



MOVING ON UP

Primary to Secondary Transition Project

June 2020

Dear

Class of 2020

The time has come for you to make your exciting journey from primary to secondary school. Not in the way we might have imagined, but we know to EXPECT THE UNEXPECTED!

Throughout your time at primary school, you have learned about the tools you need for resilience and coping with change along with Skipper. Now it is time to leave Skipper behind. But don't worry! You will be taking the important tools you have learned with you as you go off to high school.

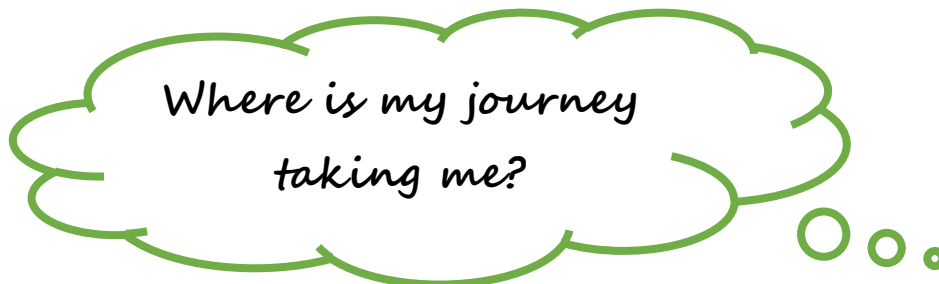
Over the next three days, you are going to use the 10 tools to help you say goodbye to primary school, and to look forward to starting secondary school in August. You always have these tools with you. So, remember to use them to help you whenever you need them.

The activities in this pack are designed for you to be able to do on your own. **However, remember to keep in touch with both your primary and secondary schools as they may be running an online version of the task if they are able.**

BUILDING RESILIENCE



Day 1: Tuesday 16th June 2020



Today, you are going to have a chance to say “goodbye” to your primary school and take your first step on your secondary journey. As you work through the activities you will be using these tools:



Task 1



Schools closed very suddenly. We didn't all have time to celebrate our time together and say a proper goodbye. Today, take a final walk to your primary school and leave a little goodbye message. You might want to use the template on the back page, or you might want to be creative and make your own. Enjoy reading the messages left by your classmates and teachers and reflect on the happy times you have shared as a school family.

Task 2



How are you feeling today as you start out on your journey? List some of the things which make you feel nervous and excited about starting high school. Draw a colourful illustration of an emoji which represents each of your entries on the grid. Discuss your grid with someone and compare all the different emotions you are feeling, both positive and negative about starting high school.



What am I nervous about?	What am I excited about?

Visit [this](#) page and watch the “Hopes and Dreams” video. After you have watched it, look on the bright side and think about all of the things you have to look forward to. What exciting opportunities lie ahead? [Here](#) are some people talking about their favourite things at secondary.

Task 3



As you begin your journey to secondary school, set yourself a goal for the future. What would you like to achieve in your first month of secondary school? What is a realistic target? Think about what would make you happy and settled, and how you could work towards it. You don't have to be an expert in your new school, all of your subjects and have 300 new friends on the first day! Talk to your grown-up about what your goal for the first few weeks should be and how you might achieve it.