

We're excited you are starting
with us in September!

Stepping into Poynton High School...



Welcome to your Stepping into Secondary School guide.

This guide will help you to explore your thoughts and feelings about your move to secondary school. We hope it will make you feel more confident and prepared for your new start. You may need help from an adult to work through this guide or prefer to complete it on your own. Sharing how you feel with someone means they will be able to help you if you need it.

Moving from primary to secondary school is an exciting time, which can also bring new challenges. This guide will help you to prepare for this next step. There is space in this guide for you to record your ideas and make plans. You can be as creative as you like and draw pictures, make notes and even paste in information you find. We make no apologies for asking you to focus on you in these pages.

You are important!

You are special!

You are unique!



Explore Poynton High School...



The restaurant



The blue pod



**The outside space &
sixth form centre**

The library



Key people you might meet at Poynton...

Not everyone has been mentioned and you'll meet more staff on your induction day, the Menai transition trip and then when you start with us in September.

So, for now, here are few faces...

Mr Dean (The Headteacher)



Mrs Kennedy (Director of Learning for Yr7)



Mr Hunter (Head of Year)


Willow the PHS School Dog





Wellness tools are the things we do that we enjoy and that make us happy. We can use our wellness tools when we are not feeling great to help lift our mood. Most wellness tools are simple, safe and free. Your list of wellness tools will grow and change over time, just like you!


Here are some examples:





Listen to music - music has the power to influence our mood. Consider the types of music that help you feel good.




Keep active - exercise can help you sleep better, have more energy and keep your heart healthy. Even if you just go for a walk.



Get outdoors — connecting with nature can lift your mood. Walk to school if possible and try to listen to the birds, notice the change in the trees or the different flowers.



Watch something funny - laughing can make you feel better and lift your mood.



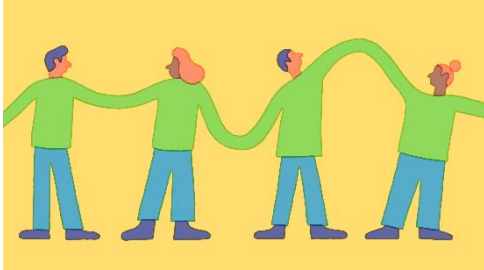
Talk about any troubling thoughts or feelings you might have with someone you trust. You could write in a journal or even talk to a pet.

Connect with others - spend time with new friends, old friends and family.

Use this space to write down your own wellness tools - the different things you like doing that make you feel good.

Meeting new people

You will meet lots of new people at your new school. It's normal to feel excited, nervous or a mixture of both; here are some ideas that might help:



Get involved:

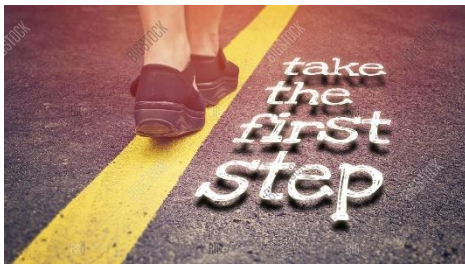
Spend time with others at lunch and break times. Joining a club is a great way to meet new people.



Get to know your friends' friends:

You can meet up in the restaurant, on the walk home or you could ask your friend to introduce you to them.

Take the first step: Say 'Hi' or ask how



someone's day has been. Giving someone a compliment on their hair, shoes or bag can be a good way to start a conversation.

Be a good supporter: Help people where you can. Just offering a smile or saying 'Hi' could help someone to feel better.



Give everyone a chance: Difference is what makes us interesting, you could learn something new or try a new activity that a new friend enjoys.

Be yourself! Spend time with people who accept you for who you are.



Positive friendships

Real friends encourage you to be the best that you can be. Think about the qualities you would look for in a good friend and what might warn you that a friendship was unhelpful. Write them in the boxes below.



Help is at hand

There is a whole team of people in your new school who can help you if you need it, as well as friends and family who can support you as you find your feet in secondary school.



My supporters

Draw around your hand in the space below.





Write the name of a supporter in each finger and how they help you.

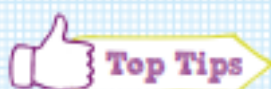
My daily plan

Making a daily plan helps to ensure we include key things in our day which we recognise as helpful in keeping us emotionally well. Getting a shower in the morning and then eating a bowl of cereal might be something you do every day before styling your hair and leaving for school.

- Complete the plan below including times that have been left blank.

Remember to include time to talk to friends and supporters at school, time to eat and time to complete homework and do things you enjoy after school.

<p>_____ am time to get up</p> 				<p>_____ am leave the house</p> 
<p>_____ am arrive at school</p> 				<p>_____ pm finish school</p>
<p>_____ pm arrive home from school</p>				<p>_____ pm bedtime</p> 



Check your planner for an equipment list. Have you packed everything you need for the next day?

Getting a good night's sleep

It's important to get into a good sleep routine. Practicing your routine will give your body time to get used to it and help you feel less tired.

Write in the boxes things you can do to prepare for sleep and which times you will do them.

Have a bath.

Go to bed at a set time on school nights, and try to stick to it.

Lack of sleep can trigger a change in behaviour.

Stop looking at my phone and screens 1 hour before bed.

You can't bank sleep in advance; a regular sleep pattern will keep you at the top of your game.

_____ pm
time to sleep

Relax and read a book.



Me on my best day

It's important to know what you are like on a good day, when you are feeling your best. Knowing this helps you and others to recognise when you are not feeling your best and might need some extra support.

Think about what you look like on a good day. What would your friends, family and teachers notice about you?

Happy

Chatty

Chilled out

Smiley

Exercise

Helpful

Friendly

Organised

Sociable

Creative

Like to go out

Attends clubs

Sleeps well

Plays music

Enjoys some alone time

Use social media

Eat well

Try new things

Spends time with family

Make an effort with appearance

Style hair

Some messages from year 7s

Sometimes strong, uncomfortable emotions such as worry or anxiety can get in the way of us feeling our best. Remember, having mixed feelings about starting secondary school is common.

Some year 7 pupils share their experiences of moving to secondary school, the different feelings they had and how they managed...

To year six
Don't ~~worry~~ worry about
homework if you stay on
track and do it when you
can and don't worry! You
will get used to it!

To Year six

Don't worry about
homework if you stay on
track and do it when you
can and don't worry you'll
get used to it.

Do not worry about
high school it ~~may~~ you
may feel worried at
the start but you
will get used to it and
it will get better.

Don't worry about
getting lost someone will
help you and teachers
are really nice

The advice I would give
is don't stress out
about it and everything
is basically the same
as to what you
did in year 6.

DON'T PANIC!

I think in my own
personal opinion that you
honestly shouldn't worry
I worried when I first joined
but not anymore since I'm
happy and I have a nice friend
group and the teachers are nice
and you are welcome with
open arms :)

Just be you
and try your
hardest :)

You might get lost but you will find
your way really quick!

If you don't know
where the class is
just find someone
and ask them

Hopes and Questions

Consider any questions or concerns you might have and think about the things you are looking forward to.

Example

What am I looking forward to?

- Meeting new friends
- Using Bunsen burners in science
- Cooking lessons
- Moving around school during the day
- Getting food at break time
- Trampolining club

What is my biggest worry about starting secondary school?

I don't know the school. I might get lost and then get into trouble.

What can I do that might help?

Look at the map in my planner. Ask for help if I need it.

Can anyone else support me?

Teachers, friends, siblings.

Your turn

What am I looking forward to?

What is my biggest worry about starting secondary school?

What can I do that might help?

Can anyone else support me?

Example

What are my other worries about starting secondary school?

I might forget something.

What can I do that might help?

I will get everything I need ready the night before.

Can anyone else support me?

I will ask Mum to remind me.

What are your hopes for secondary school?

I would like to make some new friends and do my best in lessons.

What can I do that might help?

I will be kind to others, I might join a club. I will ask for help if I need it.

Can anyone else support me?

Teachers if I need help in lessons.
Friends I already know.

Your turn

What are my other worries about starting secondary school?

What can I do that might help?

Can anyone else support me?

What are my hopes for secondary school?

What can I do that might help?

Can anyone else support me?



What to do if I still have questions?

Remember, the best thing you can do is ask for help.

Remember your supporters who can help you to feel better

Some snappy solutions from year 7s

Any one of us can experience an unexpected challenge at some point.

Some year 7's have shared solutions to some that you might find useful.

If you miss your bus home, don't worry. Go back into school and tell a member of staff.

If you get up late for school, still go in. It's better to be late to school than not go at all.

It's useful to plan ahead and get your school bag ready the night before to avoid forgetting something and rushing around in a morning.

Only bring what you need in your bag because you will have to carry it around all day

If you have a mobile phone make sure it is turned off in school. If you need to ring home during the day you can ask the year team.

If you ever feel worried, poorly or you have a problem there is ALWAYS someone to talk to in school.

Please complete this booklet and send it back
to us with your name and school!!!