

Top Tips for Starting Secondary School

“Top Tips” for starting secondary school

What is new about secondary school...?

- You may have a longer journey to school.
- You have a uniform which you must wear each day.
- You also have a PE kit to wear for PE.
- The school campus is much bigger and there will be more people around.
- You will have different teachers and classrooms for different subjects.
- You will follow a timetable of lessons each day of the week.
- Some subjects will be new to you.
- You will have more books, equipment and materials to look after.
- You will need to use a homework diary.
- Break and lunch arrangements will be different.
- There will be new rules and routines to learn.
- New teams and activities will be available to join.
- You will be expected to be more independent, organised and responsible for yourself.
- You will have new challenges and new opportunities.

Are you worried about...?

- Not making friends.
- Getting lost.
- Travelling to and from school.
- Older pupils annoying you.
- Having new teachers.
- Following a timetable each day.
- Not being able to do the work.
- Not having the right books and equipment.
- Finding help if there's a problem.
- Getting into trouble.

You can help yourself (and others)

- Leave home on time each morning to arrive in school on time.
- Check each morning, or even the night before, that you have everything you need for the day at school (eg books, equipment, materials, homework, notes, money).
- Read your timetable and homework diary to help you know what you need and what you will be learning each day.
- Take care of your bag and other belongings in school throughout each day (use cloakrooms and lockers properly).

- Make sure uniform is complete and neat (and bring PE kit on the days it is needed).
- Speak with your Year Head at the start of each day if you need help or have any concerns.
- Move quickly and orderly between lessons :arrive on time and enter the room ready to settle and learn.
- Ask your subject teachers to explain any parts of the lessons you do not understand :listen and participate well in all your classes.
- Write homeworks carefully in your homework diary and check the diary each night to make sure you have work completed and brought back to school at the right time.
- Always follow instructions and rules which are necessary for good order and safety in a large school :good behaviour is essential.
- Get involved in teams and clubs to help you enjoy all that school offers and make more new friends.
- Treat all others as you would wish to be treated...with respect.

Parents can help too...

- Speak regularly with your child about school life and work.
- Assure them that they are not alone in feeling anxious and that problems can be overcome when we all work together.
- Encourage your child to become more responsible and independent in being prepared for all school lessons and activities :this includes being organised at home as well as in school :support is important. but self-management skills need to be encouraged
- Support your child in a number of simple but important practical ways eg.
 - Getting up and ready for school each morning.
 - Encouraging good time keeping and regular attendance.
 - Keeping school informed about genuine reasons for absence.
 - Checking uniform and PE kit are neat and tidy each day.
 - Naming all items of clothing and other equipment.
 - Establishing and keeping routines at home which help prepare for each day in school (eg homework times, checking timetables, packing bags, keeping books and materials organised).
 - Having “space” at home for school materials and study.
 - Making sure books, materials and equipment are well looked after.
 - Taking an interest in learning by talking about lessons or viewing books.
 - Keeping school informed issues which affect your child, as well as co-operating with school.
 - Praising achievement and encouraging/expecting high, but realistic standards (not accepting careless or lazy approaches or excuses) .