



Transitioning from Primary School to High School.

At some point all children must make the transition from Primary School to High School. This is often a time of mixed emotions; you might feel excited to be growing up and making the move to High School but at the same time it is normal to also feel worried or anxious about the changes that are coming your way.

You may think it is only you that feels this way and it may seem like all your friends are taking everything in their stride but I can guarantee 100% that at some point everybody will experience the wide range of emotions that comes along with changing schools and making that transition into High School.

The question is how can you prepare yourself for this change?

The main thing is to talk about how you are feeling: talk to your parents, grandparents, friends and older siblings who have maybe already made the move up to High School. Talk about all the things you are excited about and all the things that may worry you or make you feel anxious. By not talking about the things that worry us or make us anxious, these feelings can often grow and grow until what started out as a little worry can turn into something that seems hard to overcome. Talking about these big feelings helps to put them in perspective and make them small and manageable once again.

Below I have put together some resources to help you think about your move to high school and to help prepare you for the wonderful things to come.

If you still have any worries or concerns, then please get in touch with Miss Harley or myself at ggull@walesprimary.co.uk

Things to Think about

Memories



What will you miss about primary school?

What won't you miss from primary school?



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Worries



What worries do you have about moving to secondary school?

getting lost

new teachers

bullying

exams

the journey

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Changes

What is going to be different or new about secondary school?



- How lunch works
- Having lessons in different classrooms
- School start and finish times
- Making new friends
- New subjects
- The journey

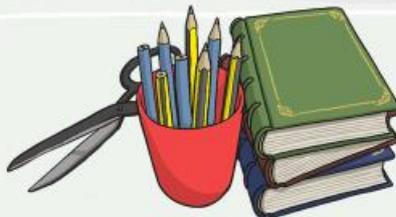
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Similarities

What is going to be the same about secondary school?



- Some subjects
- Wearing a uniform
- Getting homework
- Registration
- School clubs
- Assembly



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Friends



What can you do to help make friends at secondary school?

- Join a school club
- Invite someone to sit with you at lunch
- Smile
- Join in group work
- Travel to school with someone



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Thoughts



How are you feeling about moving to secondary school?

confident?

worried?

curious?

nervous?

excited?

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Websites that can give you further information

Listed below are links to websites that are full of information and advise on how to make to move from Primary to Secondary School.

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

<https://youngminds.org.uk/blog/coping-with-school-what-students-say/>

<https://youngminds.org.uk/blog/small-steps-to-tackle-school-stress/>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety/>

<https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>