**Transition Booklet**

**Developed for students with a Visual Impairment**

**by Lancashire County Council**

This Transition Booklet contains many ideas and activities that may be used to support a young person in the transition from Primary to Secondary school.

Please feel free to use it as appropriate for your young person.

You could use all of it or some of it and it may be completed in any order.

**Moving on to Secondary School**

**Year 6-7 Transition book**

**for**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **I will be leaving…** |  |
| **On…** |  |
| **I will be starting…** |  |
| **On…** |  |
| **This is a picture of me…** [draw a picture or put a photograph of yourself here] | |

|  |
| --- |
| **All about me – all the things I am good at and some things I might need help with…….** |
| **My full name is:** Please call me: |
| Important people at home: |
|  |
| **Important people at Primary School:** |
|  |
| **I am really good at:** |
|  |
| **I really enjoy:** |
|  |
| **I don’t like:** |
|  |
| **I find it hard to….** |
|  |

|  |
| --- |
| **Things others should know about my eye sight** |
|  |
| **Things that have helped me in Primary School** |
|  |

|  |
| --- |
| **Equipment I use** |
|  |
| **How to help me around the building** |
|  |

|  |
| --- |
| Anything else you should know about me –including any awesome facts or ideas! |
|  |

**You might want to share these pages with your new school, so that the teachers and support staff can get to know you a bit better.**

**My New School**

On one of your visits you might want to take some photos, or you could have a look at the website of the school to find some pictures.

Some places/people you might like to ask for a photo of:

Key staff (your form teacher or support staff)

SEN Office/Base

School Entrance

Your form room

Dinner Hall

Toilets

The classroom for your favourite lesson

You can stick your pictures here:

|  |
| --- |
|  |
|  |
|  |
|  |

**School Uniform**

This is what my school uniform will be when I go to Secondary School:

|  |
| --- |
|  |

Do you like your new school uniform?

What do you like, what not?

Are there things you are not allowed to wear (i.e. earrings)?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Finding my way around**

Somebody who supports you can ask the school to send you a map of the school, so you can get familiar with the different areas and places to go.

**Photocopy or insert a map of the school and put it on the following page:**

|  |
| --- |
|  |

Choose different colours and colour in:

|  |  |
| --- | --- |
| **Place in School** | **Colour on map** |
| The door I will use to come in |  |
| Toilets |  |
| Dinner Hall |  |
| Lockers |  |
| Main Office |  |
| Library |  |
| Staff Room |  |
| Head of Year 7 Office |  |
| SEN base |  |

|  |  |
| --- | --- |
| Other rooms where I have my lessons |  |
| Add anything else that is important to you…….. |  |

**Important People in Secondary School**

|  |
| --- |
| **My Form Tutor** |
|  |
| **My Head of Year** |
|  |
| **The School Receptionist(s)** |
|  |
| **My Support Assistants** |
|  |
| **SENCO** |
|  |
| **VI teacher** |
|  |
| **Other people who are important to me** |
|  |

|  |
| --- |
| **This is who I can ask when I have a question or am worried:** |

**My Circle of Support**

For example:

* Family,
* Friends,
* School staff,
* Key adults.

**Transition Information – Finding out more**

What would you like to find out about your new school? Think of five questions you would like to know the answers to:

**Things to think about:**

Timings of the school day

What happens at lunchtime?

Toilets and changing rooms

After-school clubs

Homework

|  |
| --- |
| **1.** |
| **2.** |
| **3.** |
| **4.** |
| **5.** |

Once you have found out the answers, write them below:

|  |
| --- |
| **1.** |
| **2.** |
| **3.** |
| **4.** |
| **5.** |

**Getting organised**

In Secondary School you will need to follow a timetable, which will tell you when and where all your lessons are. Each day you will need to look at your timetable to make sure you have packed everything you need in your school bag.

Do you know what kind of things you will be learning about in these new subjects?

|  |  |
| --- | --- |
| Science |  |
| Geography |  |
| Spanish/French |  |
| D.T. |  |
| R.E. |  |
| History |  |
| Computing |  |

Of course, you will also have maths, English, Art, Music and P.E. ☺

Which has been your favourite subject so far?

Is there a subject you are especially looking forward to?

You will get a timetable with all of your lessons from school nearer the time and it can be helpful to colour code it (chose a different colour for each subject) or your school might have a colour coded timetable they can send you. Ask an adult who supports you about it.

**Feeling excited about Secondary School**

You might feel worried about some things, but there are also lots of new and exciting things happening at Secondary School.

What are you looking forward to?

Learning about interesting countries in Geography.

Doing drama.

Making new friends.

**Feeling Nervous about Secondary School**

Most children in Year Six can be nervous about Secondary School. Circle anything that might make you nervous or write your own question down. Then talk through the ‘nerves buster’ for each particular question with someone at home who knows you well.

What if I forget my PE kit?

What if I get bullied?

What if I haven’t got the right things for my lesson?

What if I need a drink?

What if I’m late for registration?

What if I am getting lost in the building?

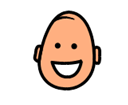
**The ‘nerves buster’**

What am I nervous about? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How big is it on a scale of 1 to 10? (Circle the number you think it is on the diagram)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Ok Not ok



Will getting help from someone in your school help to make your worry smaller? Yes / No

Who is the person who can help?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Will getting help from someone at home help to make the worry smaller? Yes / No

With help from someone who knows you well, think of 3 other things that will make your worry smaller.

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bullying**

Most people in year 6 are worried about bullying in Secondary School. But it doesn’t happen very often.

Bullying is against school rules.

Teachers hate bullying and work hard to stop it.

If you are not sure if you are being bullied or not, ask a member of staff or someone in your family to help you.

**What is bullying?**

Bullying is when a child deliberately does something to another child which they know will upset them.

Underline or highlight things in this list which are done deliberately to upset someone.

* Taking someone’s money and not giving it back.
* Accidentally bumping in to someone in the corridor.
* Telling other children that someone fancies someone else.
* Hitting, kicking, nipping or scratching.
* Verbal abuse about someone’s appearance, race, sexuality or disability.
* Disagreeing about someone’s taste in music or favourite TV programmes.
* Having a different opinion from someone else.
* Making someone do something which breaks the school rules.

**Keeping Safe**

There are lots of things you can do to keep yourself safe from bullies.

1. If someone is bullying you tell a member of staff and someone on your family, **even if the bullies say they will hurt you if you tell.**
2. Make sure you know where the members of staff are standing if you go outside at break times.
3. Tell a member of staff or someone in your family if you are anxious about being in the toilets or changing rooms without a member of staff.
4. Practice walking away from children who are saying or doing things you don’t like.

**Remember bullies are not in charge.** Adults are more powerful than bullies.

**Making Friends**

Moving to a new school is a good time to make new friends. Some people are good at this, other people find it much harder. Remember, **EVERYONE** at a new school is feeling nervous.

Here are some top tips for making new friends. With someone who knows you well, practice these friendship skills.

1. Smiling and saying hello. If someone starts to chat to you, they are being friendly, so try and be friendly back, even if you feel shy.
2. Telling them your name and asking what they are called
3. Asking what primary school they were in before and telling them the name of yours
4. Asking them what their interests are
5. Telling them about your interests – but don’t go on for too long! Can you find something you are both interested in – like computer games?
6. Ask them about their families, and tell them about yours
7. Most people have never come across items like a cane or equipment you use, so they might ask you about it. They are interested, not rude, so try and think of a friendly way to explain why you are having certain items and how they work.

Any other ideas?

Think of three interesting things about yourself:

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**References:**

<http://www.starsteam.org.uk/coronavirus-resources>

<https://www.twinkl.com/resource/t3-e-431-my-secondary-transition-pupil-activity-booklet>