



Transition Top Tips

1. Moving from primary to secondary school IS hard! You need your parents more than ever. Don't push them away - you **need** their help and support.

2. Making the right choices are essential for success.
Practise NOW - before you arrive.



3. Practise the *route* to school

- Times: How long to walk? Time to leave? Bus times?...
- Who to walk with?
- Safety of route...
- Text parents if plans change.....



4. Be more independent



- Carry your own rucksack, and be responsible for pens / equipment.
- Make sandwiches & manage money more frequently.
- Learn to use a key to your house; locks...
- Sort out your own friendship problems more often.
- Talk to your teachers more - get used to asking for help / POLITE questioning with confidence.



5. Get a watch / wear it! Get into good independent timekeeping habits - **punctuality is vital!**



6. Try to break poor habits NOW

- Eg
- Chewing gum!
 - Answering back / politeness...
 - Make sure you complete tasks when required - quickly and efficiently.
 - Sucking thumb / picking nose!!



7. Get into good bedtime routines in term-time:

You will become over-tired very quickly = tearful, things get out of perspective....

We have long days (8.30am - 3.15pm) - give your body & mind a chance to get used to it!

8. Name clothes....but cheap conforming uniform is essential!



9. Eating habits

These change - you **MUST** eat breakfast; and again at break & lunch. We have a long morning!

10. Homework stress!

Getting it done **ON** time **BUT** not spending hours on one piece of work. It is to extend / clarify understanding not in place of lessons!

11. Breaks

We have short breaks: 20mins & 35mins
"Fresh air / eat / chat time!"



It is not a good idea to attempt bringing large footballs in until you are used to what you carry & the routines of the day!

12. Practise *being assertive*.

Stand up for yourself in a controlled, calm, non-offensive manner. Know what you want!
Talk to your teachers **POLITELY** and **CONFIDENTLY**.

13. Stop relying on parents, teachers and friends to:

- do things for you....
- chase you....
- be responsible for you - **YOU** do it!
- Speed up the "pace" at which you work - settle to tasks quickly....



14. Finally

- * Do **NOT** panic!
- * Many people will help you!
- * Practise & prepare as much as you can - start **NOW**!
- * You will **LOVE** the challenges and opportunities ahead - take it one step at a time!

The move to Priory is exciting, but you will naturally be a little nervous - these nerves **WILL** disappear!

*Trust yourself. Trust your parents. Trust your teachers -
We are all here to support you!*

