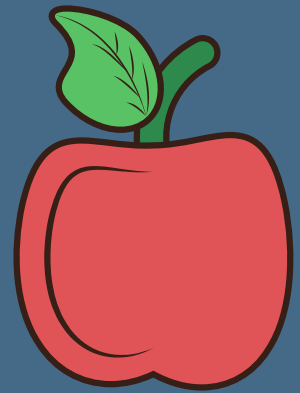
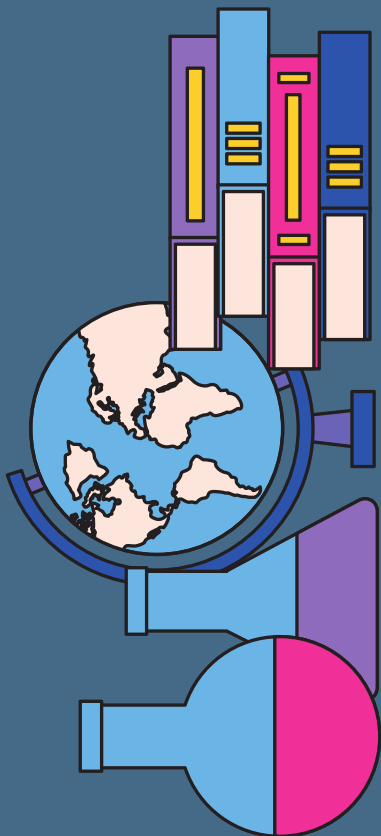
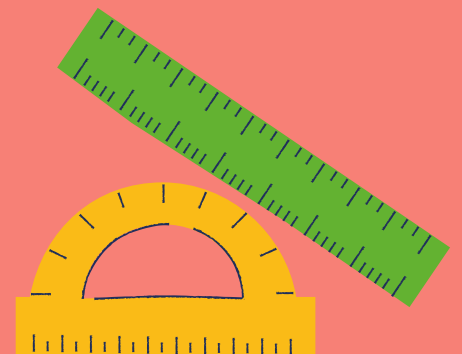


SUPPORTING THE PRIMARY TO SECONDARY TRANSITION

Guidance from
Penketh High School



WELLBEING TIPS FOR PARENTS & PUPILS

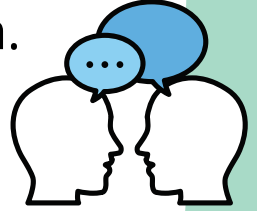


PENKETH HIGH SCHOOL TRANSITION CONTACTS:

JCURTIES@PENKETHHIGH.ORG / ZSILVER@PENKETHHIGH.ORG

How can we prepare?

talk to your child about what is about to happen. You could start by asking them to explain their feelings in the run up to starting high school.



try to answer their questions and reassure them. Remember, you do not need to know all the answers, but talking can help them feel calm.



explain to your child that it is natural to worry sometimes and everyone does it, especially when they are starting something completely new. These feelings, like all feelings, will come and go and change on a daily basis.



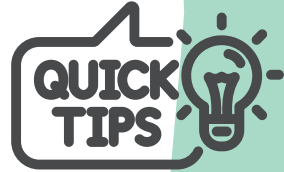
reassure your child. Share happy memories of when you started high school. Let them know that although our school is much bigger than their primary school, there is still very much a family feel to our community and there is lots of support!



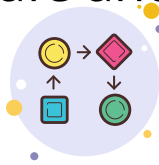
How can we

prepare?

give some practical tips to your child about how they can look after themselves and remind them of what they should do in different situations.



keep as many regular routines as possible, so that your child feels safe and that things are stable.



spend time doing fun activities with your child to get prepared (e.g. getting their pencil case and school bag packed and prepared; researching new subjects and topics that they might learn; doing a dummy run of the walk to school, etc.) to help them to feel prepared and reassured and to reduce their anxiety.



encourage your child to think about things they can do to feel more organised and ready to start high school. Help them to find things that relax them.



Making new **friends**

tips:

- Join lots of enrichment clubs to meet new people.
- Be yourself and you will make friends naturally.
- Smile and be approachable.
- Make an effort to speak to people even if it takes you out of your comfort zone.
- Don't rush this: the most genuine friendships form gradually as you get to know each other.
- You will be seated with different people in different subjects and will have to work together. This is a good opportunity to get to know your classmates and form new friendships.

Click [here](#) to watch a helpful video about making new friends at High School.



Will I get lost?

Penketh High is a big school! You might be feeling worried about getting lost - but there is no need to worry!



tips:

- Always have your timetable with you so you know where you are supposed to be.
- Don't be afraid to ask for help if you are lost.
- You'll get lots of practical help: you will have a tour of the whole school; a map of the school in your planner; people showing you the way and the routines.
- Older pupils will be on hand to help you - they will remember exactly how you feel!
- Don't expect to remember it all at once, or to know everything on the first day!

Click [here](#) to watch a helpful video about finding your way around your new school.



Coping with **classwork**

When you start at Penketh High, everything will be new. New subjects, new teachers and new classmates. It will be very exciting for you to experience all the new things in your first year!

tips:



- Always listen to your teacher at the start of the lesson, if you're unsure about anything just ask.
- Don't interrupt when the teacher is talking.
- Don't expect to know everything when you first start, it will take time to settle in.
- If you lose your timetable, ask your form tutor for another copy.
- Always check you have enough detail about your homework so that you remember what to do when you read it at home.
- Swap phone numbers with some classmates so you can call them if you're not sure about something - they'll want to do the same with you!

Click [here](#) to watch a helpful video about class work at High School!



Myths about **High School**

You will have heard lots of stories about High School - but are they true or myths?

tips:

- Don't listen to everything you hear before you start secondary school; a lot of the rumours are not true!
- Be open and friendly to older students; they may be able to help you if you have any questions.



Click [here](#) to watch a helpful video on myths and rumours about secondary school.



Useful information for pupils

A DAY IN THE LIFE OF A YEAR 7

Click [here](#) to learn about a typical day at secondary school.

THE TRUTH ABOUT STARTING HIGH SCHOOL

Click [here](#) to hear about the realities of starting secondary school.

OLDER STUDENTS' ADVICE TO NEW STARTERS

Click [here](#) to see what advice older students want to give to you when you start year 7.

TOP TIPS FROM CELEBRITIES

Click [here](#) to hear some tips for starting secondary school from some celebrities.

BEING YOURSELF

Click [here](#) for tips on being yourself!



Useful information for parents

PARENTAL GUIDE & CHEAT SHEET

Click [here](#) to hear from other parents who share their advice for when your child is due to start secondary school.

SUPPORTING YOUR CHILD

Click [here](#) to listen to Dr Radha Modgil's advice on how to best prepare your child practically and emotionally for the start of secondary school.

MOBILE & ONLINE SAFETY

Click [here](#) for advice on how to help your child to stay safe online.

FURTHER HELP AND GUIDANCE

There are lots of other videos and articles to help you and your child prepare to start year 7 [here](#).



*Staff at
Penketh High School*

**can't wait to
welcome you
to our school!**

