

# MOVING TO SECONDARY

Activities to do with your family over the  
transition to Stepney All Saints School

## Part 1: Changes



**STEPNEY ALL SAINTS**

— LEARN - PRAY - ACHIEVE —

# INTRODUCTION



## You are now on a journey into Secondary School!

For any journey you need to do lots of preparation - planning how you will get there, what to wear and what to take.

It is also important:



To feel  
confident  
and good  
about yourself



To think  
about where  
you're going  
and how it'll  
be different



To say  
goodbye to  
who and what  
you're leaving  
behind



It is a journey not just for you, but for your family and it will mean changes for them too.

This booklet has different activities to do with them before you start your new school.

We are really looking forward to welcoming you to Stepney All Saints and we hope that this booklet will help you on your journey.

You will get some more activities once you start at school all focusing on how to "settle in".

Talk to your family about the activities.



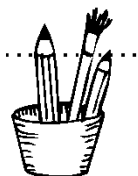
YEAR  
7



Study



Go  
FRIEND



# CHANGES AHEAD

With a family member **talk** about what will stay the same when you move to secondary school and then write or draw it inside the middle section of the Changes sheet on the next page e.g. my cat Smudge will still sleep on my bed! I will still love pizza; I will still live at...

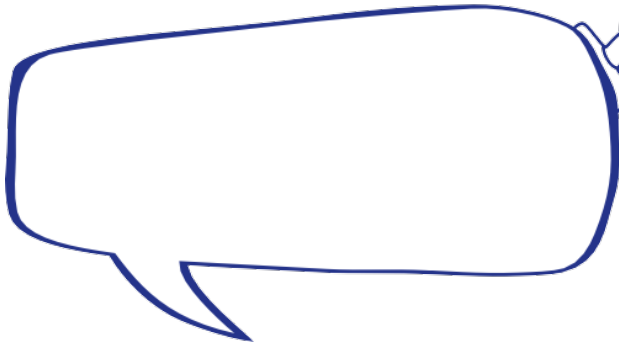
Then **talk together** about what it is like at primary school (*write that in the primary school half*) and how it is different at secondary school (*write that in the secondary school half*) e.g. I have one teacher (at primary school) ... I will have lots of different teachers (at secondary school).

Looking at what you have written about the changes how are you both feeling about the changes that going to secondary school will bring?

WHAT WE'RE EXCITED ABOUT /

ME

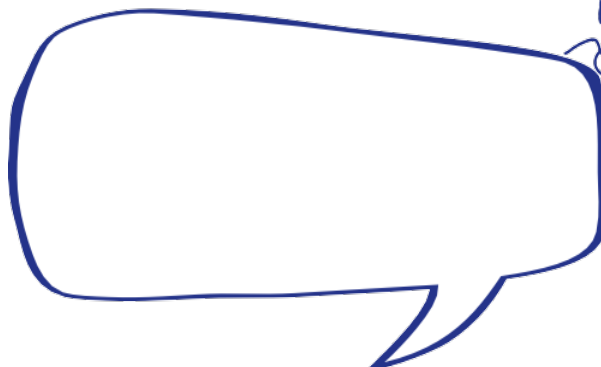
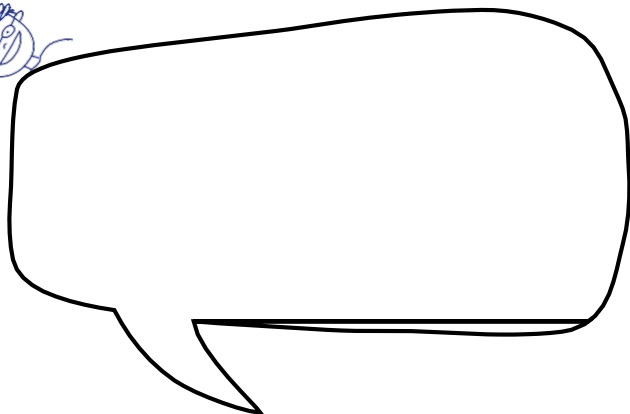
FAMILY



WHAT WE'RE A BIT WORRIED

ME

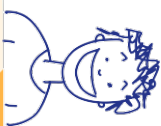
FAMILY





# CHANGES

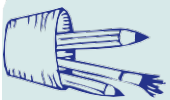
PRIMARY



ME: STAYING THE SAME



SECONDARY



$$3+5=8$$



Study

# MOVING TO SECONDARY

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**Part 2: Getting to know you**



**STEPNEY ALL SAINTS**

— LEARN - PRAY - ACHIEVE —

# AUTOBIOGRAPHY



## We want to know all about you!

When you join us at Stepney All Saints in September, you will have a form tutor and a head of year. Both of these people really want to know all about you.

We want you to put together an autobiography (a booklet about you). This activity will let you talk and think about what you would like your new form teacher to know about you! It also helps you to think positively about yourself which is important when you are about to start a new school.

Prizes are on offer for the best written autobiography!

.....

So, here is what you need to do:

## Title Page

On this page write the title of your autobiography.

Include the following information; When it was written, by whom it was written and the name of your school.

## Dedication Page

It is common for authors to dedicate their book to people who are important in their lives. Write who you are dedicating the book to and why you have chosen them.

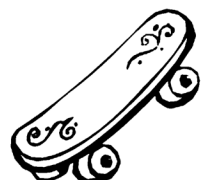
## Page 1: Me

Put a favourite picture of yourself on this page. If you cannot find a photograph draw a picture of yourself.



## Page 2: All about me

Tell us your life history. Include when you were born, where you have lived, any exciting or unusual things that have happened to you. Where you go to school, where you worship, what



clubs you belong to and what things you like to do. (this may be spread over more than one page)



### **Page 3: Family Portrait**

Include a picture of your family or you may draw a picture of them.

### **Page 4: The Family**

Include information about your family. Names, when they were born, if they work and what they do. If you have any pets, you can also share information about them.



### **Page 5: I feel best when**

Write about the times when you feel best. Decorate this page in some way.

### **Page 6: I feel worst when**

Write about the times when you feel worst. Decorate this page in some way.



### **Page 7: I wish I could**

Write a paragraph about a wish you have. Explain why this is important to you.

### **Page 8: Family fun**

Write about some of the things you like to do with your family.

### **Page 9: My school**

Write about the school you currently attend. If you can, attach a photograph or include a drawing.



### **Page 10: My best teachers**

Write about some of your teachers and why you liked them.

### **Page 11: Teacher trouble**

Make a list of the things that teachers do that you do not like or that upset you.

## Page 12: Happy school

In what ways did you behave to make your teachers happy.



## Page 13: Teacher trauma

List the things that you sometimes do that upset your teachers.

## Page 14: Me having fun

Include a photograph or picture of you doing something that you enjoy or are good at.



## Page 15: What I've learned

List some of the things that you have learned recently in school.

## Page 16: My friends

On this page write about your friends. Tell us who they are and why you like them.



## Page 17: I feel good when

Write a paragraph to finish this phrase.

## Page 18: This is silly

Write a list of the things that you think are silly or don't like.



## Page 19: My favourite thing is

This can be a person, object or activity. Explain why it is important to you.



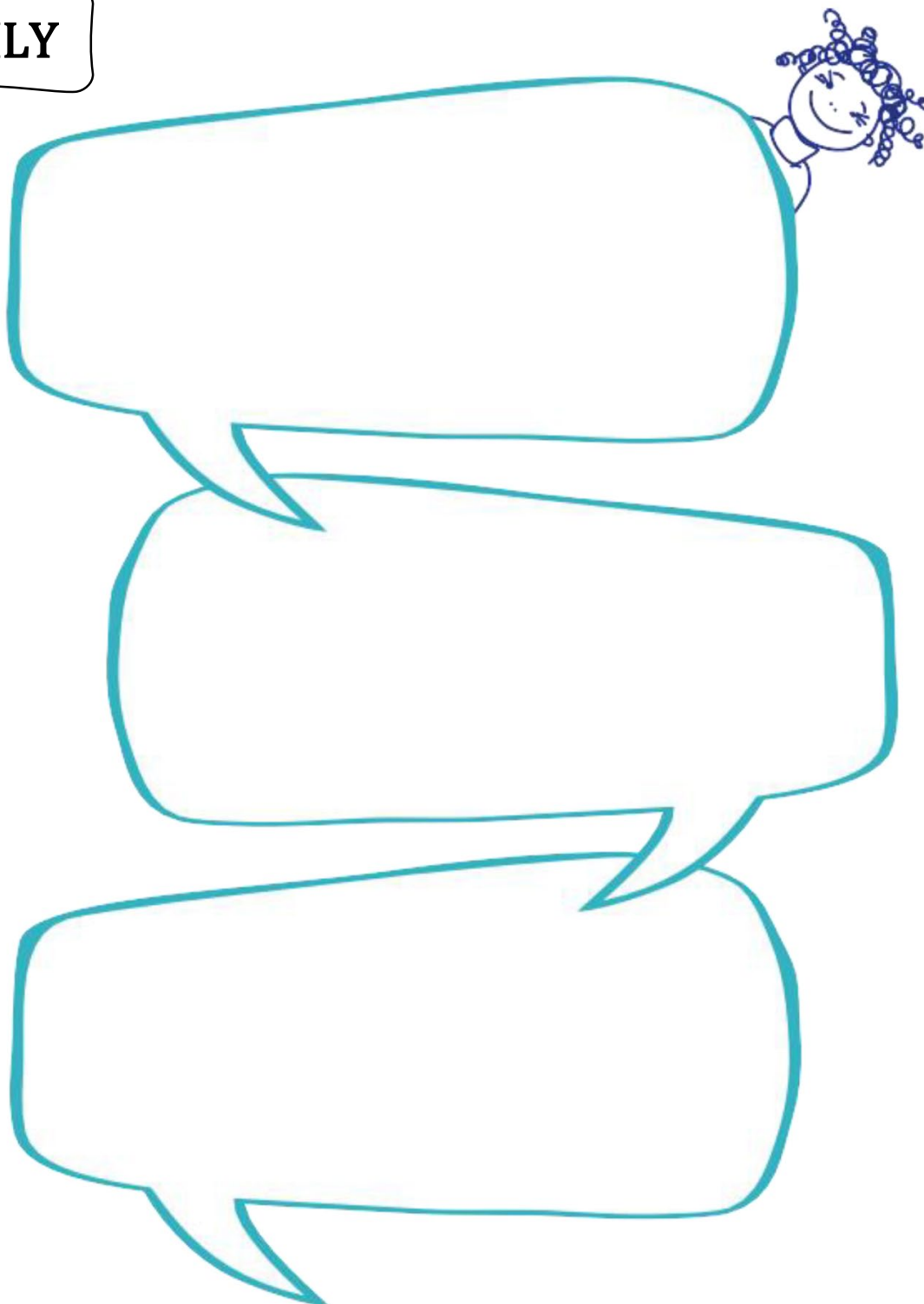


# RECOMMENDATIONS

Now ask members of your family, your friends and even your Year 6 teacher to 'recommend' you to your new school. They can tell you or write some things which they think are positive or special about you - what you're like or what you're good at.

Write their quote in the speech bubbles below and who said them.

## FAMILY



FRIENDS / TEACHERS



A large, empty speech bubble with a rounded rectangular body and a pointed tail at the bottom right, intended for a response.

A second large, empty speech bubble, identical in style to the first, positioned below the first one.

A third large, empty speech bubble, identical in style to the others, positioned at the bottom of the page.

# MOVING TO SECONDARY

Activities to do with your family over the  
transition to Stepney All Saints School

## Part 3: Getting Organised



**STEPNEY ALL SAINTS**

— LEARN - PRAY - ACHIEVE —

# GETTING ORGANISED

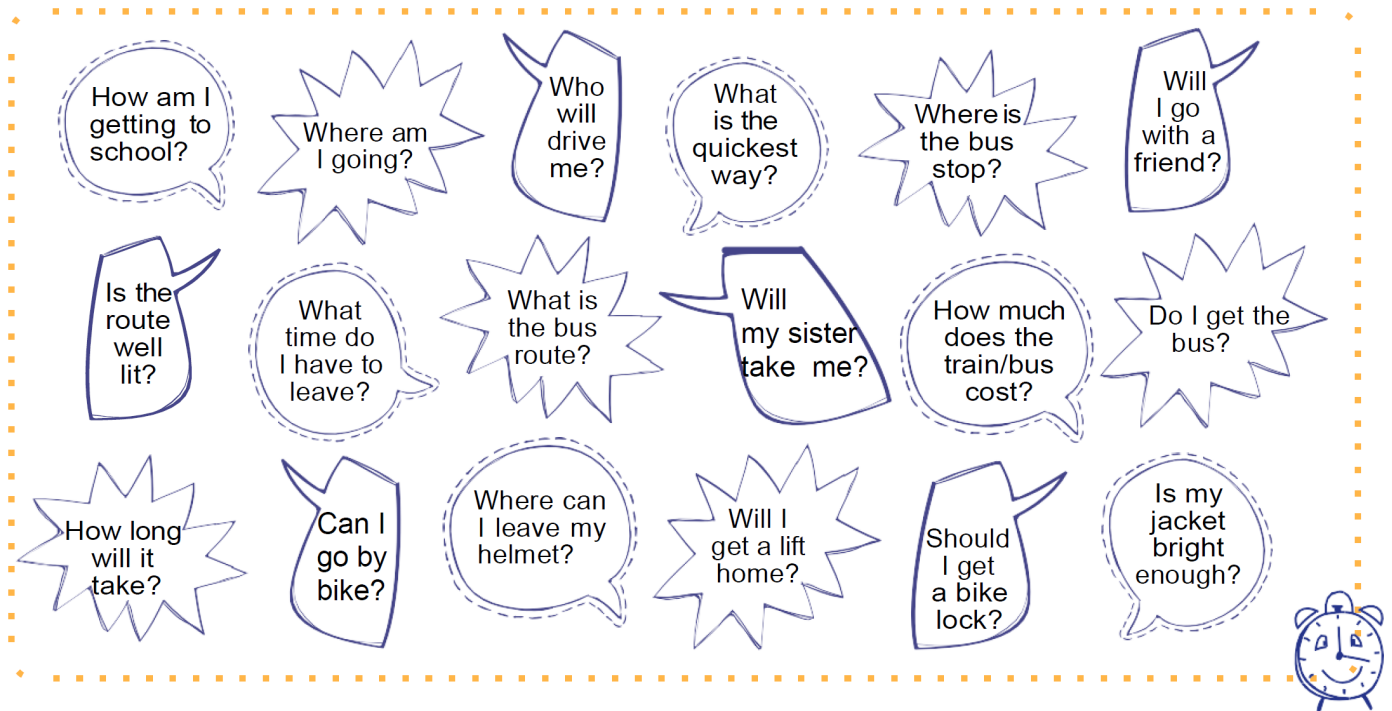
For any journey you need to do lots of preparation – planning how you will get there, what to take with you, what to wear and what you need to buy. So now is your chance to talk to your family and get organised.

## GETTING TO SCHOOL

Your new school is probably further away from where you live, and it is important to plan and practice your new journey to school ready for September.

**Talk about it together...** What is the best way to get there?

Read the bubbles together, then shade in the ones you will need to think and talk about.



If someone will be taking you to school and picking you up, plan for a day when you might have to do the journey on your own.

# GETTING TO SCHOOL



## My journey plan

Now write down your plan for how you might get there (and rough timings if you can)

Once you have decided the safest and quickest way to and from your new school, set a date to practice the journey.

Date

Time

Who is going?

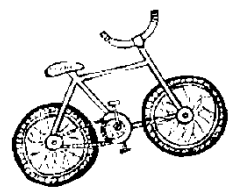
Who is going?

How long did it take you?

What time do I need to leave the house?



*(Remember that there might be more traffic in September so leave some extra time)*

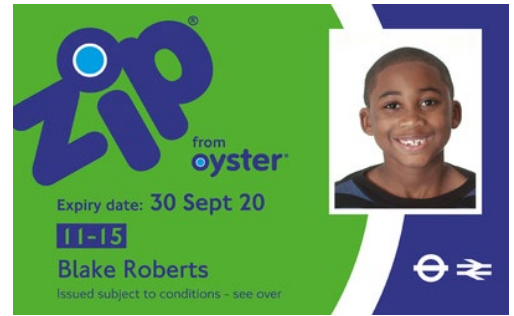


Having done the journey once with a parent or helper, organise to do it on your own with a friend. Always of course letting your parents know.

# GETTING TO SCHOOL

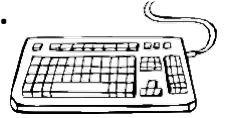
If you need to use public transport to get to school, it is important to plan your journey so that you get to school on time.

Use a bus or train timetable to plan your journey or [www.tfl.gov.uk](http://www.tfl.gov.uk)



Questions to ask	Answers
Where can I find the timetable for my train / bus?	
Where do I want to go to? Which stop?	
Which buses go there? Where is the nearest train station?	
When do I want to arrive?	
How long will the journey take?	
Which bus/ train will get me there in time?	
How long will it take me to get to the bus stop or train station?	
What time do I need to leave my house?	
Do I need a Zip Oyster Card?	
How and when do I need to get a Zip Oyster Card?	
Do I know anyone who will be making the same journey?	

Remember it is important to also plan your return journey.



# KEEPING SAFE



Your safety is very important and will be one of the things your family will worry about. Agree together what your rules will be to make sure you are safe and healthy



Think about:



☹ Crossing roads

☹ Cars seeing you easily

☹ When you will get home

☹ Who will be at home

☹ Texting or ringing your family so they know you are OK

☹ Going to other people's houses after school

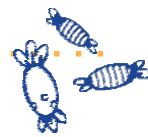
☹ Going to the park

☹ If you are late

☹ Buying sweets or energy drinks

☹ Using the internet

OUR safety rules





1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# UNIFORM



Schools have different uniforms for lots of different reasons. It shows other people which school you go to, and it saves having to decide what to wear each school day!



## What is the Stepney All Saints uniform?

Find the uniform list of the school website – [www.stepneyallsaints.school](http://www.stepneyallsaints.school)  
Make a list together of what you need to buy. Tick it off when you have got it.



## The Stepney All Saints uniform:



For some subjects you might need special items or kit.  
Look at what you need for:

PE kit



Swim kit



There is a section for parents / carers and the uniform list can be found in the school rules and information section.

# UNIFORM



# The Stepney All Saints uniform:

Ask your parents/carers or other family members about what they wore at school.

Have they got any photographs they can show you?

Have they got any funny stories they can tell you about their uniform?

My ..... wore .....

*(write a description or draw a diagram below)*



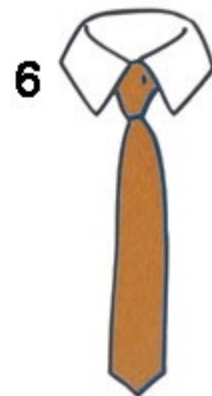
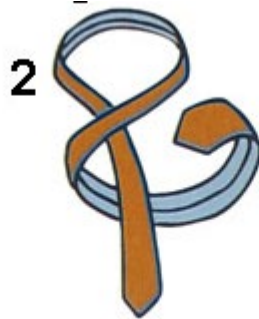
Do you know how to do up a tie?

When you arrive at Stepney All Saints on your first day, you will be given your school tie. But will you be able to do it up on your own? Of course, we will help you, but now is a good time to try and learn from a friend, a member of your family or from YouTube.



## The Stepney All Saints tie:

See if you can work out how to do up a tie. It will take a few tries to get it right. There are lots of video tutorials on YouTube.



# EQUIPMENT



What you need to bring into secondary school will be different from primary school – you may well also need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms.

**Which of these objects will you need (and be allowed) at Stepney All Saints?**

Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website.

If you're not sure put a ? and check when you start at school in September. No one will expect you to have all the right things in the first week!

books ☐



ruler ☐



bag ☐



pencils ☐



calculator ☐



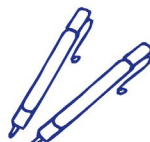
mobile ☐



money ☐



pens ☐



dictionary ☐



gum ☐



toy ☐



laptop ☐



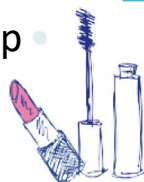
Door key ☐



lunch box ☐



make up ☐



Energy drink ☐



What do I need  
buy?

# MOVING TO SECONDARY

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## Part 4: Routines



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# ROUTINES



Your routine will change when you start secondary school. Talk together and try and work out what your new routine will look like.

Roughly fill in your routine for a school day. Write down what you will do and when in the boxes below.

My school day  
routine

Time to wake up



Washing



Getting dressed

Breakfast

Brushing teeth



Leaving for school

Arrive at school

End of school



After school clubs/sports

Arrive home



Homework

Evening meal



Leisure / family time

Get bag ready for next day

Brushing teeth

Bedtime



You can write your  
own routine in here  
in you prefer!

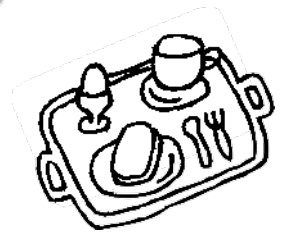
Times



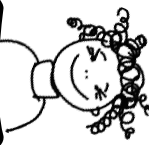
# ROUTINES

Some top routine tips . . . follow and you can't go wrong!

1. Sleep is really important to you when you are growing up. Teenagers need between 8-10 hours' sleep a night.
2. Breakfast is the most important meal of the day. It provides you with the energy you will need to get learning!
3. Make sure all your belongings have your name on e.g. your bag, blazer, etc.
4. Pack your bag the night before – always use your timetable to help you. You will be given online access to your timetable in the first week.
5. Set the alarm clock leaving enough time to have breakfast, and make sure you are clean, and smart wearing the correct uniform.
6. Leave the house with plenty of time for your journey to school.



# ROUTINES



Keeping healthy and  
Screen Time



It's very important to agree on how much time you will spend on screen especially once secondary school starts and how to keep safe. Make an agreement together. For things to think about see the bubbles below:

## SCREEN TIME

	1	2	3	4
Hours watching TV				
Being on the phone e.g. meal				
Playing computer				
Use of social media and				
Stopping screens before bedtime				

Hours  
watchi  
ng TV

Being  
on the  
phone  
e.g.  
meal

Playin  
g  
comput  
er

Use of  
social  
media  
and

Stopping  
screens  
before  
bedtime



Be smart on the  
internet





# ROUTINES



Record of exercise taken  
over the summer holidays

**Remember:** to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved

11-12 year olds need an hour a day of moderate or vigorous exercise.

[illegible]

Think about how you will continue to exercise when term starts.

# MOVING TO SECONDARY

Activities to do with your family over the  
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## Part 5: Stepney All Saints School



**STEPNEY ALL SAINTS**

— LEARN - PRAY - ACHIEVE —

# STEPNEY ALL SAINTS

Some of the sections in Part 5 you can complete now. Some questions you won't know the answer to until your first day at school. However, this means you will know what to focus on.

On day one there will be a lot of information to take in, so it is important to pace yourself. Gather some of the information now so that when you start at Stepney All Saints you will have much less to think about.

Go through and fill in what you can complete now in one colour then in September go through again and fill in what is left in a different colour.



Find a picture or photo of Stepney All Saints School and stick it here.

# STEPNEY ALL SAINTS



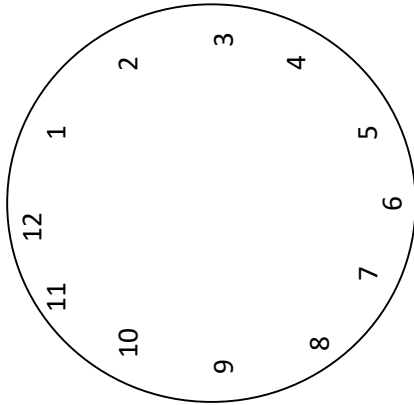
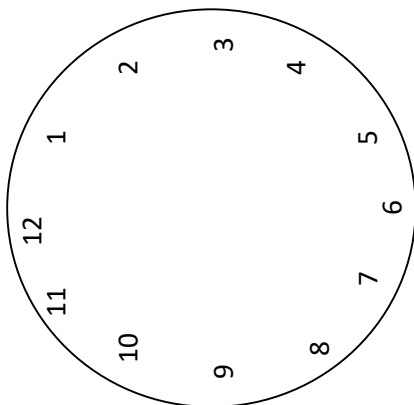
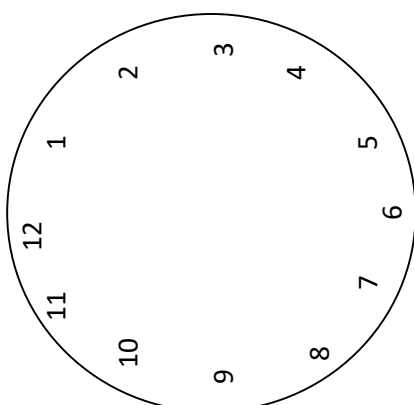
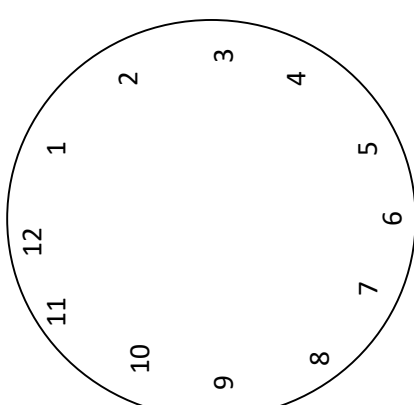
You can find some of the answers below now. Others you will find out when you start at our school.

Questions	Where + when can I find this?	Answer
The name of the headteacher		
The Stepney All Saints website address		
The name of your form tutor		
The name of your Head of Year		
The school's phone number		
The school's social media		
The name of the street with the school's entrance		



# STEPNEY ALL SAINTS

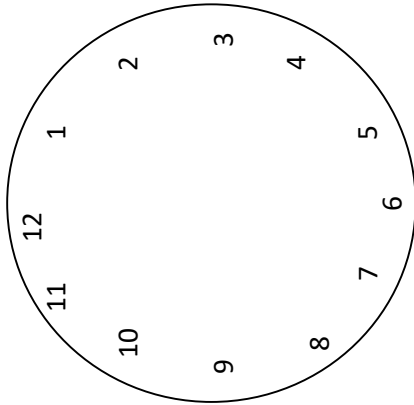
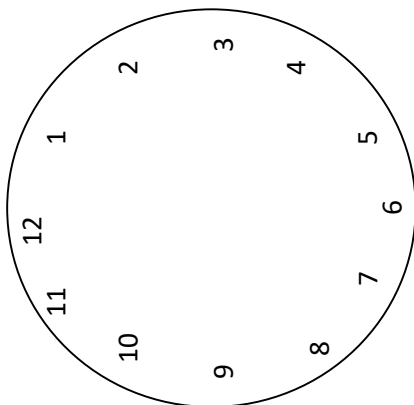
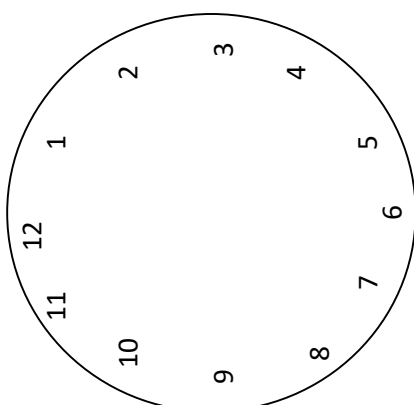
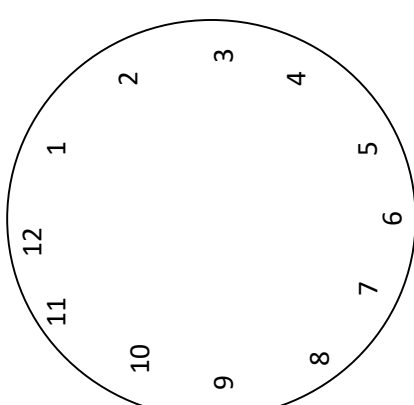
If you look carefully on the school website, you will be able to find out all the times below.

School starts at:	Break time is at:	Lunch time is at:	School finishes at:
			
<div> <div></div> <div></div> </div>	<div> <div></div> <div></div> </div>	<div> <div></div> <div></div> </div>	<div> <div></div> <div></div> </div>



# STEPNEY ALL SAINTS

If you look carefully on the school website, you will be able to find out all the times below.

School starts at:	Break time is at:	Lunch time is at:	School finishes at:
			
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# STEPNEY ALL SAINTS



## Taking time to settle

**Don't panic!** Don't worry if you have not made a new circle of friends immediately: this is really normal. It can take time for new friendships to form, but they do.

**Be confident.** Talk to others in your tutor group. Talk to the person sat next to you in your lessons. Find out what primary school they were at; do they support a football team; do they have a type of music they are into; do you have any friends in common?

**Join a club.** A perfect way to settle in is to join a club at lunch time or after school. We call these "enrichment activities". In this way you get to do something different at school – perhaps learn new skills – and meet new people at the same time. These activities normally start in the second or third week of term and we will give you an enrichment leaflet listing all the clubs as well as when and where they take place. This can be a great way to meet new people once you have got used to the new routines of school life. Have a look on the school website at the clubs that have been taking place and decide which one(s) you would be interested in.

**Talk to your parents.** Ask your parents, a brother or sister or another member of your family how their first day at secondary school went. We have all been through it! What top tips do they have for settling in?

**Remember** – if you have any worries, please talk to someone. We are here to help. You will see your tutor every morning and there are lots of other people who you will get to know like your Head of Year.

# DAY 1

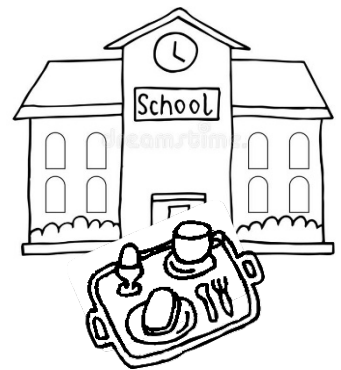


So, finally we are almost at day 1 at Stepney All Saints School. We will have loads of things planned for you, but will you be organised and ready? Below is a final checklist of things you could use to get yourself organised and ready.



## Travelling to school

- ☐ I have practised my route to school at least once
- ☐ I know which entrance to use at school
- ☐ I have emergency phone numbers in my bag
- ☐ I have spare change in case I need it



## Getting organised

- ☐ I know what I need to take to school on my first day
- ☐ I have a lunch box (if needed) and water bottle
- ☐ I know what I am doing for my lunch at school



## Homework

- ☐ I have a space at home where I will be able to do my homework
- ☐ I know how to create a to-do list
- ☐ I have somewhere at home to keep my books and laptop
- ☐ I have a plan for when I will do my homework each day

## Uniform and kit

- ☐ My school uniform is ready and laid out
- ☐ My laptop is charged, packed and ready
- ☐ My school bag is packed
- ☐ I have got my PE kit ready for the days I have PE + it is all labelled with my name
- ☐ I have a pencil case for my pens, pencils and stationery







# STEPNEY ALL SAINTS



MESSAGES FROM YEAR 7 STUDENTS AT  
STEPNEY ALL SAINTS SCHOOL TO YEAR 6  
STUDENTS.



Dear YEAR 6,  
Settling into  
Stepney All  
Saints was  
not as  
stressful as  
I thought it



Dear Year 6,  
There are lots  
of people to  
help you  
settle in when  
you arrive,  
but if you are  
finding it



Dear Year 6  
student,  
DON'T WORRY!  
Year 7 is fun  
as well as  
lots of work.



Dear Year 6,  
Be yourself!  
Get involved!  
Push yourself  
to meet new  
people! I  
joined some  
clubs which



# STEPNEY ALL SAINTS

— LEARN - PRAY - ACHIEVE —

Stepney Way, London, E1 0RH | Telephone: 020 7790 6712  
Email: [info@stepneyallsaints.school](mailto:info@stepneyallsaints.school) | Website: [www.stepneyallsaints.school](http://www.stepneyallsaints.school)

**WE LEARN TOGETHER, WE PRAY TOGETHER, WE ACHIEVE TOGETHER**