



MOVING ON UP

Primary to Secondary Transition Project

June 2020

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

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.

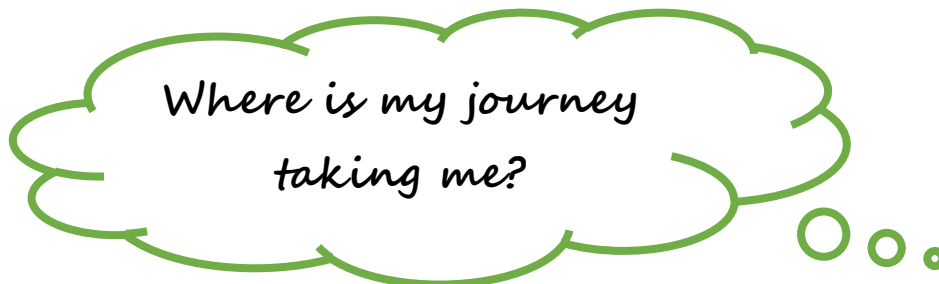
Over the next three days, you are going to use the 10 tools to help you say goodbye to primary school, and to look forward to starting secondary school in August. You always have these tools with you. So, remember to use them to help you whenever you need them.

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?

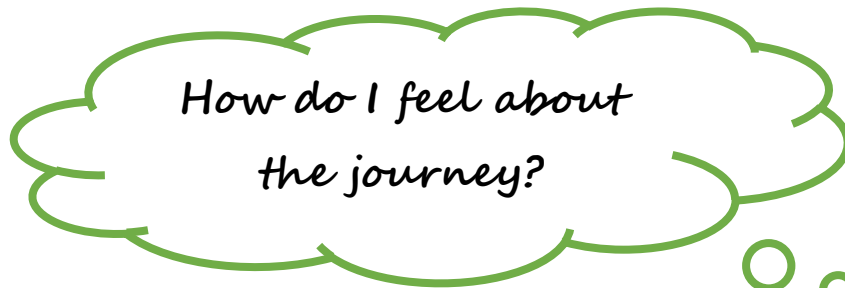
Visit [this](#) page and watch the “Hopes and Dreams” video. After you have watched it, look on the bright side and think about all of the things you have to look forward to. What exciting opportunities lie ahead? [Here](#) are some people talking about their favourite things at secondary.

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.

Day 2: Wednesday 17th June



Today, you are going to think about any worries you have about starting secondary and how you could introduce yourself to your new school. You will be using these tools:



Task 1



This year, your new secondary teachers are missing the opportunity to meet you in person and get to know a little bit about you. Take the time today to think about what you would really like them to know about you. What makes you, you?



Choose **up to 5** objects which represent you and your personality. It could be a football, a book, a pet... things which represent important parts of your personality. You could draw your objects together or take a photograph of them as a group. This collection of objects should represent the uniqueness of you. What do you want them to know about you? Your new school may have a way for you to share this with them online. Check their normal communication method.

Task 2



It is natural and normal to have worries about going to a new school. Today, take a moment to think about what those worries are and discuss them with someone at home. If you need a bit more advice you could watch these videos about common worries people have when they start secondary.

- [Will I lose my old friends?](#)
- [Struggling to fit in.](#)
- [Coping with classwork](#)
- [Getting lost](#)

www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1

Task 3



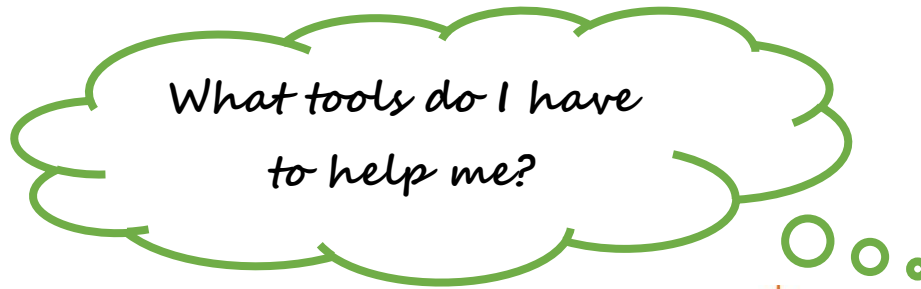
It is always good to talk to other people when you have worries. They might have the solutions, and even if they don't, a listening ear always makes you feel better. Today, let's get some advice from people who have already made the move to secondary school. They can tell you about some of their experiences. Your new school will give you the opportunity to ask them questions and provide you with answers over these three days.

Here are links to videos you can watch from home:

- [The Truth about Starting Secondary School](#)
- [8 things I wish I'd known before starting secondary](#)
- [Myths about secondary school](#)

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Day 3: Thursday 18th June



Today, you are going to think about the journey to your new school and the tools you have within you to help you to cope with the ups and downs as you make the transition to secondary school. Today you will be using these tools:



Task 1



GET ACTIVE

Today, let's do something really practical – plan how you are going to get to your new school. You might already know the way, but if not, you may need to look at a [map](#) or use the bus [journey planner](#).



Talk with your parent / carer about what your new routine will be for getting to school in August. What time will you leave / get home. Who are you going with? What do you need to remember to keep you safe? Will it be the same every day? What are their expectations? Discuss all of these things with your grown-up today. Over the next few weeks, make a practise journey to school.

Task 2



BE KIND TO OTHERS

Your friends from primary school are going through this change with you. Some will be excited, some will be nervous, and some will be feeling everything in-between! Today, show kindness to others by reaching out to them. You might be able to safely meet them in person or you could do it virtually. Have a chat with them about how they are feeling about starting their new school.

Remember that your new secondary teachers will also be kind to you! If they are able, they will reach out to you over these three days to introduce themselves.

Task 3



CHALLENGE YOUR MINDSET

Finally, think about all of the tools in your BE RESILIENT toolkit. Reflect on which one(s) **you** are going to need most as you start secondary school. Choose one of the tools and explain to your grown-up:

- What the tool means.
- How you will use it.
- How it will help your mental health through this transition

Create a new avatar for the tool you have chosen. You could draw it by hand or use technology, but it must be your own work and not using other people's images. How could you represent that tool in one small picture?

Why not enter your design into our city-wide competition? Your schools will provide the details of how to enter. Your new avatar design will explain what tools and skills you are bringing with you to your new school. There is an entry form in your pack.

