

**Autism Advisory and
Intervention Service (AAIS)**



Moving to Post Primary School

September 2020

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Moving Up – An Introduction

This book is designed to help you prepare for moving to a new school in September. We hope you enjoy it.

Sometimes people say that you are 'moving up' to a new school. This simply means that you are going to a new level of education called Post Primary or secondary. Everyone finishes Year 7 and then moves to a different school setting for Year 8.

Throughout this book, you will be asked to complete some activities on paper (or in a notebook) to help you learn about your new school setting.

When you see this picture it will remind you to complete the written activity.



Writing things down can help us to show other people (family and new school teachers) how they can help us.

Schools also have lots of information their websites too and you may even get a booklet about your new school as well. In your new school, your teachers will help you.

Remember...

All Year 8 pupils will be new to the school and some may need help.

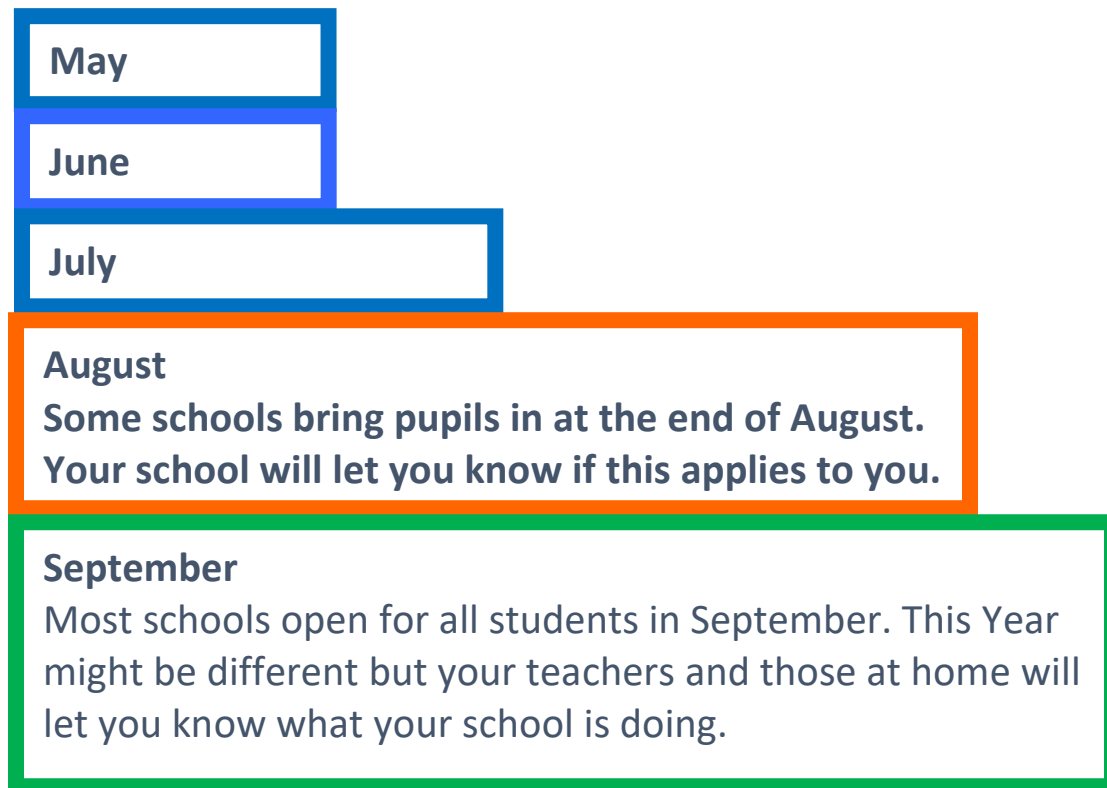
Moving Up ... In 2020

In September, I will be moving to a new school. It may take some time for all students to adjust to going back to school, especially as we have been learning at home for an extended period of time.

The timeline below will help you understand when you will be starting your new school.

Timeline

This is the timeline showing you when you will start your new school.



Things That I Want to Know More About

Moving to a new school may have some challenges, however, there are lots of people who can help you in your new school.

Look at the list and you might see things that you may want to ask questions about.

- finding my way around the school
- being late for school
- being late for class
- making new friends
- not understanding my work in class
- getting my books organised
- homework
- not being able to remember names
- too much noise in school

Remember, your teachers and other staff are there to help you if you need it. Don't be afraid to ask "Can you please help me?"



On a piece of paper create 2 lists as in the picture below. If you prefer you can do this on 2 separate pieces of paper.

Things I am looking forward to	Things that I am concerned about

What Happens If I Get Lost

My new school is much bigger than my primary school.

Sometimes I might not be able to find where I am supposed to go.

This is OK, it happens to every new pupil at some time.

All the teachers know it is hard to find your way. No one will be angry if I get lost.

If I get lost there are lots of people to help me. I can ask any of these people for help:

- Older students
- Students from my class
- Teachers
- People in the office
- Dinner ladies



All these people will try to help me.

It is good to ask for help.



School Subjects

In your new school you will have a lot of new teachers. Each teacher may teach you for different subjects (although some teachers may teach you more than one subject).

Each teacher will probably have his or her own classroom. Some subjects will be taught in special rooms such as a laboratory or an IT suite. Your school might have a library where you can go to get books for homework or just to read. Some libraries are open at lunchtime. Ask your Form Teacher if your school library is open during lunch.

Some subjects will be new to you and some you will already have done in primary school (even though they may have a different name).



You will have a range of different subjects each day. Your timetable will show you which subjects you have on any given day. Your school day is divided into blocks of time, these are called periods. Some classes will last for 1 period, while others may last for more than 1 period. A class that lasts for 2 periods is called a “double period”, and for more practical subjects such as Art or Technology and Design, you may even have a “triple period” which lasts for 3 periods.

Understanding Your Timetable

Your timetable is very important and it will tell you lots of important information including:

- Which subject you have
- Start and finish times for class
- Who your teacher will be for that class
- What room you have to go to
- When it is time for break and lunch

Your timetable will have the teacher's initial next to (or underneath) the name of the class. Your teachers will help you understand your timetable.

You should always keep your timetable with you in school (perhaps in your blazer pocket or pencil case)

Looking at your timetable when you are packing your school bag at home, helps you to make sure that you have all the correct books and materials with you. You should consider having a bag packing checklist for each night of the week.

	1	2	3		4	5	6	7		8	9	10
Mon	Geog Rm 6	Hist Rm 8	Hist Rm 8	B	Maths Rm 21	Maths Rm 21	PE Gym	PE Gym	L	Eng Rm 15	Eng Rm 15	Form Period Rm 3
Tue	HE RM 10	HE RM 10	Maths RM 21	R	French RM 17	Eng Rm 15	Eng Rm 15	Maths Rm 21	U	ART Rm AR	ART Rm AR	ART Rm AR
Wed	Maths Rm 21	French Rm 17	French Rm 17	E	PE Gym	PE Gym	RE RM 1	Tech TL	N	Tech TL	Music Rm MU	Music RmMU
Thurs	Geog Rm 6	Sci Rm Sc 2	Sci Rm Sc2	A	I.T. Rm 22	I.T. Rm 22	RE RM 1	Maths Rm 21	C	Eng Rm 15	Maths RM21	French Rm 17
Fri	Tech TL	Tech TL	HE RM 10	K	Eng Rm 15	Geog Rm 6	French Rm 17	Maths RM 21	H	Sci Rm Sc2	Sci Rm Sc2	Hist Rm 8



Practice reading a timetable using the timetable shown.

1. Name one thing that would you need to pack on Tuesday night
2. How many periods of English are in a week?
3. What is the room number for the French lesson?

Uniform

When I go to my new school I will be wearing a new uniform.

Each school has a unique uniform. This is an example of a blazer from a Post Primary School. The blazer is dark blue, but your new school blazer may be a different colour. Look at your school's website to see what the uniform is like for your new school.

Each school will have a badge on the pocket of the blazer which is unique to that school. You will also have to wear a tie. It is a good idea to practice putting your own tie on before you go to your new school.

Everyone in your school will wear the same uniform. This means it is very important to have a label with your name on all parts of your uniform (even your tie). This way, if anything gets lost then it is easier to find.

Practice wearing your whole uniform a few times in the holidays too; this will help you get used to it.

Important People in my New School

Principal

- Is very important and is in charge of the school

Vice Principal

- Helps the Principal to run the school

Heads of Year

- Each Head of Year is responsible for one Year group

Heads of Department

- They are responsible for their department eg Maths, Science, English etc.

Form Teacher

- Each pupil is in a form class. This is the person I go to if I need help with anything.

Subject Teachers

- This is my subject teacher. Some teachers have more than one role (they may be a form teacher and subject teacher)

Classroom Assistants

- They are here to help students if they need it.

My Teachers

Form Teacher

When I start my new school I will be in a Form Class. My Form Class Teacher will be the person I see each morning (and sometimes each afternoon). They are one of the adults in school who can help me if I have a problem. My parents can also write to or phone my form teacher if they need to.

Your Form Teacher will give you lots of important information about things that are happening in school including

- School events
- Holidays
- Exams
- School news

Subject Teachers

I may have many different teachers for different subjects.

All of my teachers are there to teach me and to help me learn. If I need any help with my work I should ask my teacher. I will need to raise my hand and wait for the teacher to help me.

My school may have a help card system if I prefer that.



Subjects at Post Primary School



You will probably have favourite subjects as well as subjects that you find less interesting.

My New Subjects



- 1. Write all the subjects you can think of on a page.**
You can have a look at a timetable to help you with this if you need to or use the list below
- 2. Now Rate those subjects from your Most Favourite to Least Favourite.**
- 3. In Post Primary School, subject names are sometimes shortened... try to write the subject name in its shortened version (you can use the timetable to help you)**

Religious Studies

Maths

English

Music

French

Physical Education

Spanish

Personal and Social Education

History

Science

Home Economics

Technology and Design

Information Technology

Learning for Life and Work

A Day at School

When the school day begins pupils usually go to Form Class. The teacher who takes this period is called the Form Teacher.

I will find out who my Form Teacher is when I go to my new school.

My Form Teacher records my attendance in school and lets me know about important information that I need to know. I will then follow my timetable for the rest of the school day.

Some teachers might give me homework to complete. They will tell me when the homework is to be brought back into school. This will usually be the next time I have this subject. It is important to record this information in my homework diary. If you need to ask questions about your homework, try to do this before you leave the lesson and your teacher will be happy to help you.



When you get home you should use your homework diary to remind you what your homework tasks are. You should tick them off as they are completed. It is a good idea to try to do your homework on the day you get it. Some students find it helpful to have a set area at home to complete their homework in. It is important to bring your homework in on the day that your teacher has asked you to.

Homework Questionnaire



Look at your school website or prospectus to see if you can get this information. Get a piece of paper and write this information down if it helps you to remember it.

- How long should I spend on homework each night?
- How will I know what to do?
- What should I do if I get confused writing my homework down?
- What should I do if I forget to bring my homework in?
- What should I do if my homework is too difficult?

Extra-Curricular Activities

Most schools offer extra-curricular activities. Below is a list of some activities that may happen in your new school. Sometimes these happen after school and some are held at lunchtime.



Your Form Teacher can help you find out more about these activities.



Look and see which are available in your school. There may be others that are not on this list.

Library	Computer Club	Homework Club	Drama Club
Rugby	Golf	Tennis	Hockey
Athletics	Film Club	Photography Club	Netball
Football	Art Club	Coding Club	Choir / Music



What extra-curricular activities might you like to do in your new school?

Meeting New People



To think about...

How many people were in your class in Year 7?
How many Years had you known them?
How many adults were in the room?

The answer to these questions might be different for each student.

Most of your class will have felt comfortable and happy because they knew everyone and felt like they belonged. Just having one teacher was helpful.

Going to Post Primary school may feel different for a while because you will not know everyone at first and it may take a little while until you settle.

It is important to remember that everyone will feel a bit like this as it is a new school for everyone in Year 8.

It is an opportunity to make new friends.

Some Suggestions about How to Make a New Friend

- ✓ Tell people your name and ask them what they are called.
- ✓ Find out what the other person is interested in and talk to them about those things, for example, computers, sport, TV programmes etc.
- ✓ Join your new friend at break and lunch time.
- ✓ Join a school club
- ✓ Remember this new friend will have other friends too.

Lunch Time



Lots of students will take their dinner in the school canteen. You are allowed to bring a lunch instead if you prefer, but you may still have to eat in the school canteen. Your form teacher will let you know how your school works on your first day (or maybe even before).

Lunchtime supervisors are available at lunch time to help you and to answer any questions that you might have.



Look at your school website to find out lunchtime choices.
Information about choices might also be sent to you by the school.
Write your choices on a piece of paper if it helps you to remember them.

What to do if...

When you are in your new school there may be a few times when you are not sure what to do.



What do you think might be good advice if these things did happen to a new boy or girl starting big school?

- You realise you have forgotten to do a homework
- A teacher speaks to you in class for talking when you should have been working
- You forget to bring a textbook to school.
- You are late to class
- You cannot find a classroom

It can be helpful to go through these scenarios and write your responses down on cards that you can keep with you.

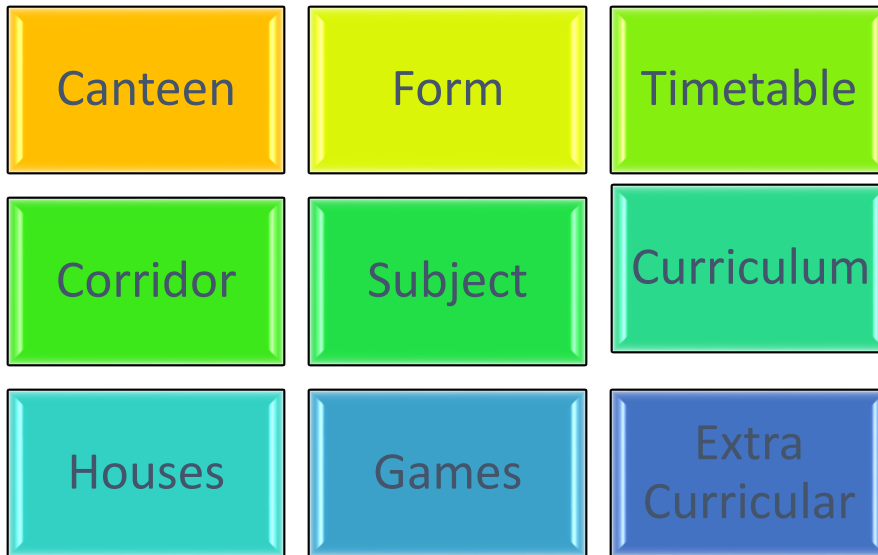
Words I may need to know.

The box below contains some words that you might hear in Post Primary school. It can be helpful to know what these words mean (in the context of school) before you start your new school.

Complete the activity below to help you learn what these words mean.



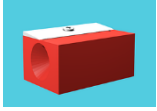

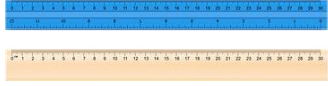



Find and write the meanings of these words



Equipment

You will need to bring your own equipment to Post Primary school and you will also need to bring these to each class with you. Your school will tell you exactly what you need for each type of the lesson, however, the following list will be helpful in getting started.

<p>Pens</p> 	<p>Pencils</p> 	<p>Sharpener</p> 
<p>Calculator</p> 	<p>Ruler</p> 	<p>PE Kit</p> 

Consider writing out your own bag packing checklist to help you check you have all you need for school every day.

New School Questionnaire



1. What do you think you will like about your new school?
2. What things would you like to find out about your new school?
3. List 2 things you are looking forward to:
4. List 3 things you might need help with:

Moving school is a new and exciting time.

Whilst things may be different to what you are used to, there are many new opportunities waiting to be discovered.

We hope that you really enjoy your time in your new school.

