



Learn More!



Amazing School Trips



Fabulous Teachers



Create Fun Memories



Moving Up to Secondary School

A Short Book of Tips for Children Who Are Moving Up.



Make New Friends



Get Creative

Great Resources



Subjects You'll Really Love





Introduction

Thank you for downloading this e-book which was written by the NLP4Kids team, during one of our monthly meetings.

We all had very different experiences when we went off to secondary school. Some were good, and some were not so good! As such, we thought that it would be helpful for you to know the things that either worked well for us, or the things we wish we'd done to make it a bit easier.

Each of the NLP4Kids team works with young people. Usually we are working with them to help them boost their confidence or to overcome problems like stress or anxiety.

This means that in the future, if you need some extra support, you can ask a parent or teacher from your school to contact us on your behalf to find out how we might be able to help you further.

You can find our contact details on our website:

CLICK HERE: www.NLP4Kids.org

It's important that if you have worries after moving up to secondary school, that you talk to someone about them as they may have suggestions or even solutions that would help. In addition, if you would like to reach out to NLP4Kids, please ask an adult to do that for you as we have to have permission from a parent or teacher first.

Discovering that you feel a little less confident in your new school is really not that uncommon. In fact most adults have similar feelings when they change jobs! The important thing to know is that by being prepared and knowing how to manage any worries you have, you will soon be able to settle in and begin to enjoy your new school and all of the wonderful opportunities it offers you.

It might feel like the start of a long journey, but your time in secondary school will zoom by. You will, during that time, learn so many things and you will grow up as a person too. It's important to make the most of the time in a positive way - secondary school can offer you experiences that were not available to you in primary school. For example, there are many more subjects you can learn about, and there tends to be a lot more resources. Some schools have wonderful music departments, or amazing school trips for example.

It will be different, it may sometimes seem tough, but these can truly be some of the best years of your life so let's get you off to a good start!

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Common Worries About Secondary School

What if I can't find my way to my lessons?

What if I can't make friends?

What if the work is too difficult?

What if I am bullied?

I'm concerned about travelling to school

Will the teachers be really strict?

What if I don't like my class teacher?

How Do I Cope With Peer Pressure?

What happens if I'm unwell/need the loo/want a drink?

Who do I go to if I want support?

How will I keep up with the homework?

What happens if I get a detention?

What will happen if I'm late?





Keep Calm! It's Going to Be OK...

Here are some helpful things for you to know, do and remember:

1. What If I Can't Find My Way To Lessons?

Very often your secondary school is much larger than your primary school. I (Gemma) remember that on my first day of secondary school, they gave us each a map of the school to match up with the buildings we had to go to for each lesson. The only problem for me was that I'd never read a map before so I still had no idea where I was supposed to go!

If you have a worry about this happening to you, I'd suggest taking some time at the start or end of the day (or maybe in one the break times) to really get familiar with the layout of the school if you haven't learned it yet. That way you can relax about where you need to go for each lesson.

If your map reading skills are like mine were, ask someone who is a good map reader to come and explore the layout with you. Make sure that if you are exploring the school outside of normal school hours (before class starts or at the end of the day) that you get permission to be there.



2. What if the Work is Too Difficult?

Normally, when you first start secondary school, the work is easy to help you adjust. If you later discover that you are finding it challenging, you could speak to your form tutor, the teacher of that subject or if your school has a buddy system/peer mentor system, you could speak to one of your school mates.

You could also talk with your parents or a friend who may be able to offer reassurance. You may discover that your school has a homework club where you can get some extra support, for example, someone could explain the task to you in a slightly different way to help you understand it or you may be able to break the task down into smaller chunks.

3. What if I Can't Make Friends?

Sometimes, pupils from your primary school may be in different forms or classes to you, or they may have gone to different schools. The best way to make new friends, is to show others that you are friendly and open to getting to know them. Help them to see the fun side of your personality. You may find that the after school club is a great place to meet people or any other kind of school club you would enjoy and the chances are many others feel the same way as you.

You could also, buddy up with someone who has similar interests - talking about your interests outside of school helps people get to know you.



If your tutor recommends activities, do go along and if you notice someone is being left out you could invite them to join you at lunch or break time and get to know them a bit better.

You are a super star and others will be drawn to your shine!

4. What if I Am Bullied?

It's an old false story that children get their heads flushed down the toilet at secondary school!

Schools are very keen to make sure that no one is bullied. They have special policies to help them, children and parents if there are any concerns about bullying. This means it's important to tell someone so that they can do something about it. Bullying is never acceptable and you have a right to feel safe at school and your school shares this obligation. There is no such thing as snitching. You need to tell somebody who will help you and by reporting bullying, you will also help to prevent it from happening to someone else.

There are workshops that NLP4Kids offer to help you build your confidence. Please remember you are a good person and bullying is not your fault.

5. Will The Teachers Be Really Strict?



Teachers at secondary school are helping you to grow up and prepare for life so just like in your primary school, some teachers will be more strict than others. Some are funny, some are creative - it depends on their personality and the subject they are teaching.

The school has their set of rules to help everyone learn, respect each other and keep you safe. Your teachers help to make sure this happens and that the rules are followed.

If a teacher is strict it might just be to show you that they are determined to help you to succeed. That may mean that they tell you to be quiet and get on with the work sometimes. Wouldn't you rather be in a class where the teacher appreciates your value and high level of intelligence enough not to waste your time?

Being "strict" can sometimes be useful because the strict teachers sets clear rules that they want everybody to follow and so you know exactly what is expected. We all get on better with some people than others and this applies to teachers too. When you treat everyone with respect it makes it easier to get along together even if you don't like them much.

It is their job to help you to learn and you can do it!

6. I'm Concerned About Travelling to School

If you are concerned about your journey into school, this could be for a number of reasons. For example, you are travelling with people who are new to you, or maybe you will be getting the bus for the first time on your own. If you are travelling alone it may be worthwhile having a phone or ways to make contact with others too, to help you feel safe.



Your trip into school can become an adventure. Perhaps you will be seeing new sights, and notice things you didn't notice before. In addition, it's new level of independence and shows your parents trust you and gives you a chance to learn new life skills. Plus it's a great opportunity to make new friends by seeing who travels in the same way that you do.

Do a practice run with one of your parents before school starts so that you know the way and you know how long it takes to get there, so that you can always be on time.

7. What if I Don't Like My Class Teacher?

Not all of the teachers will be your favourites and that's normal. Part of secondary school life, is learning to get along with people who you might not normally chose to be with. Perhaps you can begin to focus on 2 things, every day, that the teacher you dislike does well. If you focus on what you like, it will begin to become more significant than the things you dislike about them.

Think about what your body language is telling that teacher - maybe they are responding to you because you look negative?! We must respect people's individual differences and always be polite and kind to other people, including teachers.

The most important thing is whether or not you can allow yourself to respect the expert in them enough to know that you don't have to like them to be able to learn from them.

Remember that one of the good things about secondary school is that you get to spend time with lots of *different* teachers, so the time with each one is limited to 30 - 90 minutes usually.

It can be helpful to shift your mindset by asking yourself "How would it be in this lesson, if I showed I really liked this teacher?"

Chomp like Cookie Monster and smash it like Thor!



8. What Happens if I'm Unwell/Need the Loo/Need a Drink?

I remember when I first went to secondary school I was a worried about asking to go to the toilet during a lesson, or saying that I wasn't feeling well.

Don't worry! Your new teachers will be very used to Year 7s being unsure of when to ask these type questions and it is likely that they will tell you when is a good time.

However, if you really really really need to go to the loo; or you may throw up any minute now, I'm pretty sure your teacher would rather know sooner than later!

If you feel unwell or want to go to the loo during a lesson you might be feeling shy or embarrassed about asking to leave, yet it always best to ask your teacher rather than sit there and be uncomfortable. Teachers are caring people and are there to look after your well-being as well as teach you stuff. Nobody likes feeling poorly, there will always be a member of staff who can help you.

If you feel unwell during a break or lunch time, maybe tell a friend and together you can go to the school office and the staff there will help you. Your school might have a first aid room, this is a good place to go if you are not feeling too great and can't find a teacher to tell.



9. How Will I Keep Up With The Homework?

Homework may seem daunting at first but you will soon get used to it, especially if you already been completing homework at old primary school.

A good place to start is deciding when you will do your homework; straight after school, before you get out of your school uniform; or have a relax, drink, call a friend first then crack on with it.

Some schools will have a homework club you can go to, and there will be teachers there to help you understand what is required.

If you need help talk to the subject teacher, friends, parents, form tutor. They are all there to help you.

10. What Happens if I Get a Detention?

It's a fact, schools have rules; and if you break those rules you may get a detention. Make sure you understand those rules and do all you can to obey them.



But what happens if you don't? Again, don't worry as it is likely that you will get a warning of some sort to remind you to correct your behaviour. Change it and nothing will happen. If the teacher has to warn you again you could get a detention.

Detentions are different in different schools; some are during the school day at break time, or they are held after school. In all cases your parents will be informed. Sometimes groups of friends like to try risky things; things that you may feel uncomfortable about doing, like: smoking, teasing another pupil, being rude to someone etc.

If you feel uncomfortable (and you probably should!) you can either say "No" or make an excuse to leave. If it happens a lot with this particular group, it may be time to find another group of friends who will not lead you into trouble.

A good question to ask yourself is "would my mum like to see me do this?".

Make it your number 1 mission is to avoid getting a detention by following the school rules. Why would you want to spend extra time doing something you don't want to do when you could be joining in with the school's fun after school activities like chess, drama or football?

11. How Do I Cope With Peer Pressure?

Peer pressure can work in your favour if it is positive peer pressure encouraging you to do better in your school work or sports.

Saying No to negative peer pressure can be very tricky – you want to fit in and you don't want to lose any friends but you don't want to do the wrong thing. If something feels uncomfortable for you or you know it is wrong then imagine that you are in the future giving your younger self advice. What would you say to your younger self? Having an imaginary conversation with your older self will often give you the strength to say no to peer pressure. If that doesn't work then talk to your parents or a member of staff you trust. They will also be able to offer you advice.

Sometimes you may lose friends as a result of standing up to peer pressure but you will know that you have been true to yourself and you may make new friends in the process.



People Who Can Offer You More Support in School (if you need it.)

Form Tutor - Your form tutor will get to know you really well, as they are likely to be with you throughout your school life. They are a good starting place if you have any questions or worries about school life.

Head of Year – Like your Form Tutor your Head of Year will be looking after you, especially in the first few weeks of you joining the school.

Subject Teacher – If you are struggling with a particular subject, or even just a bit of it, you can talk to your subject teacher. They may be able to help you straightaway or point you in the right direction to help yourself.

Friends – You may find out that when you talk to your friends about your worries, or that bit of work you may be struggling with, they may also have the same feelings. Or they did have and now can help you too.

SENCO (Special Education Needs Co-ordinator) – If you have been assigned a SENCO you can talk to them about anything that worries you and they will listen and provide you with all the assistance you may need.

Or an NLP4Kids practitioner who helped to write this book:

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