotions and the changes that will come from moving to a new school.

This weeks' lesson allows you to explore some of the feelings and emotions that you may have about starting secondary school. We would like you to explore and express these feelings so that you are able to manage the transition in a positive and healthy way.



WALT:

- recognise, talk about and manage feelings about starting secondary school
- manage the challenges and recognise the opportunities of starting secondary school
- explore ways to make a successful start to secondary school



By the end of this lesson we hope you can,

- describe some of the different feelings people might have about starting secondary school
- describe or demonstrate some positive ways to manage feelings people might have about starting secondary school, including asking for help
- explain some of the opportunities and challenges that secondary school can offer, and how people can make the most of these
- identify where and how to get reliable and positive information about starting secondary school



Task 1

First of all we would like you to record your ideas in each section of the grid:

Starting secondary school

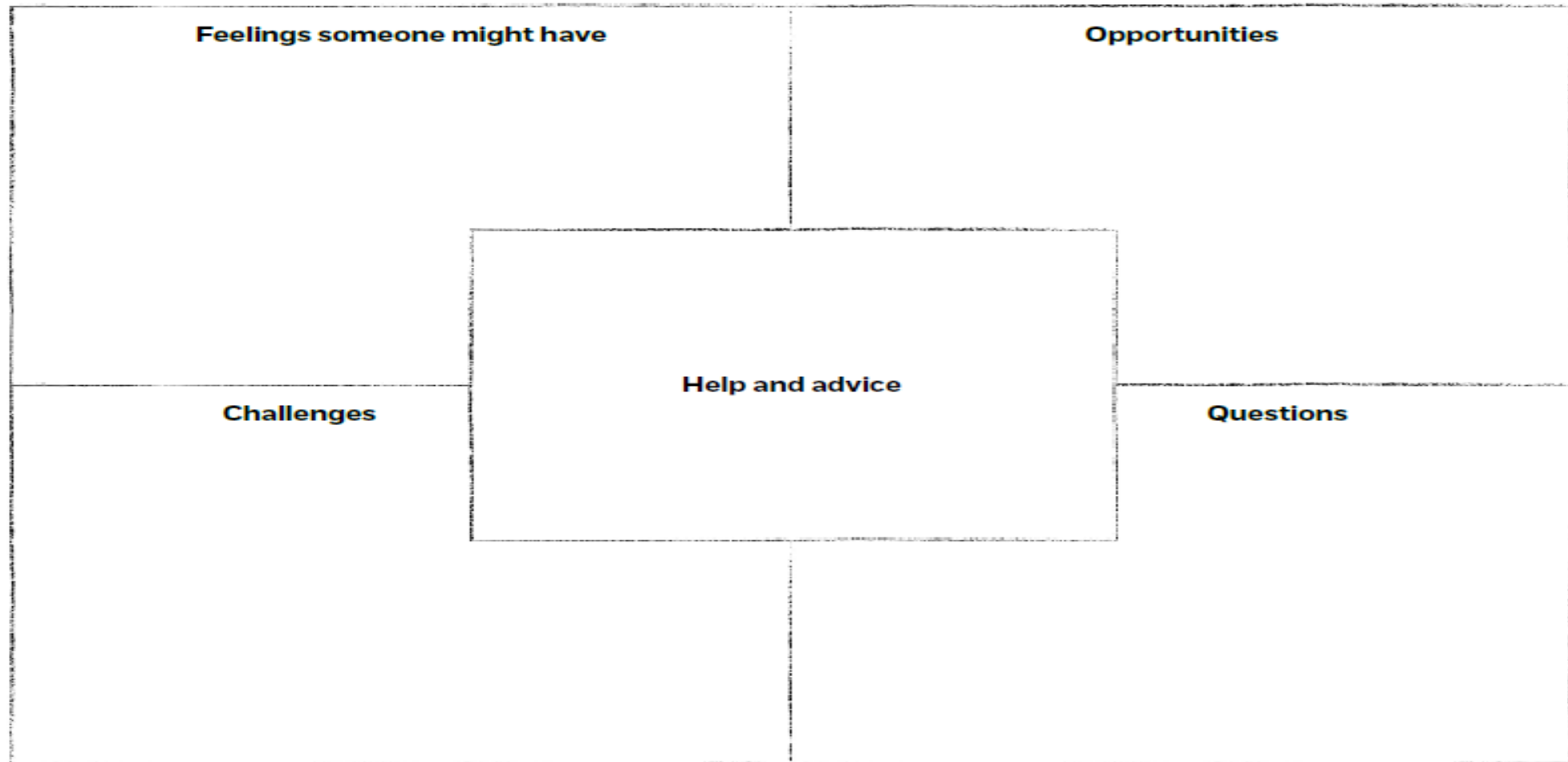
This might include the feelings children might experience, challenges children might face, opportunities that might arise, questions children might have, as well as where children might seek help or advice.



Remember:

- Transitioning to secondary school is a big life change. Even when someone is feeling positive about it, a big change can cause mixed feelings like excitement and worry.
- It is normal to feel lots of big emotions in a time of change and uncertainty. You are not alone in how you feel. Someone else out there will also be feeling the same way.

TASK 1 – Starting secondary school





Task 2

Read the Truth or Myth? cards, and sort them into three piles: truth, myth, not sure.

When you have finished check the answers and discuss with an adult at home anything that surprised you or you are still unsure about.



Remember:

- You may have heard lots about what secondary school is like. Sometimes this information is really helpful. But sometimes it's not, since it might be exaggerated, inaccurate or untrue.
- Always consider the reliability of the information you've been given. Where did you get the information? Is that/Are they a reliable source?





TASK 2 – Starting secondary school truth or myth

Read each card then put it in a pile: truth, myth, or not sure.

The teachers at secondary school shout all the time.

Older pupils always push in front in the dinner queue.

If you don't have your bus fare, the bus driver won't let you on to the school bus.

There is a different teacher for every subject.

Older pupils and teachers will help if someone gets lost in the first few weeks of term.

If someone is worried about anything in school, there are people they can go and talk to.

If someone doesn't do their homework they always get detention.

There are tests every day.

There are lots of different clubs for people to get involved in if they want to.

There are different subjects that they don't teach at primary school.

The secondary school day starts before primary school, so pupils have to leave home earlier to get there on time.

It is fine to pop in and say hi to old teachers at primary school once someone is at secondary school.

There is so much homework that it is impossible to do anything else after school.

If someone's friend goes to a different secondary school, they never get to see one another.

Mobile phones are banned in secondary school.

Pupils can be excluded for wearing the wrong uniform.

Everyone in year 6 is excited and looking forward to going to secondary school.



TASK 2 Answers – Starting secondary school truth or myth

The teachers at secondary school shout all the time.	Myth Some teachers may shout, some may not shout at all.
Older pupils and teachers will help if someone gets lost in the first few weeks of term.	Truth Older pupils and teachers will help new Year 7 pupils if they are lost, or are unsure of where they have to go. Secondary schools usually give new pupils a map so they can find their way around.
If someone doesn't do their homework they always get detention.	Myth Teachers give detentions for different things, and pupils do not always get detention for not doing homework. Some schools do not have detentions, or call them something different.
There are lots of different clubs for people to get involved in if they want to.	Truth There are all kinds of clubs and teams people can choose to join, at lunchtimes or after school.
If you don't have your bus fare, the bus driver won't let you on to the school bus.	Myth If someone has left their fare at home, they must give the bus driver their name and address so the bus company can contact them at a later date for the money. A driver cannot stop a school pupil getting on the bus to their school unless the pupil refuses to give them their name and address, or is acting in a way that might be dangerous to other passengers.
There is so much homework that it is impossible to do anything else after school.	Myth There will be more homework than at primary school, but drawing up a homework schedule helps people to balance their time.
Mobile phones are banned in secondary school.	Myth Schools will have their own rules which every pupil will be told and expected to stick to. Often, phones can be brought into school but must be kept out of sight, silent and unused.
Older pupils always push in front in the dinner queue.	Myth Some pupils may push in front of queues, but it is unlikely that this will happen all the time, or be tolerated. Most schools will have a way of checking people are not joining the queue unfairly and may have different lunch times for different year groups.



TASK 2 Answers – Starting secondary school truth or myth

There is a different teacher for every subject.	Truth In secondary school, most teachers teach the subject in which they have training and expertise. Sometimes teachers have special training in more than one subject.
If someone is worried about anything in school, there are people they can go and talk to.	Truth There will be at least one named adult in school that pupils can go and talk to if they need to. In most cases this will be the form tutor and year head.
There are tests every day.	Myth There will be tests in school, but not every day or for every subject. If there is an important test then pupils will get advance notice.
There are lots of different subjects that are not taught at primary school.	Truth There will be new subjects in secondary school that Year 7 pupils won't have learned in primary school.
It is fine to pop in and say hi to old teachers at primary school once someone is at secondary school.	Truth Primary teachers will probably be delighted to see old pupils and find out how they are getting on at secondary school.
The secondary school day starts before primary school, so pupils have to leave home earlier to get there on time.	Truth Every school is different but this is usually correct. People may also have further to travel to secondary school, or have to travel by bus, which may mean an earlier start.
If someone's friend goes to a different secondary school they will never get to see one another.	Myth Just because two friends are going to different schools doesn't mean they can't make arrangements to talk to or see one another outside school.
Pupils can be excluded for wearing the wrong uniform.	Myth Being excluded is a very serious thing to happen. If someone wears the wrong uniform they are more likely to be spoken to by a teacher and asked to change what is wrong or receive a punishment that is not exclusion.
Everyone in year 6 is excited and looking forward to going to secondary school.	Myth Everyone will be feeling something different about starting secondary school. Sometimes people appear to be feeling a certain way, but they might be hiding how they really feel.



Task 3

Next we would like you to write a list where pupils can get information about secondary school. You can include anything you think of.

For example, older brothers or sisters, neighbours with secondary-aged children, teachers, former pupils, online forums, school websites, school open-evenings.

Discuss the list with someone at home and think about which sources are likely to be the most reliable and helpful. Think together about the reasons why.

Finally discuss with an adult at home the scenarios in the resource Where can they can get answers?

Who would be the best person to speak to? Which would be the best place to get information? Use your list you have made to help you.



Remember:

- Some people might be easier to talk to than others but they might not be the most reliable or have all the information you need. Make sure you think about who the best person to speak to would be in each situation





TASK 3 – Where can they get the answers?

In each situation, from where or whom would be the most reliable way to get advice or help?

Rosie isn't sure what time the school day starts at her new secondary school.

Jamal doesn't know if his new school allows them to take their mobile phones in with them.

Lily is wondering how much lunch costs at her new secondary school.

Connor has heard rumours that people call the teachers by their first name at secondary school.

Ravi thinks he will get lost when he is moving round to different lessons.

Savneet is worried that she won't be able to keep up with all the homework they'll be given at secondary school.

Hannah wants to know which clubs she can join when she starts her new secondary school.

Ali doesn't know which stop he has to catch the school bus from in September.



Task 4

Finally, we would like you to act as ‘Sam’. Sam is the person who gives advice to children starting secondary school.

Choose one of the Dear Sam emails, and write a response (pretending you are Sam) giving information and reassuring the writer.



Remember:

- The adults that work in schools do so because they really enjoy working with children and supporting them. There will always be someone you can talk to who will be happy to help you in any given situation. SPEAK OUT STAY SAFE



NSPCC

**Speak out.
Stay safe.**

TASK 4 – Dear Sam



Sam writes advice on a website about starting secondary school. If you were Sam, what advice would you give to these Year 6 children who have emailed you?

Dear Sam

People keep telling me different things about secondary school, and I don't know who's right. My friend's big brother says you get punished if you don't do your homework, but my teacher says that that doesn't always happen. Our neighbour who goes to the school says we have to get there by 8.30 but my mum says it's 8.45. Also, I'm not sure which gate I'm supposed to use to get into school because there's two of them! How do I find out the right answers?

From **Hassan**

Dear Sam

I can't wait to start secondary school! I need to ask you though: is it true that you have to wear a blazer every day and you aren't allowed to wear shorts even if it's really hot? I'm not sure where I can get information about things like that.

From **Jasmine**

Hi Sam

I have got lots of worries about Year 7. Everyone else has got a big brother or sister who can tell them what they need to know, but I don't know anyone who is at secondary school yet. What if I get put in a class without anyone I know? And will I get into trouble if I don't understand the work? My teacher says that everything will be much harder next year.

From **Ella**

Dear Sam

I am kind of looking forward to starting secondary school but I also feel nervous about it. Is that normal? Everyone else seems to be really excited and I haven't really got anyone who I can talk to about how I feel because I'm afraid they won't understand. Can you help me please?

From **Sherelle**

Hi Sam

I only moved to my area very recently so I don't know anything about my new secondary school. I don't have any good friends at my new primary school yet so I feel shy about asking people about it. How can I find out more about the school that I am going to in Year 7?

From **Finn**

Dear Sam

Can you answer these questions for me, please? When I go to secondary school, how will I know where my classrooms are? I know that you have to move around for each lesson, but what if I don't know the way? The school is really big and I don't know what will happen if I can't get to one of the classrooms because I'm lost. Will I be punished for being late to the lesson?

From **Asha**

Hello Sam

I am mostly looking forward to starting Year 7, but there's some things that I feel weird about. I really like my Year 6 teacher and I know I'm going to miss primary school a lot. Is it ok to go back and visit your old teachers, or is that silly? Also, my best friend is going to a different school and I'm worried that we'll have so much homework and no time to see one another. At the moment I see her every day and I don't want that to stop!

From **Ryan**



Final reflection

As a reflection look again at Task 1 which you completed at the beginning of the lesson:
Starting secondary school

In a different coloured pen or pencil, can you amend questions and responses that have been answered by today's lesson, or add any additional ideas.



Can you now complete this sentence stem:

One thing I didn't know about secondary school was.....
.....
but now I know.....
.....

If I need help with starting secondary school I can ask.....
.....