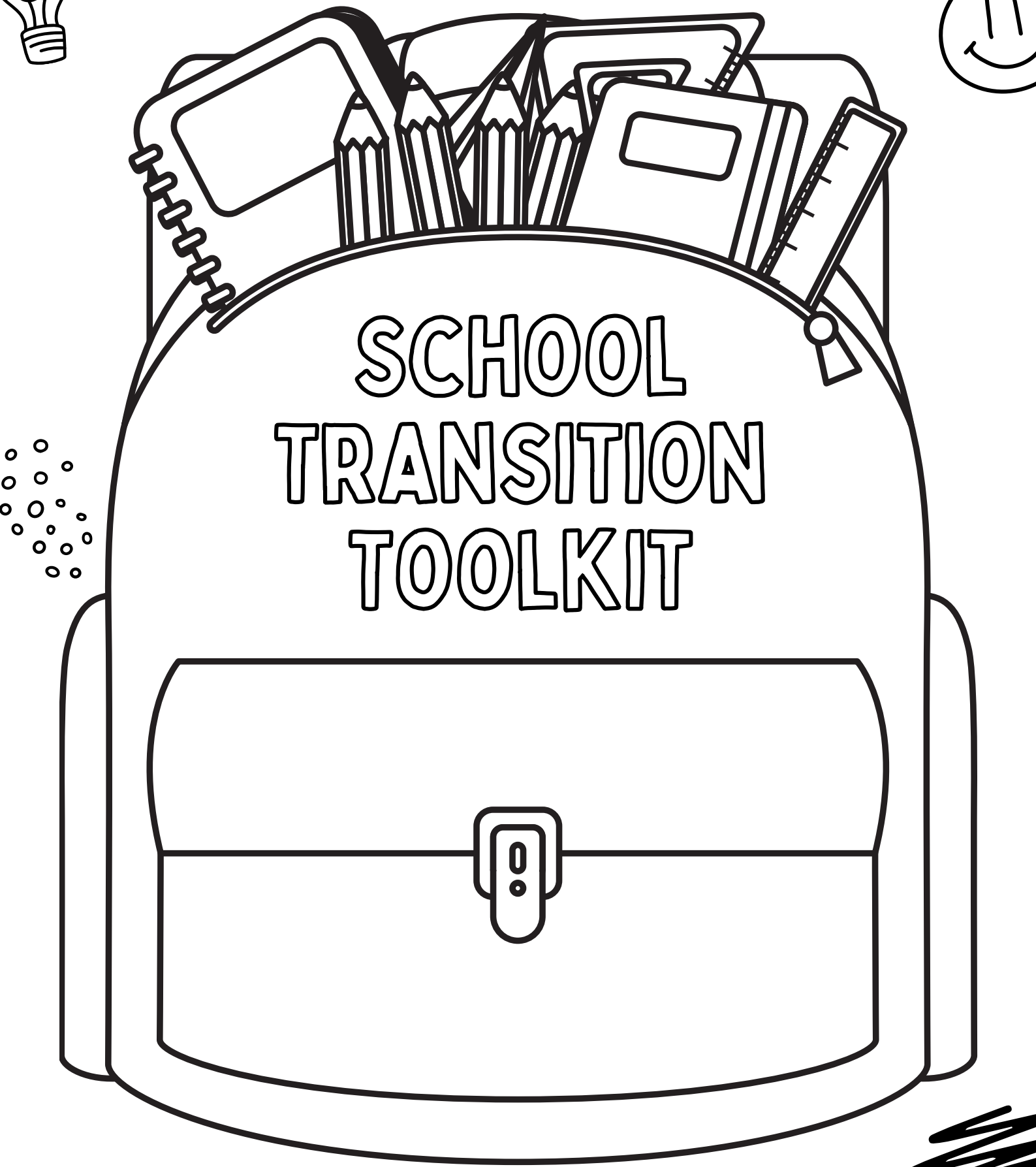
My name is: _____



SCHOOL TRANSITION TOOLKIT

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Passport to Year 7

APPROVED

Name .....

Date of birth .....

Where I live .....

Primary School .....

Secondary School .....

Things I hope to do .....

.....

What I'd like my new teachers to know .....

.....

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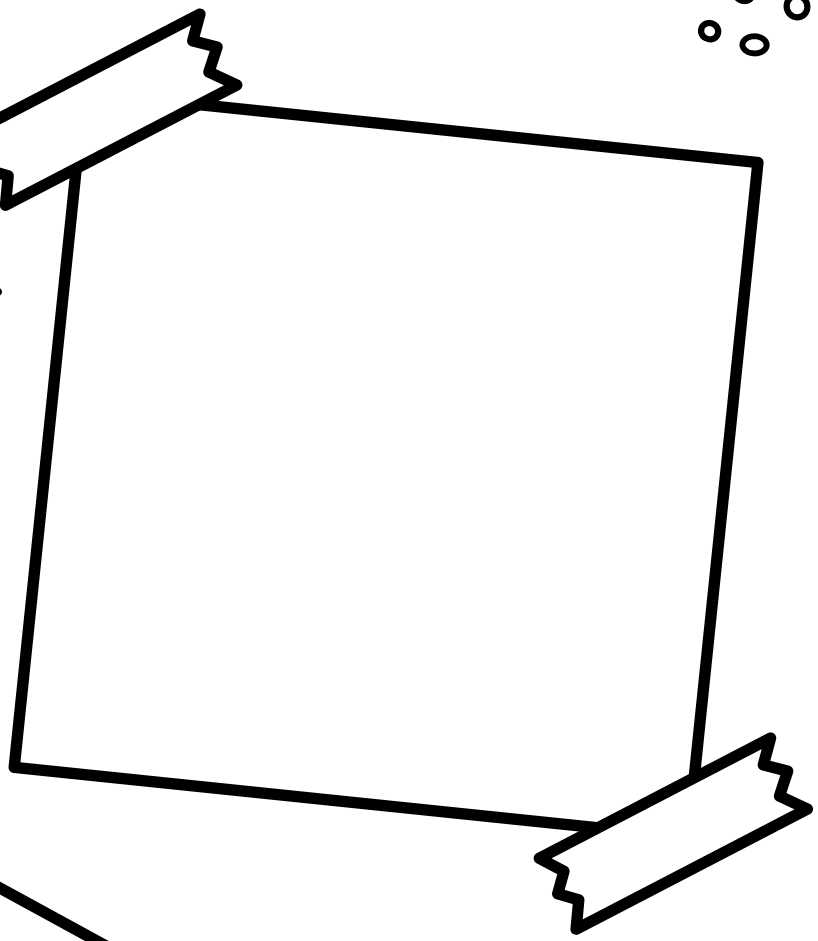
Last Day Vs First Day

Learning to identify how we feel can help us to manage any unhelpful emotions we may be anticipating, such as worried, nervous or scared. Can you draw how you feel in the photographs? Then, write why you are feeling this way.

How I'm feeling about the last day of school



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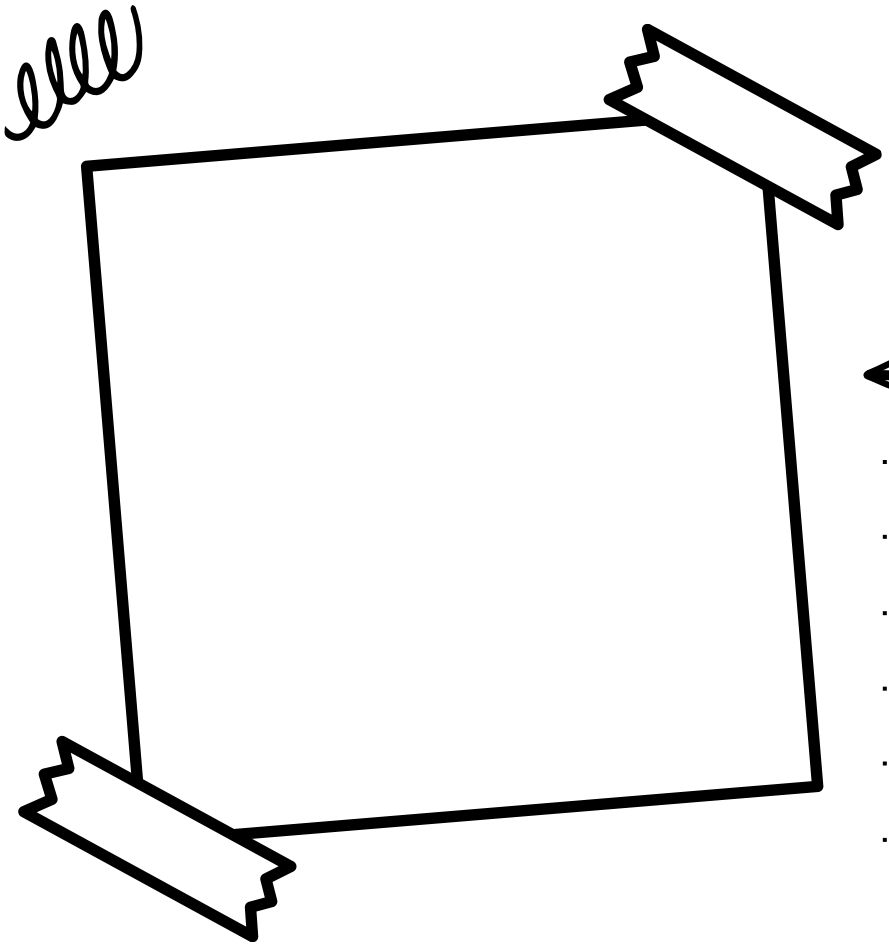

How I'm feeling about the first day of my new school

.....

.....

.....

.....

.....

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My Personal Crest

Fill in the prompts and make your own Personal Crest below. This helps you to better understand your strengths and weaknesses which can help your transition to a new school.

I am really good at

I sometimes need help with

Things I like about school

Things I don't like

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About My New School

My new school is called

This is what it looks like

You can find it here

My uniform looks like

Clubs I will join are

Subjects that I will learn are

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End of School Interview

My teacher(s): .....

.....

My favourite subject: .....

My favourite book: .....

My favourite memory: .....

.....

.....

My school picture

What I will miss: .....

.....

My friends: .....

Clubs I was part of: .....

Sports I enjoyed: .....

My favourite school lunch: .....

This year I learned .....

.....

Career goals: .....

.....

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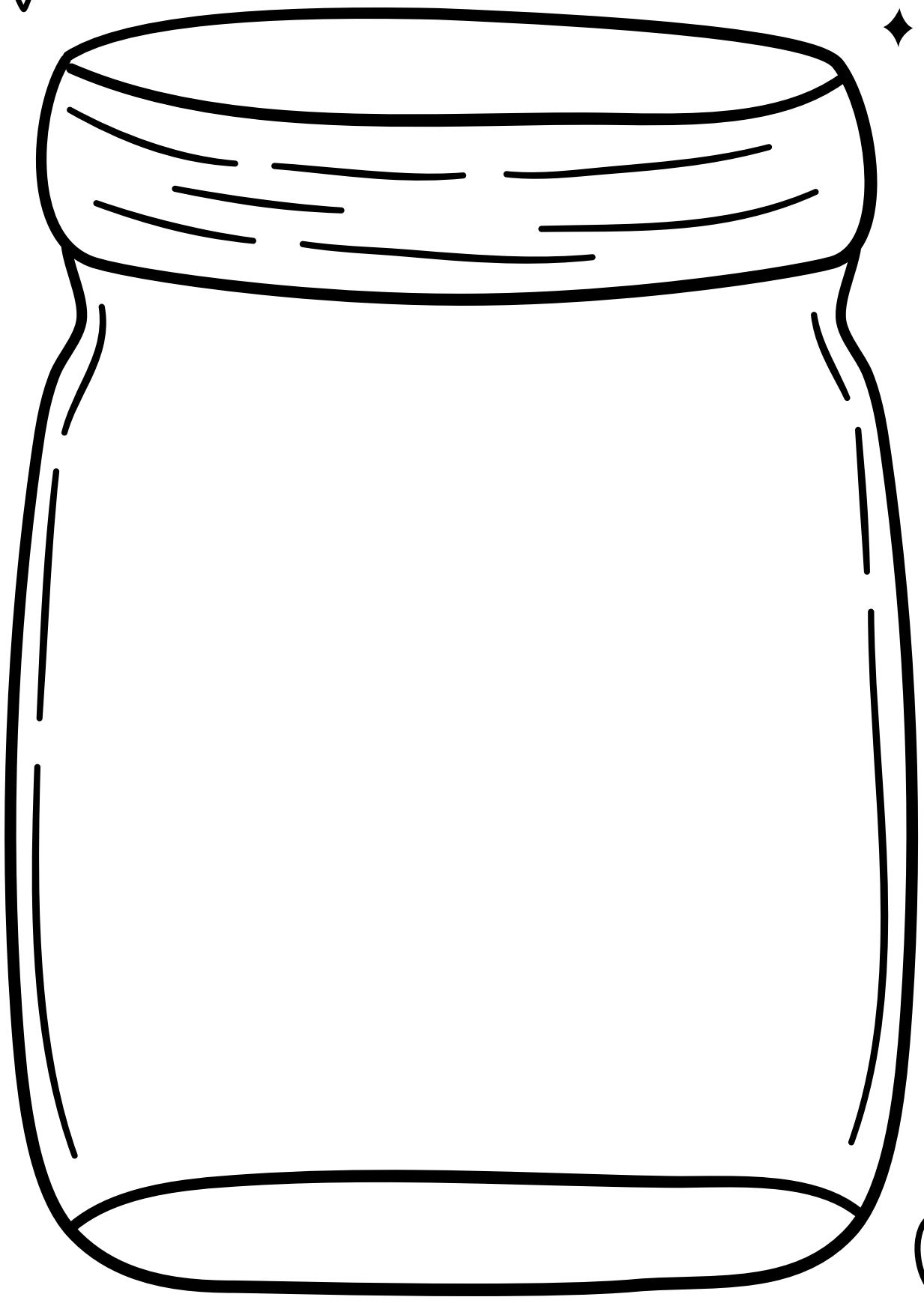
My Memory Jar

Write or draw all your favourite memories from primary school in our jar. This way you will remember them forever!



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Sign Your Shirt

Write all the names of the people in your class on our shirt. Can you name them all?
Do you know which ones are going to your school? Include your teachers too!

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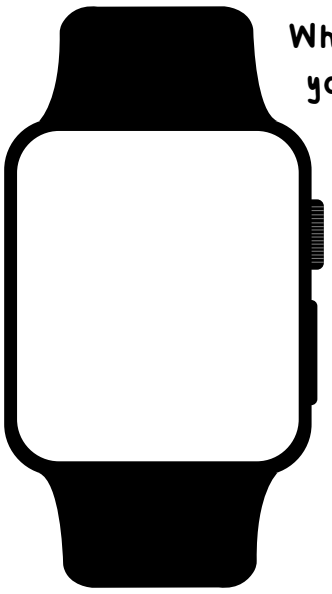
My Journey to School

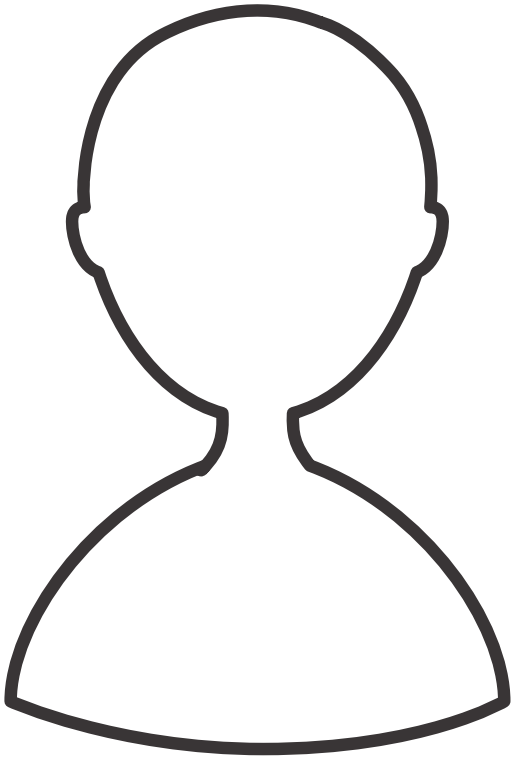


What time will you set off?

How long will it take?

How will you get there?

Who will you travel with?



What will you see on the way?

.....

.....

.....

.....

Write about your journey:

.....

.....

.....

.....

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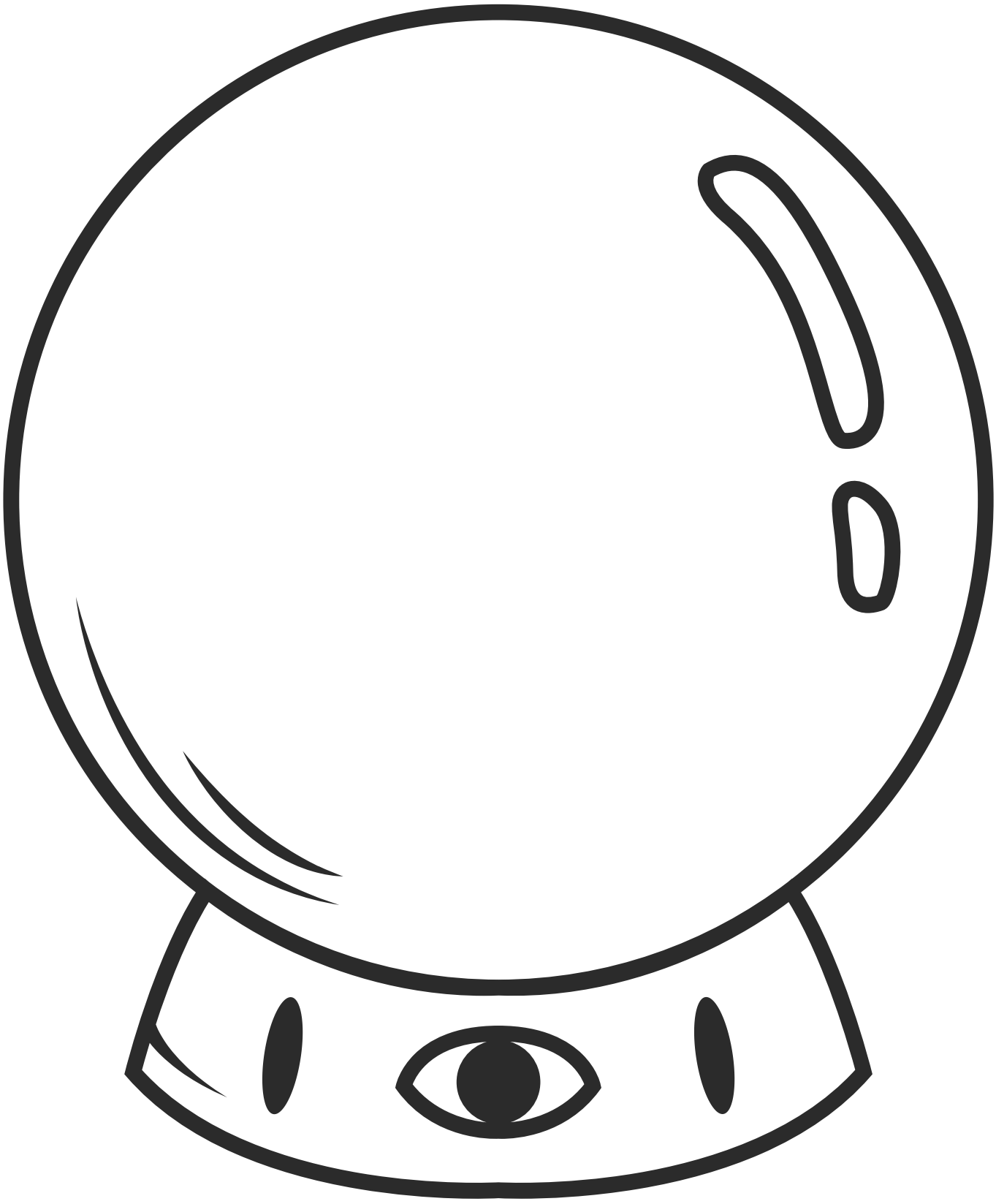
Things I'm Looking Forward To

What are you looking forward to doing in secondary school? Write or draw them in our crystal ball below!



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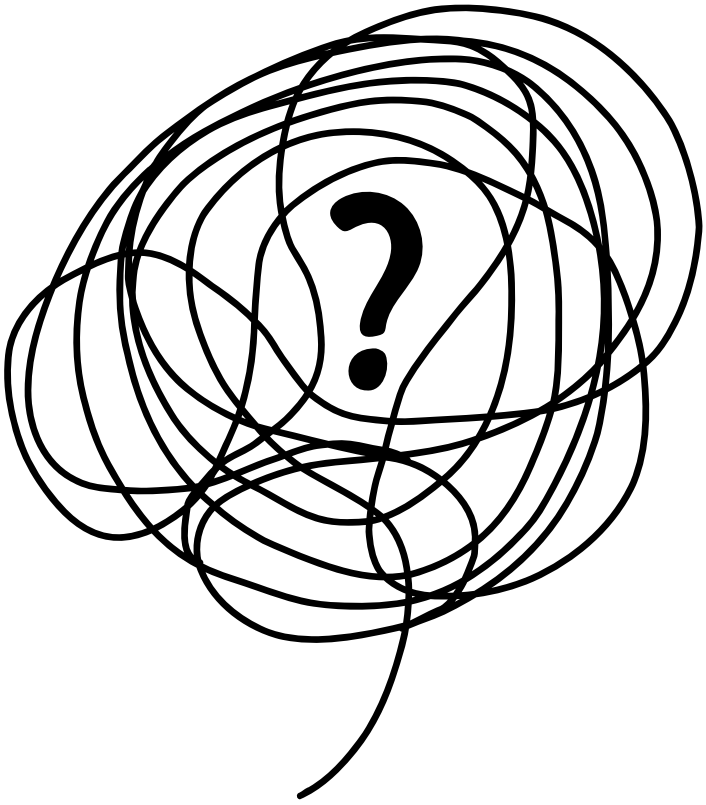
Questions

It's natural to have lots of questions about moving to a new school. How will I know what class I'm in? Where do I go on the first day? Write all your questions below and see if you can ask someone who may know the answers! You could ask an older sibling, parent or teacher. Some questions may not have answers, and that's ok! Part of growing up is figuring out how to do things by ourselves.



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My Bag of Mixed Emotions

When faced with something new, we can feel lots of different emotions at once. Can you create a key and colour in the emotions you're feeling?

- I'm feeling this emotion the most
- I feel this emotion but not as much
- I feel this emotion a little bit

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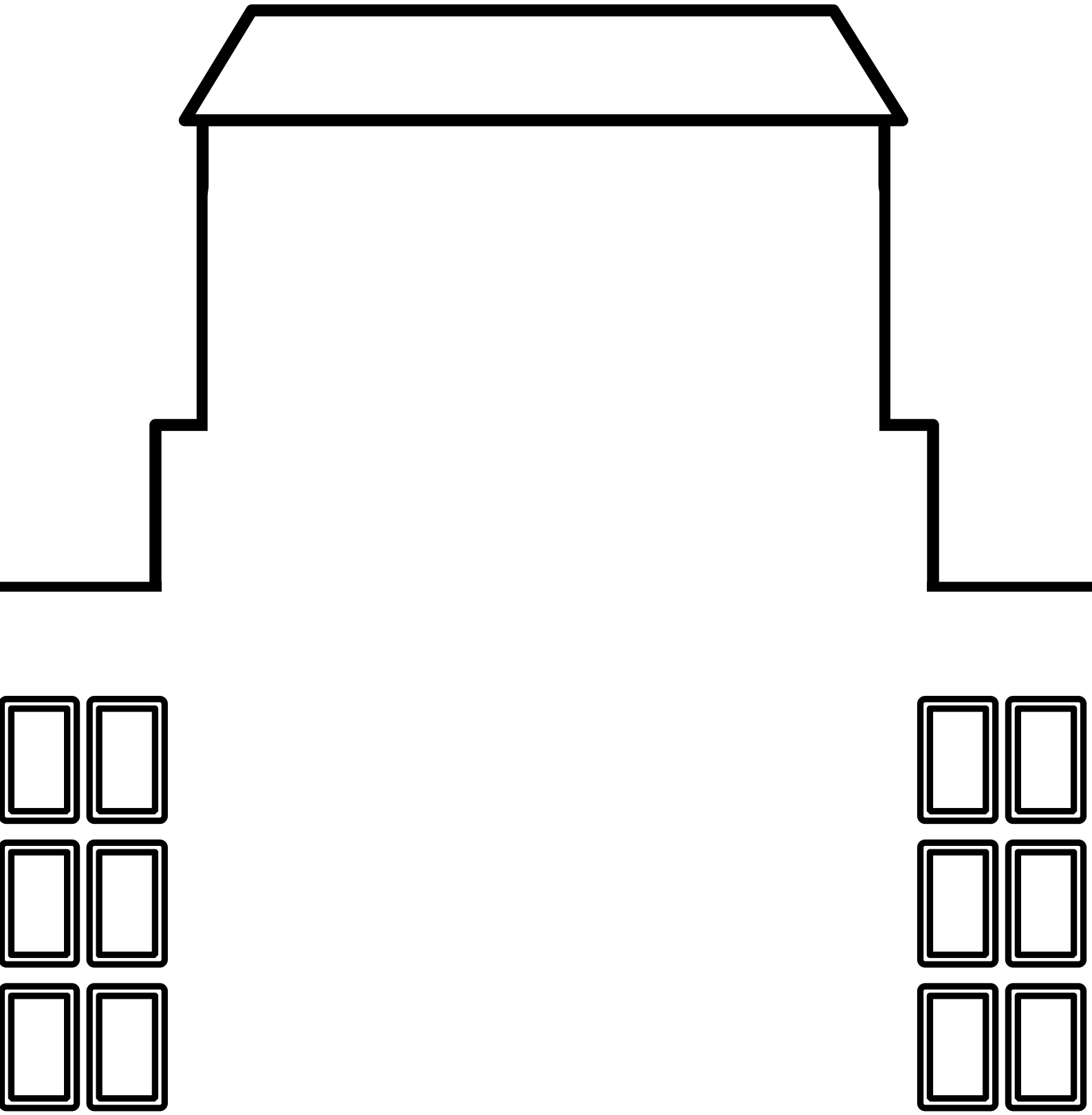
The BIG School of Worries

It's natural to have worries about something that is changing in our lives. Can you write all your big worries in the school?



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School Shopping List

Write a shopping list of all the things you need to get for your new school. This can help you feel prepared. Tick them off as you go!

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School Rules

Secondary school can have more rules than primary school. Do you know your new school rules? If so, write them below! If not, can you guess what new rules there may be?

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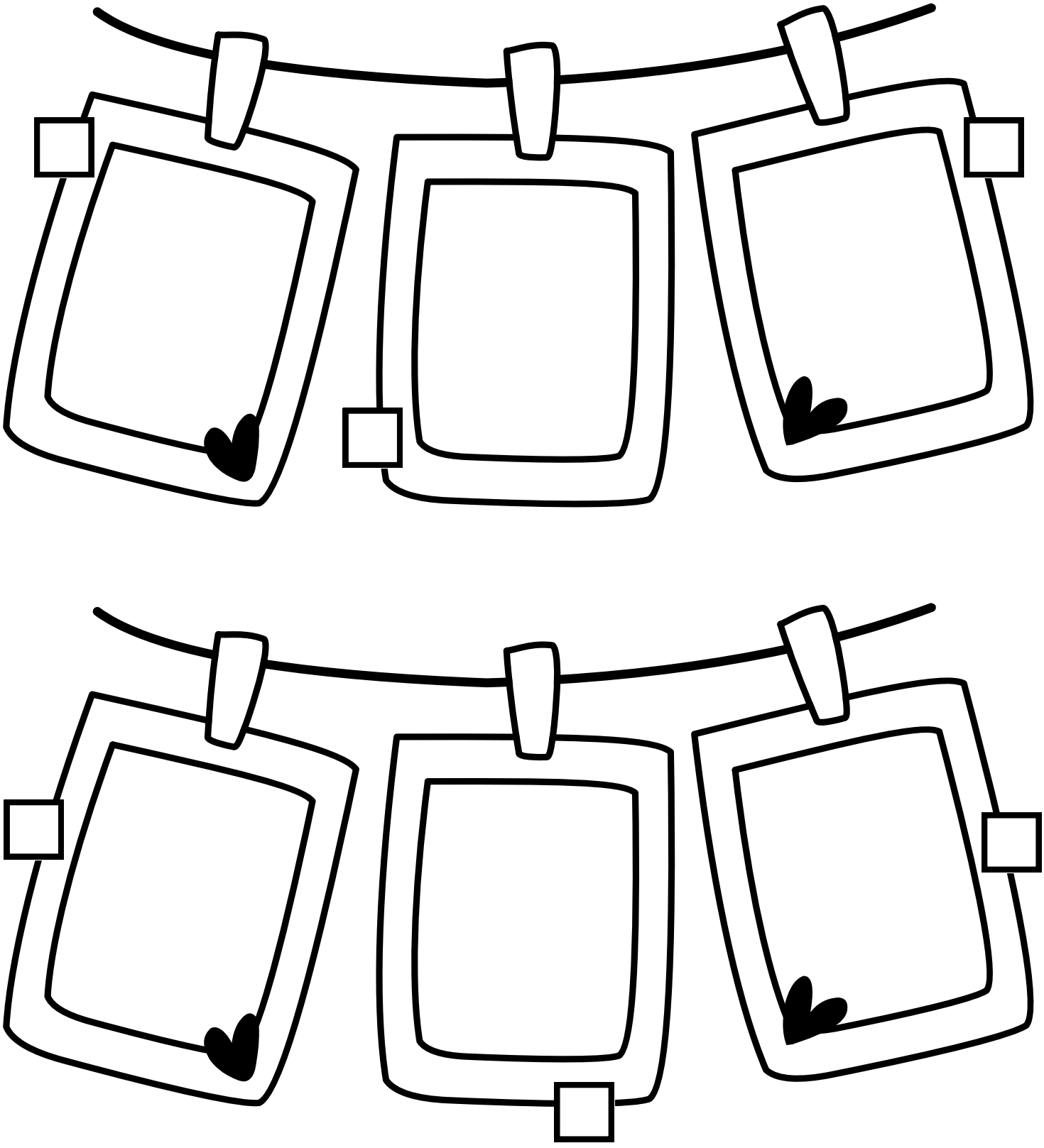
Summer Bucket List

Write or draw six things you want to do this summer before starting school. Tick them off as you complete them!



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Friendship Potion

Making new friends can be scary but also exciting! Create a friendship potion with all the qualities you would like your new friends to have. Then write some steps for making new friends.

Ingredients (qualities)

.....

.....

.....

.....

.....

.....

.....

Method

.....

.....

.....

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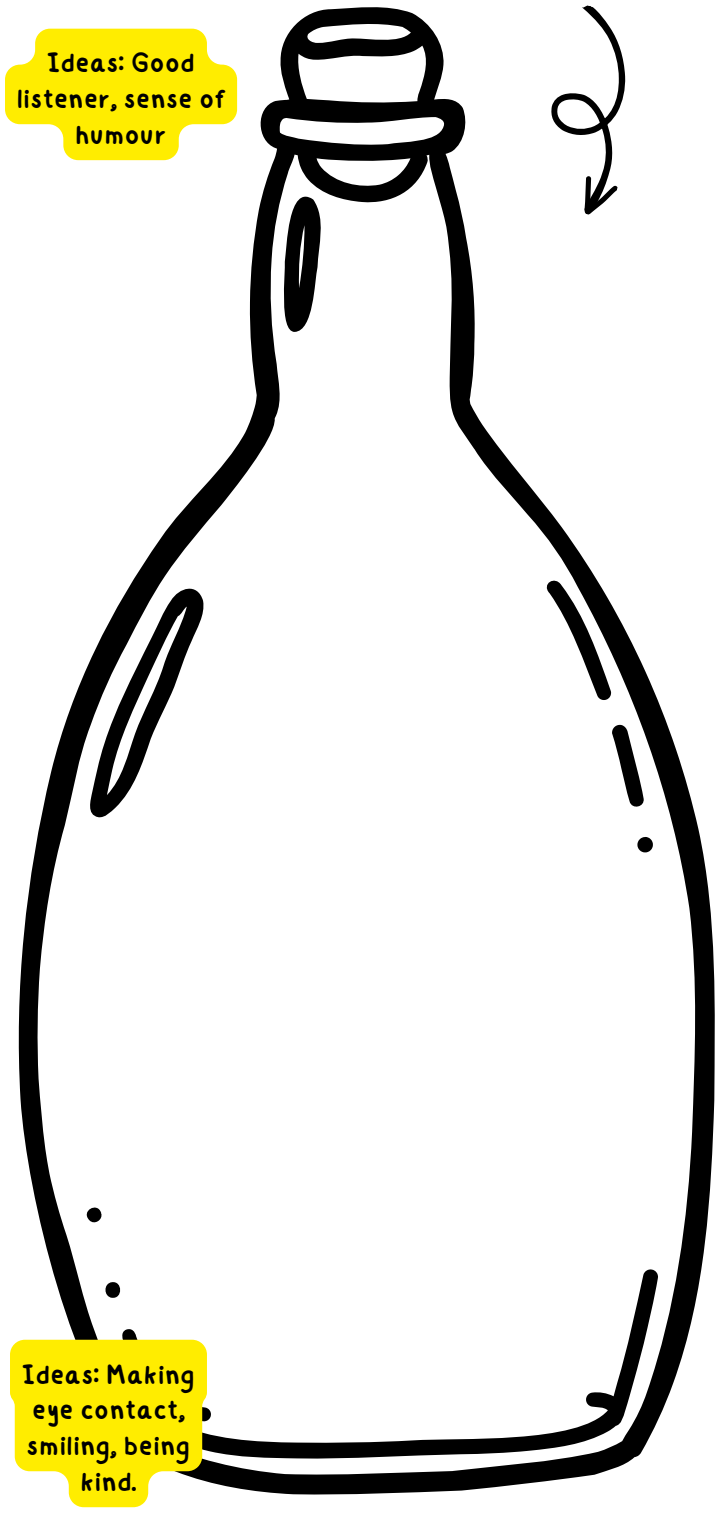
Draw your potion in the bottle. Perhaps it is sparkly or your favourite colour - maybe it's made of stars or hearts or spots! When you get worried about making friends, imagine yourself drinking your friendship potion!



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Under Pressure

Starting secondary school can bring lots of new pressures, such as school work and peer pressure. Peer pressure is when we feel influenced by others are age who may pressure us to do things we don't want. Can you have a think about how you can stay cool under pressure and write yourself some reminders below?

How to stay cool at school

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New School, New Goals

Make some goals for your new school year. We've given you some headings as inspiration.

MATHS

ENGLISH

SCIENCE

PERSONAL GROWTH

SPORTS

HOBBIES

SELF CARE

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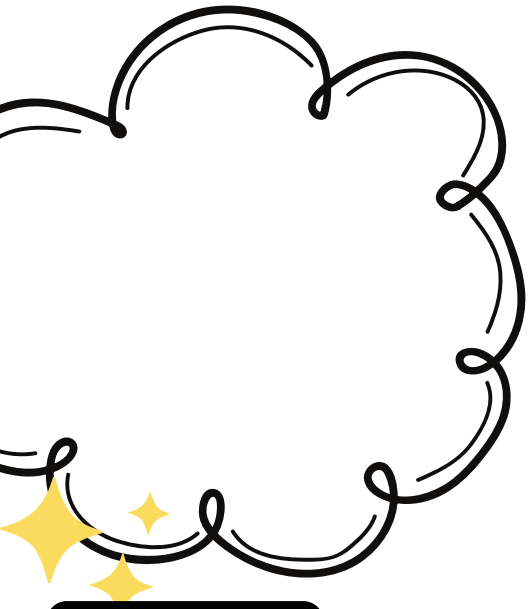

Draw a picture of you achieving your goal. Close your eyes and visualise it as vividly as you can!

Step by Step

A plan to get where I want to be! Choose a main goal for the year and make a plan to reach it. Write the steps you will take to get there.

Goal achieved!

4.

3.

2.

My goal:

1.

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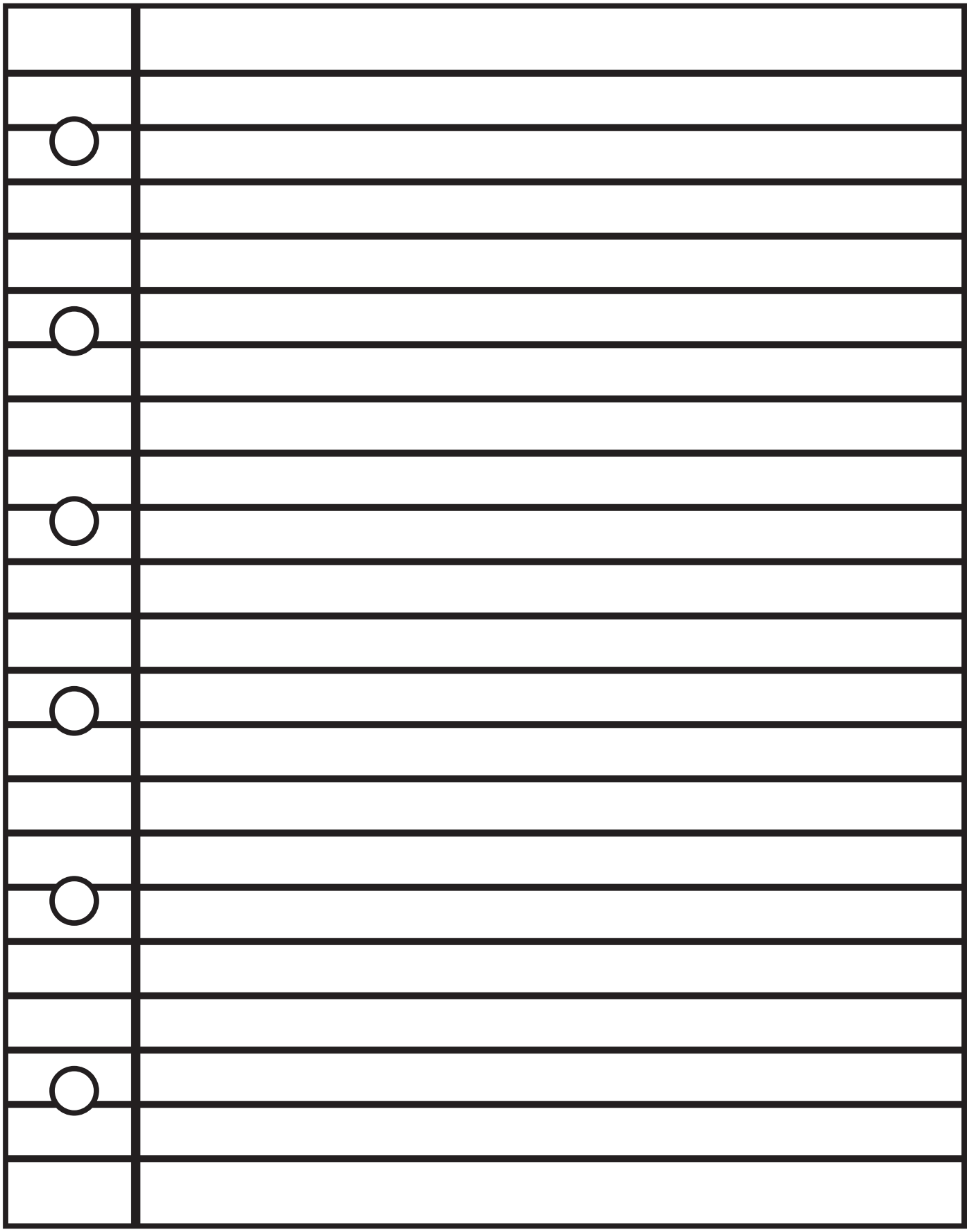
A Letter to Me

Imagine you are finishing school in five year's time, can you write a letter to your younger self? What advice do you think you would give?



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