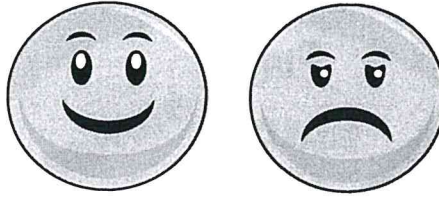


Starting Secondary School

Single copy



Tackling
Bullying



The Do's and Don'ts of
Moving On & Moving Up



Transition
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Tips for starting Secondary School

1. Don't Panic. It will take a while to learn the routines and your way around. Give yourself plenty of time to get the hang of things.

2. Ask for help if you're not sure about something. If you get lost, or simply don't know what to do, ask a teacher or older pupil - they'll be glad to help.

3. Be organised. Make sure you take the equipment, PE kit, dinner money or packed lunch you need at school. If it helps, make a list of what you need each day. Don't wait until the morning, when you're rushing to get dressed and have breakfast - prepare what you need the evening before.



4. Follow the school rules and always wear the correct uniform. Avoid others who cause problems - you don't want to get a bad reputation. Don't show off - it will make you unpopular with teachers and pupils.

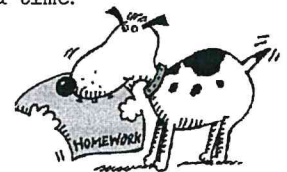
5. Don't worry about tests and exams. They help you and your teachers know how well you're doing, and they're good practice for the GCSE's you will take in Year 12.



6. Tell an adult you trust if something is worrying or upsetting you. Don't be afraid to talk to your teachers about any problems you have - your form tutor is often a good person to start with. If anyone tries to bully you or another pupil, tell a teacher and your mum or dad. No one has the right to make you unhappy. Take no notice of silly stories about what happens to new pupils - people only say such things to tease you.

7. Attend school regularly and don't be late. Don't stay off unless you really have to and never play truant. Being absent in the first few weeks will make it more difficult for you to settle in at your new school.

8. Homework is an important part of learning at secondary school. Set aside plenty of time for your homework. Try to do it as soon as you can, preferably somewhere quiet without distractions. It's OK to ask for help from your family or friends, but don't copy someone else's work - that's cheating. If you don't understand what you have to do for a homework or you haven't been able to do it on time, apologise to the teacher concerned and ask for help or for extra time.



9. Detentions are only given to pupils who do something wrong, such as being late several times or not doing homework. If you work hard, behave properly and treat other people with respect, you won't get any detentions.

10. Think about joining clubs, such as sport, games, music and drama. Try to go to any social events that the school organises. These are all good ways to make friends and they help you to feel part of your new school.

And remember - Enjoy Yourself

Some things to do if you are being bullied

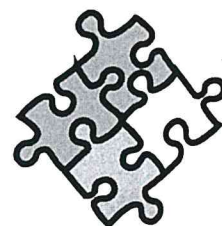


- ♦ Tell an adult you trust.
- ♦ Stay with groups of people, even if they are not your friends, there is safety in numbers.
- ♦ Try to ignore the bullying.
- ♦ Try Being assertive - shout 'NO' loudly. Practise in front of a mirror.
- ♦ Walk quickly and confidently even if you don't feel that way inside - Practise!
- ♦ If you are in danger, get away. Do not fight to keep possessions.
- ♦ If you are different in some way, be proud of it? It is good to be an individual.

Moving On Moving Up

With a friend, read and discuss the advice in these columns.

Try to add DO's and DON'T's of your own that will help you to make a good start at your new school.



Do ask for help.

Do learn your way around the school as soon as possible.

Do smile and make eye contact.

Do try to fit in.



Do join clubs and activities.

Do your homework as soon as you can.

Do follow the school rules.

Do talk to an adult if you are worried or don't understand something.

Do attend school regularly.

Do try to be organised.

Do

Do

Don't worry if something goes wrong - we all make mistakes.

Don't mix with others who are causing problems.

Don't show off or draw attention to yourself.

Don't be pushy or rude.

Don't retaliate if someone upsets you.

Don't be late.



Don't put up with bullying.

Don't copy.

Don't forget your uniform, equipment or PE Kit.

Don't PANIC!

Don't

Don't

Transition Wordsearch

At High School

I will try to be.....

RESPONSIBLE

HELPFUL

FRIENDLY

CONSIDERATE

COOPERATIVE

PUNCTUAL

POLITE

ORGANISED

HARD WORKING

O	J	W	D	E	S	I	N	A	G	R	O
C	O	N	S	I	D	E	R	A	T	E	C
Y	T	K	T	K	I	A	D	S	E	S	N
Q	J	Y	L	A	U	T	C	N	U	P	A
V	E	V	I	T	A	R	E	P	O	O	C
H	H	A	R	D	W	O	R	K	I	N	G
E	F	P	X	G	A	P	A	F	P	S	M
L	O	G	T	J	C	O	K	L	B	I	U
P	D	Z	G	Z	M	L	H	T	L	B	K
F	W	Y	M	F	R	I	E	N	D	L	Y
U	Z	K	A	R	L	T	U	R	N	E	R
L	B	N	Z	W	O	E	M	Q	O	G	K



Moving to a new school???

Want some answers then try the new website at

www.Movingforward.me,

Read how other young people have taken to secondary school through their blogs.

Find answers to your questions provided by other young people who know how you feel.