



Samuel Ryder Academy
Education for a changing world



YEAR 7
Transition Booklet
2022

Contents

What is Transition?.....	3
Feelings About Transition	4
How Did Other People Feel?	5
How is Secondary School Different?	6
How Will I Know Where To Go, And When?	6
What Should I Take With Me?.....	7
Travelling to Secondary School.....	8
Lunch at Secondary School	9
Developing Friendships	10
SRA Quiz.....	12
Final Tips.....	14

This booklet will cover some of the things you might be worried about and some activities to help you plan for your transition to secondary school.

What is Transition?

Moving from primary school to secondary school is a big transition. Teachers in both schools do their best to prepare you for this step and support you through the change. Usually schools would go through some of the following steps:

- Teachers from secondary school visiting children in their primary school.
- Primary school teachers helping children find out about their new school and how it is different.
- Transition days to the new school to meet tutor groups and experience the new school day.
- Completing a transition booklet with all the information children might need to prepare.

Due to the school closures, your transition to secondary school might look a little different this year. It is normal to be worried about missing out on the things you've seen happen for other year groups.

You might not know the details about your transition yet, but we are working with your primary school to make sure that everything goes well for you.



Feelings About Transition

You probably have lots of feelings about moving from primary school to secondary school. Take some time to record them below.

What am I looking forward to?

What am I worried about?

What goals do I have?

How Did Other People Feel?

You may have friends or family members who remember transitioning to secondary school. Ask them how they felt. A lot of your worries are probably similar to those that others had when they moved up to secondary school. Read some of the comments from current secondary school students below:

I was worried the teachers would be scary and shout a lot, but they were friendly and helpful just like my primary teachers.

I was worried about the new lessons that I hadn't done before, but I love them now. There are more options. PE, and DT, music and art are all better than in primary school.

I was worried about getting to lessons on time, but there were lots of students willing to help. They were really friendly and pointed us in the right direction if we got lost.

I was worried about how much work and homework there would be, and that I wouldn't understand it. I didn't need to worry; the work was linked to what we already knew so it wasn't much harder than primary.

I was worried about bullying. In the first week at school our form tutors talked to us about the bullying policy and who we can talk to if we saw any bullying in school. I felt safe knowing that my teachers were there to speak to if I had any worries.

I was worried about not making any friends, but now I have new friends as well as my friends from primary school.

You spend lots of time together in lessons and form time so there are lots of chances to get to know people.

How is Secondary School Different?

At primary school, your teacher did most of the organising for you, making sure you got to assemblies and lessons on time and ensuring you had the equipment you needed for the tasks they set. At Samuel Ryder Academy, all of this will be your responsibility. Don't worry; you will get the hang of things quickly.

How Will I Know Where To Go, And When?

You will be given a timetable that tells you where you need to be in each period. It will probably have the name of the lesson (Fr = French), the initials of the teachers you have and the room you need to be in (E1 = English1). PE lessons are based on a carousel and your class teacher will advise which changing room and location you will use for each block

	Mon	Tue	Wed	Thu	Fri
1	Fr ANV HU5	Gg RYE HU5	Mu AKI MU1	Te DJE DT5	Fr LMI ML4
2	En SZA MO1	Dr SST DS	Pe DPE GYM	En MYO HU3	En JAB E1
3	Pe BPI	Ma KC2 Maths5	It SBE Library	Ma KC2 Maths5	Ma KC2 HU1
4	Pe BPI	Rs FOF MO2	Sc SJA SC4	Rs MJE DT3	En JAB E1
Lun					
5	Gg RYE HU5	Hi MYO HU3	En JAB E1	Sc SJA SC4	Ar AHU DT1
6	Ma KC2 Maths5	Te SDE DT1	Sc SJA SC4	Hi MYO HU3	Ar AHU DT1

If this was your timetable:

Which day(s) would you need to take your PE kit into school?

Which books would you need to take on Thursday?

What Should I Take With Me?

Prepare your bag in the evening before as you're more likely to forget things if you're rushing around in the morning.

You will need to take:

- iPad (fully charged) – supplied by Samuel Ryder Academy
- Any books that you need for the day's lesson
- A reading book for quiet reading
- A pencil case containing: a blue, black and green pen, 2 pencils, pencil sharpener, a ruler, an eraser, a pair of compasses, calculator, A protractor, coloured pencils, a glue stick, a pair of scissors
- A pair of headphones with a small jack (iPad style headphones are fine)
- A water bottle. Check the bottle doesn't leak and keep it upright or in a plastic bag to protect your books and homework.
- A packed lunch if you're not using the canteen
- Your bus pass or bus fare, if needed
- A bag to carry everything in
- Your PE kit, including trainers/boots, if you have PE that day

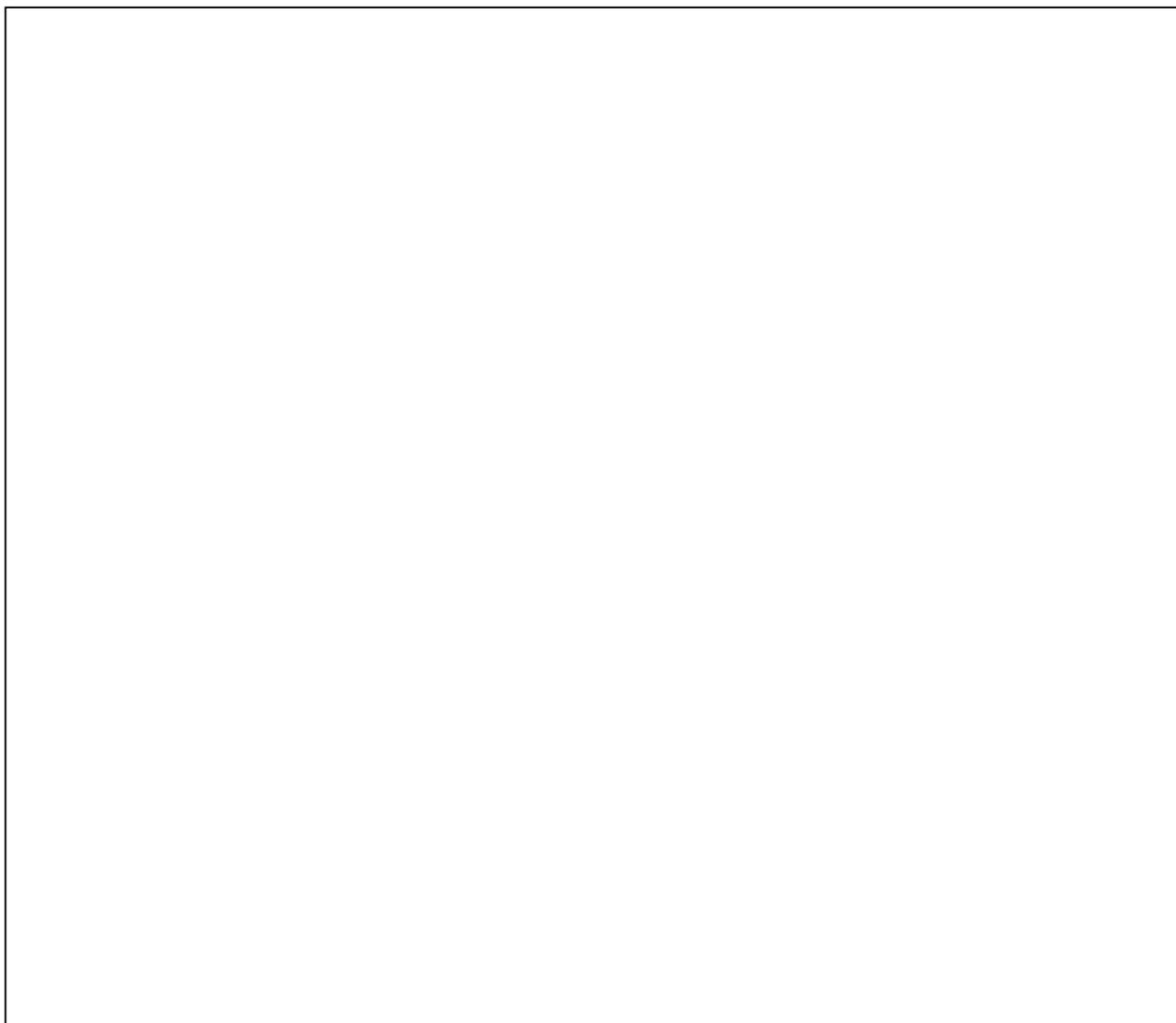
In the space below, write or draw a shopping list for anything you don't have yet.

Travelling to Secondary School

When you start at Samuel Ryder Academy, you might need to be able to get yourself to school for the first time. Perhaps you will have to walk further than you did before, need to take a new route or use public transport. The first time you do a journey on your own can be a little scary, so it's a good idea to practise your route before your first day!

Before September, you could do the journey a few times with family or friends who can help you if you get stuck. If you're not able to get out to do the journey yet, then you could look at a map and plan the best route from your house to school. If you need to take the bus, look up the timetable and find out where your closest bus stop is. Work out when will you need to leave the house to catch the bus that will get you to school on time.

Use the space below to draw a map of your route or write down any bus details that you will need.



Lunch at Secondary School

Lunchtime at Samuel Ryder Academy might be different to primary school. You are still be able to take a packed lunch with you if you prefer. There will be space in the dining hall to eat your lunch.

In the canteen you can buy hot or cold food for your lunch. The cost of lunch will vary depending on your options so you will need to make sure you have enough money to pay for them. Samuel Ryder Academy use a cashless system where you, your parents or the school will load money onto an account (via ParentPay) for you to pay for any food or drink from the canteen.

The canteen is open at break time, but you can also bring a snack with you if you do not want to buy one.



Developing Friendships

Starting secondary school brings lots of opportunities to make new friends, but meeting so many new people can be overwhelming. So, how do you get to know people and build new friendships?

Meeting new people:

- You will have a form group that you will see twice a day. Your form tutor will help you get to know everyone in your form.
- You will be sitting and working with different people in different lessons. This gives you lots of opportunities to meet new people.
- Joining a lunch club or after school activity will help you to meet people that have the same interests as you. We ask all students to attend at least 2 different clubs a week.

Starting a conversation:

- Smile
- Ask questions to find out what you have in common
- Listen to what other people are saying to you
- Most of all, remember to be yourself

Write something down about yourself that you might share with someone new.

Keeping in touch with old friends:

- It's okay to spend time with new people; it doesn't mean you like your other friends less.
- Arrange to meet friends in different classes at break or lunchtime, or travel to school together.
- Some friends might not have moved to the same school as you, but that doesn't mean you can't keep in touch. Try phoning them to ask how they are settling into their new school and arrange to meet up after school or at the weekend.



SRA Quiz

Use our school's website or social media channels to find the answer to the following questions:

What time does the school day start and end?

What date do the Christmas holidays begin this year?

At Samuel Ryder Academy, we use a House system. How many houses are there and what are they called?

What is the name of the headteacher at the school?

Find the uniform policy. What are the expectations around uniform, jewellery and hair?

What extracurricular or enrichment activities are available? Are there any that you would like to join?

Use this space to write down anything else you find out about Samuel Ryder Academy or any other questions you have about starting secondary school.

Final Tips

Our top tips for managing change.

You've probably already managed lots of change in your life like moving house or a new sibling. Can you remember how you felt when you started primary school? Moving to secondary school is a big change in your life, but you've overcome some significant changes in your life already! Here are some tips to help you manage this change:

You are not alone.

Talking to other people in your classes can help you realise that you are not alone and that any feelings you have are normal. Talking to other people about how you feel is an important way to cope with change.

It is always okay to ask for help.

If you find yourself feeling overwhelmed, you can ask for help from someone in school or from family and friends at home.

Sleep, eat and exercise well.

Try to keep to a good sleep routine and eat healthily. Exercise releases hormones that can help to reduce any feelings of stress or anxiety.

Be prepared.

Thinking about what you might do beforehand can make you feel more prepared to deal with them if these situations arise. Talk through the following situations with a trusted adult or older sibling and write down what you will do if they arise:

- You miss the bus
- You feel unwell
- You find you have no money on your school account to buy lunch
- You forget your PE kit or homework
- You get lost

Use this space to write down any other worries or concerns you may have.

Here some current Year 7 student's give their thoughts and tips for starting at Samuel Ryder Academy.

Remember that everyone in your year is going through the same thing as you, you're not alone.

Don't be afraid to ask for help.

It's not that different to primary, once you get used to having different teachers.

Get the bus to school a few times before your first day. It will be one less thing to worry about.

Make sure you pack everything you need the night before so you're not rushing in the morning.

Charge your iPad at home every night so it's ready for each day at school.

Take a photo of your timetable with your iPad so you have a backup and put a copy up at home too.

Never underestimate the value of a routine – it helps to have set times of the week when you get your homework done.