

Moving up!

A handbook for children
starting high school

Welcome
to high
school!



Name :

My new school :

This booklet is designed to help you prepare for secondary school and make this big move a little easier.

This year has been like no other for P7s moving to high school, and we want to help you to feel positive about this exciting life change.

Introduction

This booklet will help you think about and prepare for moving from primary to high school. At this time, you would normally visit your secondary school and take part in lots of activities which will make the move to your new school easier. However, things are a little bit different right now.

In this workbook, there are topics to discuss with others, quizzes and activities to help you focus on how to deal with any worries you have and how to feel confident about the future. All the themes in the workbook are things that young people have told us are important during this transition, and we hope you will find it helpful to work through the activities.

If you want to discuss some of the issues covered in this workbook, you can talk to teachers, parents or pastoral care staff. If you would prefer to speak to a member of the Quarriers team, we are happy to help. You can find out contact details on the back cover.

Quarriers Children and Families Support team

You are on a journey to secondary school and any journey needs thought and planning.

How will you travel to school?

Have you thought about what you might need in your school bag?

What will you do for lunch?

Will you agree to meet friends on the first day of school?

Please answer the following three questions honestly by circling your chosen answers. Your answers are important. How do you feel about going to high school?

1. How do you feel about going to S1?

Excited

Scared

Nervous

Worried

Calm

Confident

2. What still worries you about S1?

Bullying

Harder work

Stricter teachers

Getting lost

Making friends

Nothing

3. What have you enjoyed about the lockdown?

Time with family

Relaxation time

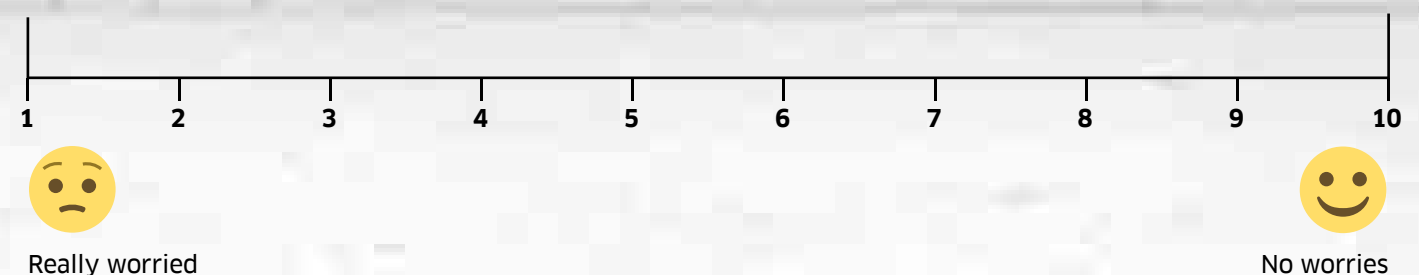
Getting out of school

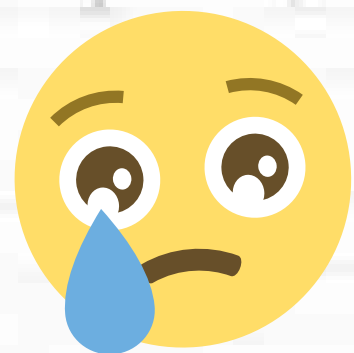
Activities

Getting up later

Nothing

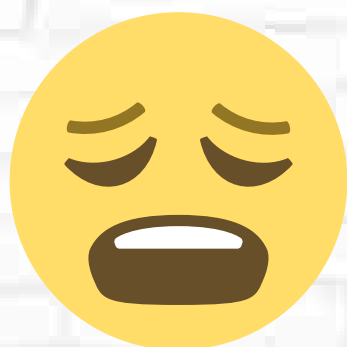
On a scale of 1-10 (with 1 being really worried and 10 being no worries), how would you say you feel about moving to secondary school?





So many feelings!

Sometimes we feel more than one feeling at a time.



Feelings are neither good nor bad – they just are.

Our feelings change over time. They come and go.



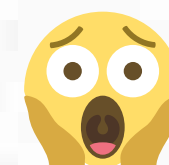
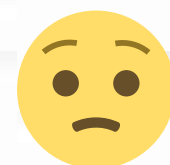
Often you feel something and you don't know why.

We are all feeling more during lockdown and that is ok!



Feelings are normal. Everyone has them.

**How are you feeling right now?
Try to draw your feelings in emojis:**



You can draw in as many boxes as you like.

When feelings overwhelm you, it's good to talk. Turn over to the next page to find examples of what you can do.

It's good to talk!

Whatever your feelings, it is important that you deal with them in a positive way. This could be talking to others. Think of three people that you can trust and can share feelings with: they could be family members, friends or teachers. You may not be able to talk to these people face-to-face at the moment, but you can call them on the phone.

You can do fun things to help you manage your emotions. This could be drawing, painting, reading, playing video games, learning to do something new, playing a sport, going for a walk or playing with a pet.



What can you think of?

There are apps and websites which can help you work through and manage your feelings. Check out:

www.calm.com

www.chillpanda.co.uk

www.smilingmind.com.au

www.safespot.org.uk

www.youngminds.org.uk



Keep in touch!

Make an effort to keep in touch with your school friends. You could make cards for school teachers and other staff to show them you are grateful for all their help in primary school.



Make new friends and keep the old

Friends are so important. Having good friends at school goes a long way to making school a fun place to be! Many P7s tell us that they are really looking forward to making new friends but they are also anxious. Here's an important fact: **just about all P7s starting S1 in August want to make new friends, so there are loads of friends out there just waiting to meet you!**

Secondary school teachers talk to primary school teachers to find out lots of information including who is friends with who. You will be put in a class with someone you know and if it's not your best friend, don't worry - you can still catch up at break and lunchtime. Keeping your old friends from primary school is important: they know you really well. If they are going to a different school, you could keep in touch on social media and arrange to meet up at the weekend.

Making new friends is exciting, and the friends you make at high school might remain your friends for the rest of your life! Think about all your positive qualities and circle them below.

exciting funny patient kind
helpful cheerful caring
good at listening sensible
hard-working honest smiley
gentle energetic loyal
enthusiastic brave fun

What other words could you use to describe yourself? Write them here:

When you start S1, you want to create good impressions with your teachers and other S1s, so let your positive qualities shine!



You got a friend in me!

It might sound silly, but in order to make new friends it helps if you look friendly.

Smile at people, look them in the eye, show an interest in what they are doing, give them a compliment, go and sit beside someone if you see them on their own, and find out what you have in common - maybe you have the same maths teacher or favourite TV show.

What else could you do?

Talking to someone for the first time can be awkward so try to have some conversation starters ready:



“What primary school did you go to?”

“What’s your favourite computer game?”

“Who is your favourite YouTuber?”

“What did you do during the lockdown?”

“Do you want to go to the after-school club?”

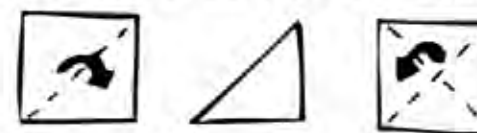
“Did you go on any trips in P7?”

“Have you tried the tasty school dinners?”

“What’s your best class so far?”

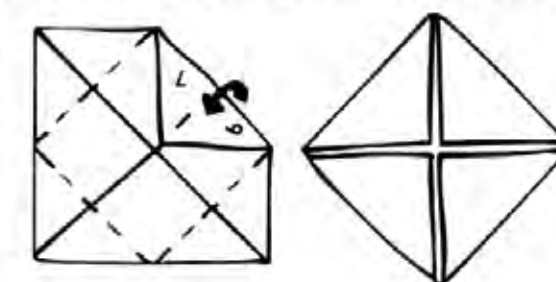
A chatterbox is a great way to get a conversation going. There is a template on the next page, or you can make your own using these instructions.

1. Cut out the Puzzler square.

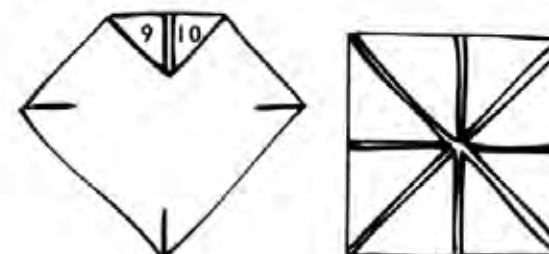


Fold and crease the square along each diagonal. Open it out and lay it flat.

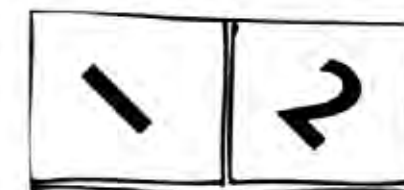
2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



4. Fold the square towards you in half.



5. Push the top corners towards the centre

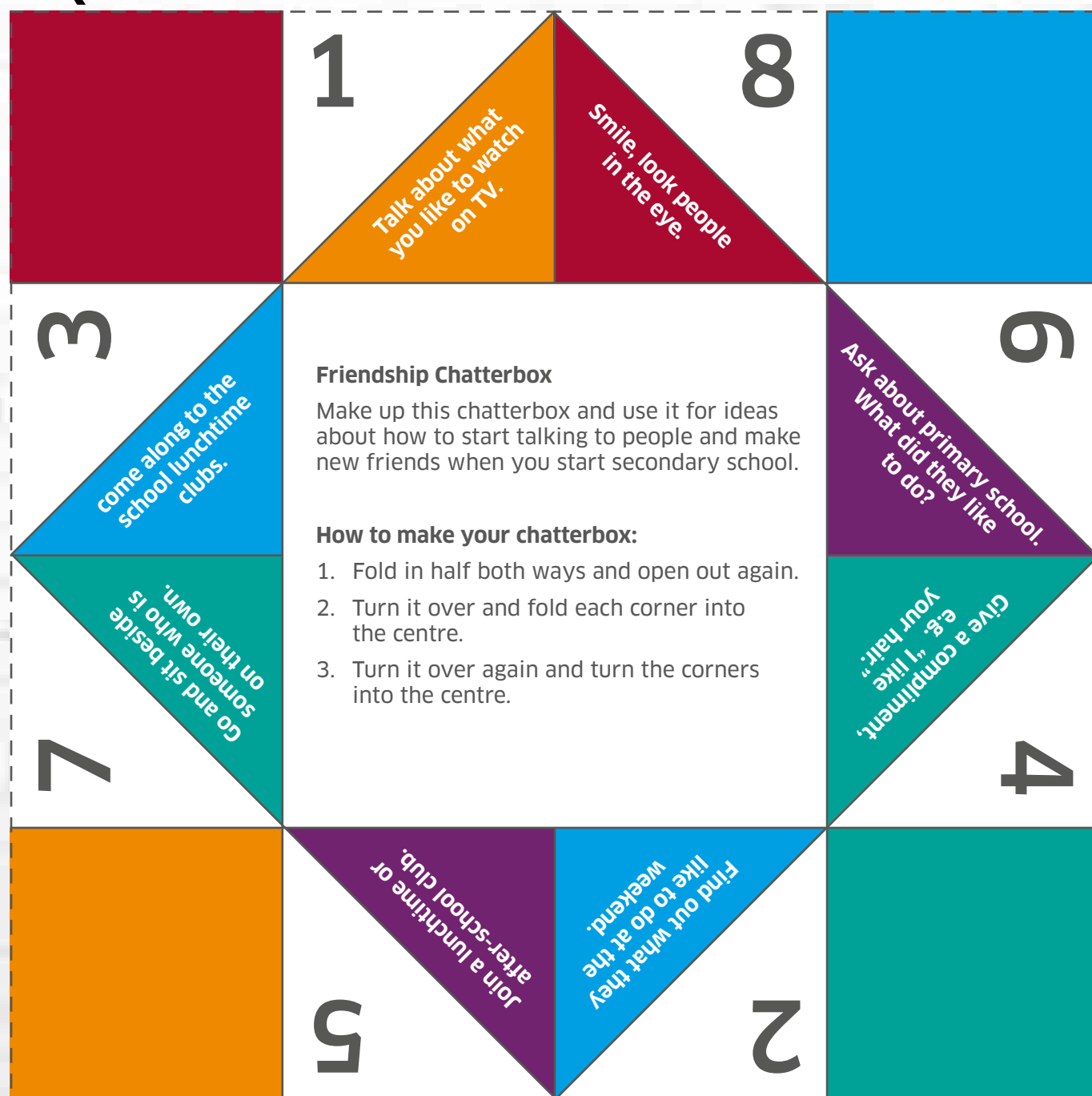


6. Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

 Cut out and make



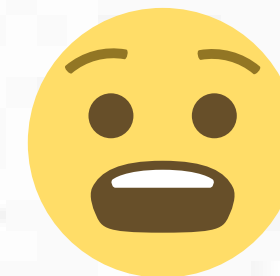
This chatterbox can be a good way to get a good chat going with new friends at secondary school.

Instructions on the previous page.

So let's see how you do in the Conquer the Big School quiz!

1. It's your first week at high school. After break you get lost and can't find your maths class. What do you do?

- A) Hide in the toilets.
- B) Phone your gran.
- C) Go and ask the Headteacher to help you.
- D) Ask any member of staff you see for help.



2. You will be given your school timetable on your first day at secondary school. What can you do to keep it safe?

- A) Give it to your best friend to look after it for you.
- B) Leave your timetable at home in a secure place and never take it to school.
- C) Take a photo of your timetable and make a spare copy you can keep at home.
- D) Put it in the bin.



3. You arranged to meet your friend from primary for lunch, however they forget and don't show up. What do you do?

- A) Go to the lunch hall and see if your friend is there. If not, join other pupils from your class.
- B) Don't have any lunch and just wander around on your own.
- C) Find your pastoral care teacher and tell them you have no one to have lunch with.
- D) Go home.

4. Another pupil in your class always seems to be on their own at break time. What do you do?

- A) Ignore them - you've got your own friends to hang about with.
- B) Go and talk to them and invite them to come and hang out with you and your friends.
- C) Point out to everyone else that they are on their own and have no friends.
- D) Tell the Headteacher you are worried about them.

5. Your friend walks into class late. You notice that they have a huge tomato ketchup stain on their jumper. What do you do?

- A) Point this out to the person sitting next to you and laugh really loudly.
- B) Tell the teacher.
- C) Quickly speak to your friend and let them know - they could then take their jumper off.
- D) Just ignore it.



(Answers on page 20.)

For years (since way back in 2002), Quarriers has been working in loads of schools and asking hundreds of P7s what they are worried about when they think of moving up to high school. The most common answers are getting lost, dealing with bullying and making new friends.

So if you feel worried about any of these things, you are not alone. We hope that some of the information included in this pack will help you think about these issues.

Bullying

Bullying can happen anywhere and it can happen at school.

Bullying can include the following:

- Being teased or called names
- Being hit, kicked or pushed
- Getting abusive texts or chat on social media
- Being ignored or left out
- Being picked on because of your appearance, religion, etc.

Schools take bullying very seriously and if you are concerned about yourself or someone else, you should talk to your pastoral care teacher.

If you are being bullied: remember it's not your fault. Sometimes children are worried that if they tell someone about the bullying it will get worse, however you must talk to someone you trust. At school, this could be your pastoral care teacher. They will help you.

If you see someone being bullied: let them know what is going on and encourage them to speak to an adult. Again, you could let your pastoral care teacher know.

If you are bullying someone: sometimes pupils start being mean to someone for a laugh and then it becomes a habit. This is bullying. If you find yourself in this situation, stop and think, put yourself in the other person's shoes. You can change your behaviour. Talk to someone about how you are feeling.

It is so important that you talk to someone if you are worried about bullying. This could be a parent, a brother or sister, a teacher, your pastoral care teacher or a friend. If you are stuck for someone to speak to, you can contact **Childline** on **0800 11 11** or visit their chatroom at **www.childline.org.uk**



Getting lost

Leaving your primary school and setting off for a brand new and larger school is scary. However, please be reassured that when S1 pupils are asked how long it took for them to find their way about their new school they generally say one or two weeks - not long at all!

Remember:

- There are lots of people to ask for help and directions: teachers, janitors, office staff, older pupils.
- There are plenty of signs to follow. Subjects are grouped together in corridors so once you are in the maths corridor or the science corridor, it should be easy to find your classroom.
- You will be given a timetable with your teacher's name and room number on it.
- Stick with your class. You will be moving from subject to subject with others in your class, so don't wander off on your own.
- Stay calm and don't panic if you do get lost. Take a deep breath and look for someone to ask for help. You won't get into trouble for being late to class because you got lost in the first couple of weeks.

“After one week, I felt I knew my way round the school. Once you start following your timetable, you quickly remember where all the classes are.”

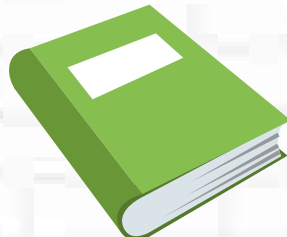


Getting homework in on time



Put these sentences in the correct order by numbering them one to five:

- ☐
- If your homework is not done, be honest, apologise and tell the teacher why.
- ☐
- Write due date in homework diary or put into an app.
- ☐
- Do homework the day you get it and put it in your school bag.
- ☐
- Teacher gives you homework and tells you when it is due.
- ☐
- Give your completed homework to the teacher on due date.



(Answers on page 20.)

Being organised

A	D	I	A	R	Y	P	E	S	M
P	E	L	B	A	T	E	M	I	T
Q	C	S	U	D	W	N	H	U	T
R	U	L	E	R	R	C	O	N	B
Q	C	A	R	D	F	I	M	I	U
T	E	E	J	O	T	L	E	F	S
O	T	P	D	R	A	C	W	O	P
S	I	L	L	U	T	H	O	R	A
C	K	O	H	B	T	O	R	M	S
T	E	X	T	B	O	O	K	S	S
W	P	E	N	E	S	L	E	E	P
V	D	A	E	R	A	L	A	R	M
P	E	J	O	T	T	E	R	S	S

Find the words

Pencil
Bus pass
Pen
PE kit
Jotters

Ruler
Q Card
Timetable
Rubber
Textbooks

Uniform
Alarm
Sleep
Homework
Diary



Common questions for S1:

“ Are there after-school clubs? ”
Yes, lots and you can meet friends there!

“ Can you go outside for lunch? ”
Yes, but not until teachers have given the go-ahead.

“ Do you get lots of homework? ”
A bit more. The key is to do bits throughout the week.

“ Are there bullies at high school? ”
It is possible. The most important thing is to tell someone if you feel bullied.

“ Is the food in the canteen good? ”
Yes. There is more choice than primary school and it is cheaper than going outside for food.

“ What happens if you get lost? ”
Don't panic. Ask any adult or older pupil you see for directions.

“ What happens if you forget your homework? ”
As long as it is not a regular occurrence, teachers can be forgiving. Be honest and explain what happened.

“ Is the work harder? ”
It will depend on the subject. Some will be harder, but this makes learning interesting and exciting.

More questions for S1:

“Is it easy to make friends?”

It is different for everyone, but there are lots of opportunities to meet new people.

“Are you allowed a mobile phone in class?”

Your mobile phone must be switched off and in your bag in class.

“What happens if you are late for school?”

You need to go to the school office to say you have arrived. Apologise to the class teacher for being late.

“What does a pastoral care teacher do?”

Your pastoral care teacher is there to help with worries that you might have about school.

“How do you remember all the classes?”

Your timetable tells you what classes you have and when. It is a good idea to take a copy or photo of this in case you lose it.

“Are teachers strict?”

Like primary school, every teacher is different, but often teachers can be more strict at the start of the year and become more relaxed as they get to know you.

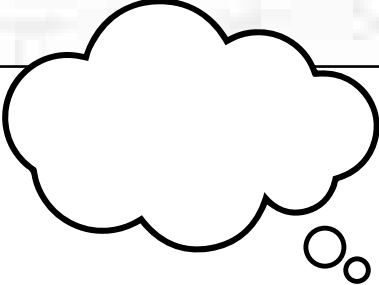
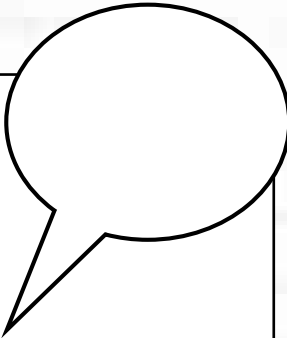
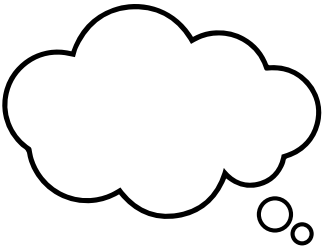
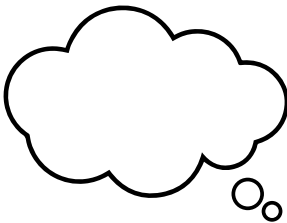
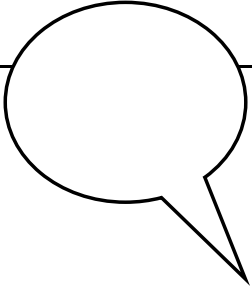
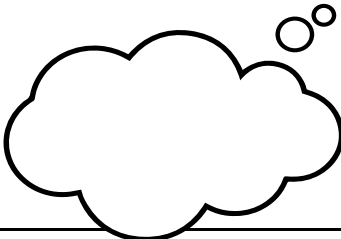
If you have more of your own questions, children can contact their new secondary school or their pastoral care teacher who is there to help them.

Example cartoon strip of your first day at school



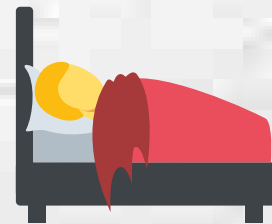
Fill out this cartoon strip of your first day at school

Draw and/or write what is happening.

	
THE NIGHT BEFORE	HOW YOU WILL GET TO SCHOOL
	
AT SCHOOL	FIRST CLASS
	
AT LUNCHTIME	AFTER SCHOOL

My new routine

	Time
Time to wake up	
Get washed and dressed	
Have breakfast	
Leave for school	
Arrive at school	
End of school	
After-school club or head home	
Arrive home	
Do homework	
Have dinner	
Relaxing time	
Pack bag for next day	
Bed time	



Top tips for a good routine:

Pack your bag the night before – always use your timetable to help you.

If your school uses a diary/planner, always take it with you.

Set the alarm clock leaving enough time to have breakfast, and make sure you are clean and wearing the correct uniform.

Leave the house with plenty of time for your journey to school.



A good ending helps a bright new beginning. Some of us did not get the chance to have a proper goodbye with our friends at school or our teachers. It is important to let people know how much they mean to us.

You could make a card on your computer and email it to a friend, teacher or other school staff.

You could make a card and send it by post to your old school.

You could send your teacher a thank you note on Glow or Seesaw to tell them how grateful you are for them teaching you. They might be finding lockdown hard too and it could give them a boost.

Just because the primary school chapter of your life has ended it doesn't mean friendships have to, even if you are going to different high schools. **Keep in touch!**



**Remember, you are braver than you think.
You can do this!**



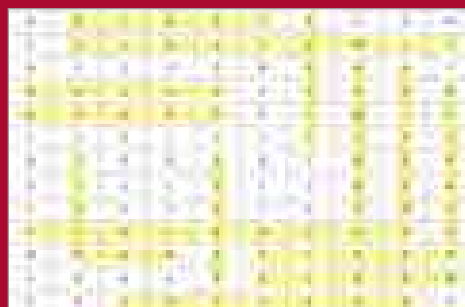
Conquer the Big School quiz answers:

- D – Any member of staff will be happy to help. Don't be too shy to ask.
- C – Always make spare copies of your timetable as it can be easily lost. Taking a photo will mean you will always have a copy of it.
- A – Go to the lunch hall and get some lunch. Your friend might already be there and you will definitely see someone you know.
- B – Put yourself in their shoes. If you were on your own, wouldn't you want someone to come up and talk to you?
- C – Don't embarrass your friend. Let them know and then they can do something to avoid everyone looking at them

Getting homework in on time answers:

1. Teacher gives you homework and tells you when it's due.
2. Write due date in homework diary or put it into an app.
3. Do homework the day you get it and put it in your school bag.
4. Give completed homework to teacher on due date.
5. If your homework is not done, be honest, apologise and tell the teacher why.

Wordsearch answers:



Information for parents: primary to secondary transition

Your child is at an important stage in their school journey. The move from primary to secondary education is exciting but quite often, for children and their parents, a bit scary. Quarriers has been working in schools in Glasgow and in the Borders for 18 years to support children as they move into high school. Often, this support is targeted directly at families who schools identify as needing a bit of extra support. However this year, given our unprecedented circumstances, Quarriers felt it would be useful to reach out to all parents with children starting secondary school this year. Your child may have received, or can access online, a booklet designed to address their anxieties and to help prepare them for some of the practical demands of going to high school. This information is for you:

Relax

You may actually be more stressed about your child moving onto high school than they are! The majority of P7s take it in their stride: they are not doing this alone, they will be with their friends and they tend to be very excited and ready for the move onto their new school. Try not to pass your anxieties onto your child. Relax, take a deep breath and stay calm. Your child can do this – let them know that you believe that!

However, if your child does seem anxious, don't dismiss their worries, no matter how trivial they may seem. It is normal to have mixed emotions about going to high school. Focus on the positives and provide lots of reassurance. Remind them that they are not alone and many of their friends will be experiencing the same feelings.

It will take a while for them to settle in and they may seem tired and grumpy at home, so cut them some slack and help them get into a good routine.

Encourage

Reassure your child and encourage them every step of the way. Encourage them:

- to be organised, to pack their school the night before, check they have completed homework, ask them if they need their PE kit, etc.
- to make new friends. Show an interest in their friendship group without grilling them every day.
- to make the most of opportunities and find a lunchtime or after-school club to join.

Communicate

Your child is growing up and venturing into the world of adolescence. Often they become less keen to share general chit-chat about their school day and the best you can hope for is a reply of 'fine' when you ask them how their day was. They might not wish to communicate, but find a way to let them know that you are there and they can speak to you about anything anytime. Be available. Be patient.

Your child's transition to secondary school during this lockdown phase of COVID-19.

Your child will not have experienced the usual transition support this year because of school closures. Please be assured that the schools will be doing their utmost to support your child and liaise with their primary school, and will help and guide them once they start S1.

Quarriers staff will be working in many schools to provide additional support to S1 pupils to help them settle in during the first few weeks. We run focused group work sessions and work closely with each school's pastoral care department.

If you want to find out more about Quarriers support for schools then you can find contact details on the back page of this booklet.



Useful websites

www.childline.org.uk

www.young.scot

www.youngminds.org.uk

www.actionforhappiness.org



You or your child might like to try a mindfulness app: try **Headspace** or **Smiling Mind**.

Useful numbers and websites

Aye Mind

Information about wellbeing for young people

www.ayemind.com

Child Exploitation and Online Protection Centre

Information about keeping young people safe online

www.ceop.police.uk

Childline

Tel: 0800 1111

www.childline.org.uk

Enquire

Advocacy service for young people

www.enquire.org.uk

Parenting Across Scotland

Information for parents

www.parentingacrossscotland.org

Quarriers

www.quarriers.org.uk

Respect Me

Information and advice around bullying for both adults and young people

www.respectme.org.uk



Richmond's Hope

Bereavement support for children and young people aged 4-18 years

www.richmondshope.org.uk

Samaritans

Tel: 116 123

See Me

Information about mental health and wellbeing

www.seemescotland.org

Young Scot

Information for young people

www.young.scot



Quarriers school-based support

This booklet was prepared by Quarriers Opt-In Service, which is part of a group of school-based services developed and supported by Quarriers in partnership with local authorities and with schools through the Pupil Equity Fund. The range of services available is detailed below:

Opt-In Early Years

Opt-In Early Years works in pre-school services and primary schools in south west Glasgow to promote positive transitions to primary school, and works within schools to help children become engaged and capable learners. The service supports children to socialise, build relationships and understand their emotions, and works with parents and carers to promote wellbeing and positive attitudes to learning at home. The service's early intervention approach has a proven track record of helping children to be happier at school, and has been evaluated positively by partners and funders.

Opt-In

Quarriers Opt-In Service has been running for almost 18 years and supports around 700 children every year. Working across six learning communities in south west Glasgow, the service supports children in P6-S1 who have been referred due to concerns about their learning potential in mainstream school. The service focuses on improving wellbeing and promoting positive engagement with learning through group work alongside individual support addressing issues including anxiety, relationships, organisational skills, bullying, challenging behaviour and grief and loss. The service delivers transition support in 28 primary schools, helping young people to prepare for moving to secondary school.

Borders Resilience for Wellbeing Service

Quarriers Resilience for Wellbeing Service works with young people up to the age of 18 to improve their wellbeing through time-limited interventions to help build confidence and

develop the resilience to cope when times are tough. The service runs in all secondary schools in the Scottish Borders, and support includes one-to-one sessions, group work, drop-in sessions and parental guidance and support. Resilience Practitioners encourage young people to take responsibility for their wellbeing, empowering them to become more resilient and enabling them to thrive both in and outwith education.

Let's Talk

Let's Talk is funded through the Pupil Equity Fund and operates in 14 schools across north east and south west Glasgow as well as delivering in Renfrewshire. Staff provide whole-school support including addressing pupils' concerns and supporting families, and have been critical to schools' drive towards improving attainment.

Let's Talk focuses on providing interventions for individual children and their families, and the team works with school partners to support positive transitions through group work as well as raising awareness of mental health issues within school communities and working with partners to deliver tailored support for each school's wellbeing needs.

School-based counselling

In response to identified needs, Quarriers established child-centred counselling services in schools in south Glasgow including supervision and support networks for counselling staff. Quarriers is at the forefront of developing this area of support for pupils requiring a higher level of intervention.

If you would like to know more about Quarriers school-based services, or if you would be interested in developing a Quarriers service in your school (anywhere in Scotland) please get in touch on the details below.

Registered and Head Office:

Quarriers, Quarriers Village, Bridge of Weir PA11 3SX

Call 01505 616000/612224

Email schoolbasedservices@quarriers.org.uk



www.quarriers.org.uk



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