

A decorative green border with a wavy, scalloped top and bottom edge, framing the central text.

MOVING UP 6-2-7

School Transition Workbook

By Tracy Smithers

(Designed to support children moving from  
Primary to Secondary School)

Hello,

Welcome to the Moving Up 6-2-7 transfer booklet. You will probably be thinking about moving on to Secondary School in September. Changing schools can bring up all sorts of thoughts, and feelings.

Maybe you feel excited and are looking forward to it. Perhaps you can't wait to move up! Or perhaps you have worries and are feeling nervous or worried. Or maybe your feelings are all mixed up, and you don't know how you are feeling about changing schools.

Whatever you are thinking, that's okay. Everyone feels differently.

Moving schools can involve lots of different changes, and this booklet is designed to help you and your family talk about moving schools, and make the changes a bit easier.

Good Luck in your new school.

Best wishes,

Tracy

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## **ABOUT ME:**

Name:

My Primary/Junior School is:

My Secondary/High School is:

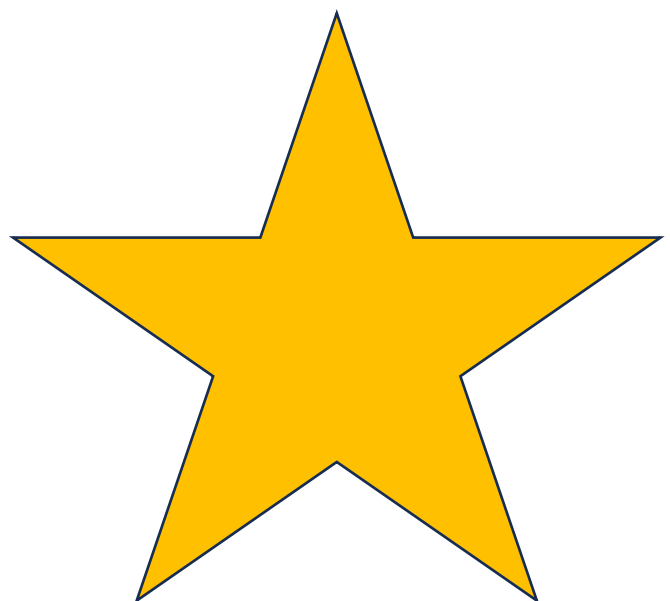
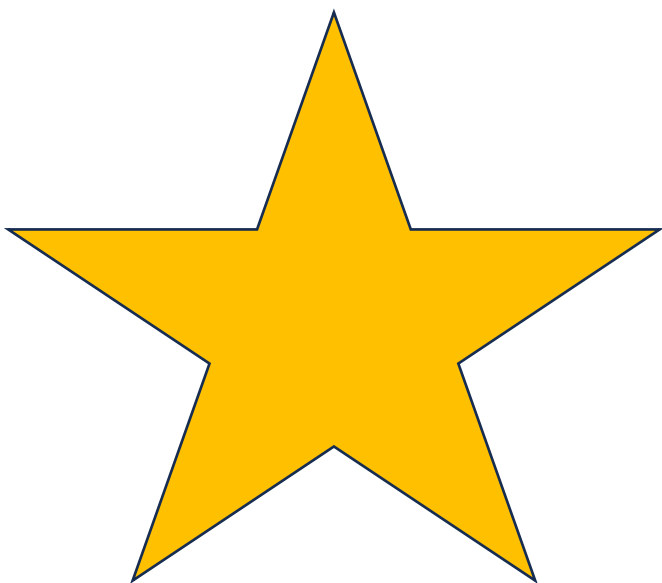
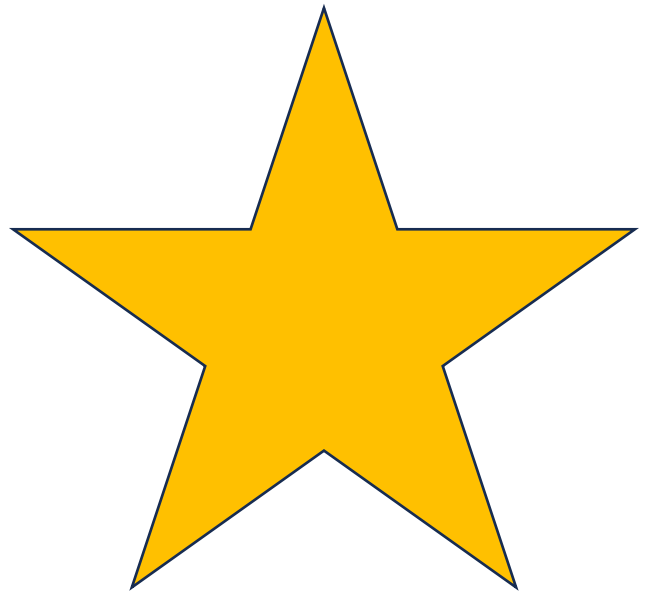
Five (5) things I like about school:

Five (5) things I don't like about school:

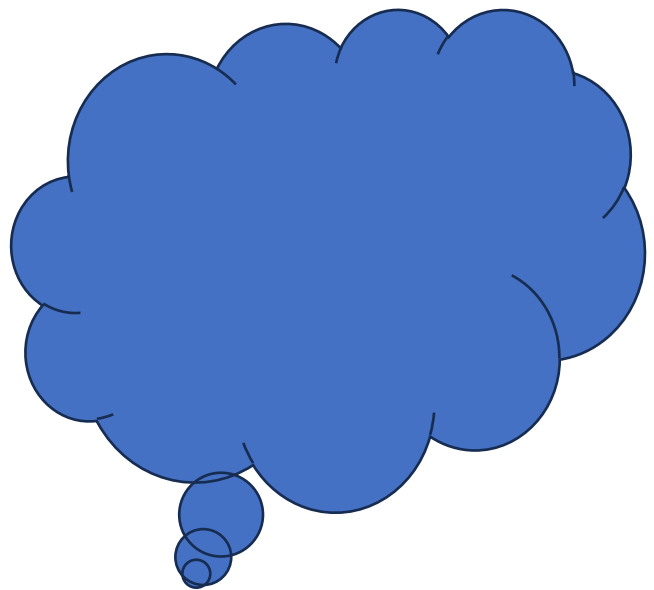
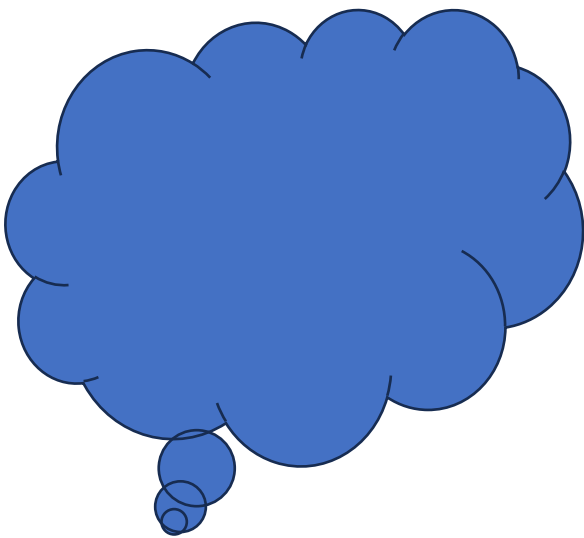
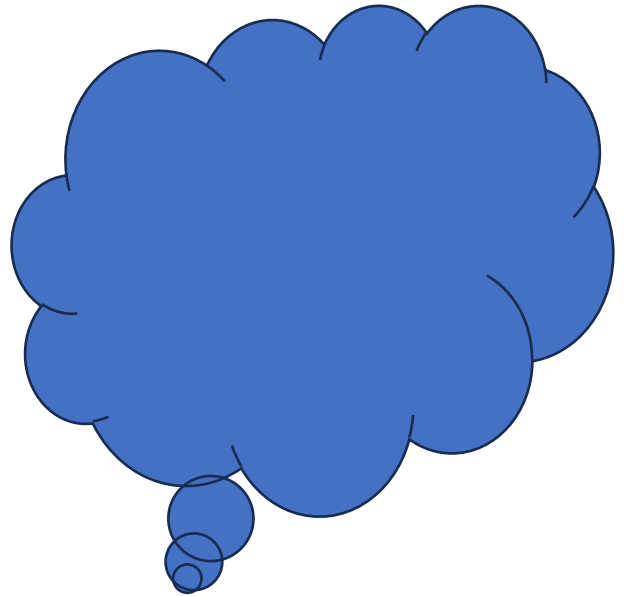
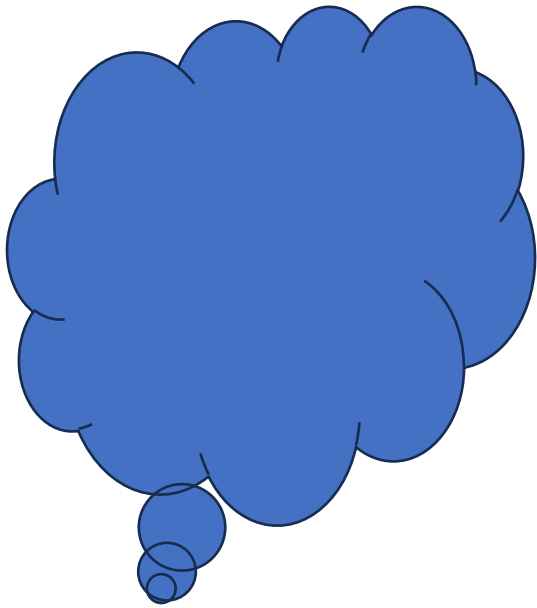
When we experience changes in our life it is normal to have some questions, hopes, or maybe some worries. In the boxes below, write down any hopes and worries you might have. If you don't like writing, you could draw a picture or a doodle about your worries or hopes.

If you have any worries, it can help to talk about them with someone.

## HOPES



# WORRIES



As well as having hopes and worries, moving to Secondary School can bring up other feelings too. Do you have any of these feelings? If so, can you draw a circle around them?

**SCARED**

**ANXIOUS**

**WORRIED**

**GREAT**

**UPSET**

**I WON'T KNOW ANYONE**

**I WILL MISS YEAR 6**

**IT WILL BE FUN**

**SAD**

**EXCITED**

**I WON'T MAKE FRIENDS**

**HAPPY**

**NERVOUS**

**I CAN'T WAIT**

Are there any feelings you have that aren't on the list? If so, you might like to add them.

However, you feel about changing schools, it's okay. Sometimes it can help to talk to people about how you are feeling.

Are there any people you can talk to about how you are feeling? If so, who are they?

What do you think will be different about Secondary School?

Although there will be changes when you move to Secondary School in September, some things will stay the same. What do you think will be the same?



## **YOUR NEW SCHOOL:**

What is your new School called?

How will you travel to your new School?

Will you be travelling to School on your own or with other people?

Do you know the name of the Headteacher at your new School?

Do you know any other teachers' names at your new School?

What time will School start in the morning?

And what time will School finish in the afternoon?

What do you think your new School will be like?

Do you have any questions about your new school?

If so, you might like to write them down here.

On this page, you can draw a picture of what you think your first day at Secondary School will be like.

If you don't like drawing, you could write a story or poem about your first day. Or some words to describe your first day.

Starting Secondary School might seem a bit scary to start with because the school will be bigger than your Primary School. You will meet different people, and some things about school will be different. Try not to worry about this. You will soon get used to things being different.

Before you start your new school, there are lots of things you can do to help yourself get ready to move to Secondary School. There will be lots of people who will be happy to help you.

If you know anyone who is already at your new School, they might be able to answer any questions you might have.

## WHAT WILL BE DIFFERENT:

Every new School will be different; however, in most Secondary Schools, here are some of the things that might be different in your new School.

- You might have to travel to School differently, perhaps you might need to get a bus to or walk to School on your own.
- Lunch and break times will be different. Maybe you will need to buy lunch from the canteen.
- You will have lessons for different subjects and will have different rooms for each lesson.
- You will have different lessons for each subject, like Maths, English, Science, and P.E. So, you know when each lesson is, you will have a School Timetable to tell you when your lessons are and where to go.
- You will have different teachers for different subjects.
- There will be some homework that you will need to do for each lesson.
- P.E lessons will be different, and you will get the chance to try new things.
- You might have the opportunity to go to after-school clubs. Or go on school trips.

## THINGS YOU WILL NEED TO TAKE TO SECONDARY SCHOOL WITH YOU.

At Primary School, most of the things you need for your lessons are kept in the classroom. When you move to Secondary School, you will be expected to bring your own equipment with you to use at School. Your parents or new School will tell you what you will need for each lesson.

Can you think of eight (8) pieces of equipment you will need when you start Secondary School? Can you fill in the missing letters and words? Then add some ideas of your own.

1. ----- Case
2. R-----
3. Pe-----
4. Water -----
5. P.E ---

## **HOMework:**

A lot of people don't like homework, but it is one thing you will need to do more of when you are at Secondary School.

- In Year 7, you may start to get more homework. The teachers may be stricter about when you complete your homework.
- There are some things that you can do to help with homework.
- Firstly, some schools will give you a homework diary, where you will write down what homework you need to do, and when you need to give the homework in.
- Sometimes it can help to choose a special time and place at home to do your homework.
- If you do not understand the homework, you can ask a teacher to explain it to you. Do not feel scared to ask the teachers if you have questions. They are there to help you.
- Although it is better to ask a teacher for help. If you find this difficult, there are other people you can ask, like a parent or someone else at School.

## **WHY DO I HAVE TO DO HOMEWORK?**

Homework is important because it helps teachers know if you understand the schoolwork and if you might need some extra help with it. Homework also helps you prepare for when you are older and will need to take some exams.

## **SCHOOL RULES:**

All Schools have rules. Even if you don't like rules or agree with them, you will be expected to follow them. Rules make life easier for everyone in Schools. There might be rules for behaviour, homework, uniform and break/lunch times.

What rules do you think your new School might have?



## FRIENDSHIPS:

At Secondary School, you will have the opportunity to meet and make new friends. Sometimes making new friends might seem difficult. Here are some things that you can do to help with this.

- Smile (yes, it really can be as easy as this, a nice big smile can be a great way to start)
- Tell people your name and ask what people's names are
- Find out what your new friends like doing and what their interests are
- Perhaps suggest you have lunch or spend break time together

## **BULLYING:**

Bullying happens when one person or a group of people are unkind to each other. Maybe they might call someone names, threaten them, take something from them, or physically hurt them. It doesn't happen often, and it might not happen to you.

Bullying is not acceptable to anyone. Everybody is different. It is important that we don't make fun of a person's differences and treat people as we would like to be treated.

If you are being bullied, it is important that you tell someone. You do not need to suffer alone; it is not your fault. There are lots of people you can tell if you are being bullied. You can speak to a teacher, parent, relative, youth worker, counsellor, or other adult.

Do not worry about telling someone; sometimes it is the only way to **STOP** the bullies.



Well done on completing this booklet. I hope you have found it helpful.

I hope you will be happy and enjoy your new School.

Best wishes,

Tracy