

After school activities

JOIN IN AFTER SCHOOL CLUBS / ACTIVITIES THAT INTEREST YOU, THIS IS THE BEST WAY TO MAKE NEW FRIENDS AND ENJOY YOURSELF AT YOUR NEW SCHOOL. USE THE TABLE BELOW TO KEEP TRACK OF WHAT'S ON EACH DAY...



Monday	Tuesday	Wednesday	Thursday	Friday



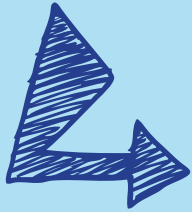
Subject: moving up guide



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It's not just you...

Feeling nervous about moving up to the new school? Well, so are most of your classmates, even if they're not admitting to it.

You're moving from somewhere you know well to a new place that's a bit unknown. You're going from being the oldest in the school to the youngest. It's natural to have a lot of questions:

1. WHAT WILL THE TEACHERS BE LIKE?
2. HOW WILL I FIND MY WAY AROUND?
3. WILL THE WORK BE TOO HARD?
4. HOW MUCH HOMEWORK WILL I GET?
5. WILL I GET BULLIED BY OLDER STUDENTS?
6. HOW OR WHEN WILL I TAKE MY MEDICATION?



perhaps you have some more questions.
write them down here...

If some things are still bugging you, share your questions with somebody you trust - your mum or dad, an older brother or sister, your primary school teacher, or a close friend.



Have you thought that the new school might be better than the old one? That you might actually do better there than in your primary school?

You will find more options to do a range of extended activities at secondary school. You may even find out that you're good at things that you've never even tried before - cooking, design, basketball, physics, dancing, Spanish...

The new school has lots of specialist teachers like PE teachers or drama teachers. Their mission in life is to get people enthusiastic about what they're interested in. They want you to try new things and succeed at them.

The new school will have lots of things that your old school doesn't have. Loads of computers, a proper art room, perhaps a drama studio, maybe a music studio with instruments, classrooms with cookers and ovens, science labs, a sports hall and gym... the list goes on.

Yes, it can be a bit scary but if you look on the positive side, it's really exciting.

to help you look on the bright side, note down some of the good things about your new school:



get prepared

MAKE SURE THAT YOU HAVE GOT EVERYTHING YOU NEED! YOU WILL NEED TO CARRY MORE AROUND WITH YOU THAN YOU DID AT PRIMARY SCHOOL, SO MAKE SURE YOU HAVE GOT A STRONG RUCKSACK TO CARRY IT ALL AROUND IN.

don't forget your dinner money!

There is likely to be a lot more choice than you've had before but remember to eat healthily - you're going to need all those vitamins and minerals for the extra homework!



Hints & tips

1. ASK.

Don't be afraid to ask questions about your new school - ask your family, your friends, your primary school teacher or the teachers at your new school when you visit.

2. VISIT.

If you're worried about finding your way around the new school, ask your parents to organise another visit, just for you.

3. PRACTICE.

- If you're not sure about the journey to school, ask your parents to do the journey with you, or do it with a friend, in the summer holidays before you start.
- If you're a bit forgetful, do some practice at getting organised in the summer holidays. Ask your parents to get hold of an old Year 7 timetable for your new school, and practice getting the right things together on the right day - PE kit on Wednesday for example, cooking ingredients on Friday etc.

5. FIND A BUDDY.

Try to exchange phone numbers with somebody in your class at the new school who seems friendly. Then if one of you forgets what the homework is, or doesn't understand it, you can call for help.



6. ORGANISE.

Make copies of your timetable and homework timetable. Keep one set at home, one set at school, and one set in your school bag. Then if you lose or forget one copy, it's not a problem.

7. SPEAK UP.

If you have to take medication at school, it's important that you can take it without being embarrassed. If you're not happy about taking medication at school, tell somebody about it - your parents, your form teacher, a teacher you like.

