

WIRRAL SEND PARTNERSHIP

Information Advice and Support Service

Moving on to Secondary School

Tips for children with special educational needs or disabilities

Moving to secondary school can be exciting and frightening at the same time. Here are some tips to help you make the move successfully.

Get prepared while you're still in primary school:

- Practise getting yourself ready for school and school trips
- Make a list of all the things you need to pack and then try to do it by yourself
- Make a list of the things you will need for your new school, for example pencil case, calculator, sports equipment and uniform.
- Ask for the new school rules so you know what you can and can't do
- Start using the library in your lunch breaks, as you will need to use it in secondary school
- Find out if others from your school are going to the same secondary school as you and arrange to meet them on your first day
- Why not join a new club or activity, or volunteer to help at school? This will give you more confidence to talk to people and make friends at your new school

Try using a diary or planner to remind yourself of things you need to do. This will come in handy at your new school

Getting to know your new school

- Visits to your new school can really help. You will meet the teachers, have a look around the school and meet new friends.
- Make a list of questions to ask when you visit the new school. For example, who do I speak to if I need help? Where is the dining room? What can I do at break and lunchtimes? What happens if I miss my bus? Your family can help you think about these things.
- Ask for a map of your new school. This can help you to know where the different parts of the school are.
- Ask if you can visit the school more than once if you think you need to. It might help to visit with someone you know from your primary school.
- Ask if you can take a camera with you on visits to the new school. Having pictures of key people and places might be useful to remind yourself what it looks like when you start school. Always ask permission before photographing anyone.

During the Summer Holidays

- Keep in touch with any friends who are going to the new school
- When you go out to a café or restaurant with your friends or family, practise ordering and paying for food yourself – this may come in handy if you have school dinners. Start planning your journey to school if you need to travel by yourself. Practice travelling to your new school with your parents at first. Then you can plan how long it will take you to get there so you know what time to leave in the mornings.

Your first few days at the new school

- Pack your bag the day before and have an early night
- Make sure you arrive early on the first day
- Meet any friends where you arranged to or go straight to your form class or any other place you have been told to go to
- Use your timetable so you know when and where your classes are
- If you need help finding your way around ask a teacher or pupil
- The teachers will not know you well at first so try to make a good impression

- Write all homework down in your homework diary or planner
- Don't be shy about talking to other pupils – they're probably just as nervous as you are.
- Joining lunchtime or after-school clubs is a good way to make new friends.

For Further Information Please Contact:

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