



My New School

Fy Ysgol
Newydd



All about me!

Name.....

Age.....

Class.....

Hair colour.....

Eye colour.....

Here is a picture of me:

Here are some things I like to do:

1.

2.

3.

4.

My favourite subjects are:

My least favourite subjects are:

My favourite colour:

My favourite food:



Who am I?

Think about what makes you unique and special We all have differences, and we have similarities.





My School Experience

The things I like best about school are:

1.

2.

3.

At school, it helps me when: eg. I am sat in the front, my work is given to me step by step, I am given time to process information, my teacher uses a calm voice etc.

My favourite school memory is:





Getting to know my School

School Name: _____

School address: _____

School Phone number: _____

School start time: _____

School finish time: _____

Key People/People who can help me:

Form Teacher: _____

Student Services: _____,

_____, _____

School's ethos and values

What should I do if I'm worried or I need help? If you are ever worried or need to talk to someone, you can approach any member of staff or pupil in school and they will help you to find one of the key members of staff. Please don't ever feel worried. Always use the reception area as your main base. You can go there anytime and the receptionist will contact someone to come and help you.



My Skills and Qualities

Circle all your skills and qualities

Adventurous

Friendly

Helpful

Brave

Caring

Confident

Forgiving

Co-operative

Energetic

Flexible

Kind

Practical Talking to adults

Fair

Answering questions

Listening Skills

Assertive

Enthusiastic

Creative

Happy

Making new friends

Putting my hand up

Honest



Additional qualities



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Things I am looking forward to

1.	
2.	
3.	
4.	
5.	

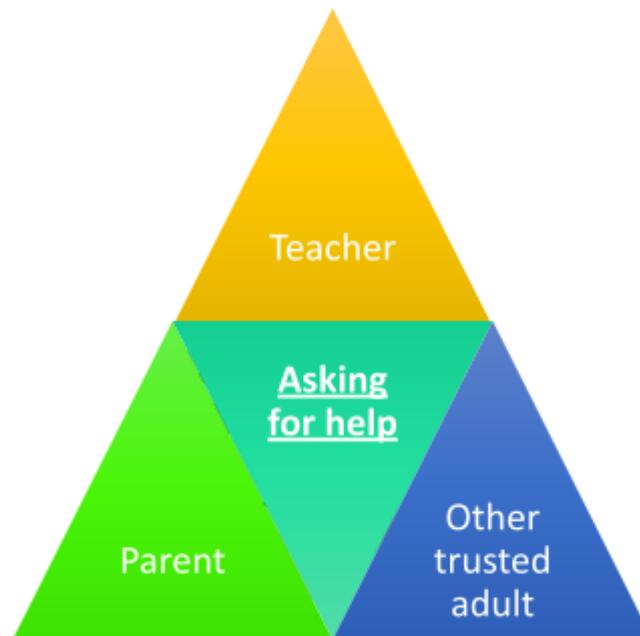
Things I am worried about

1.	
2.	
3.	
4.	
5.	

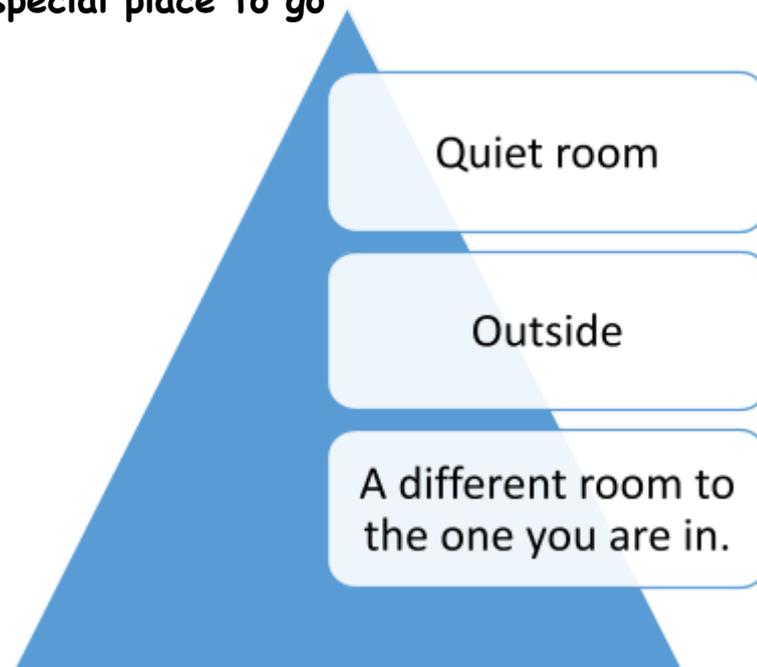


Coping With Change

- You can share how you are feeling through talking, writing or drawing



- Have a special place to go

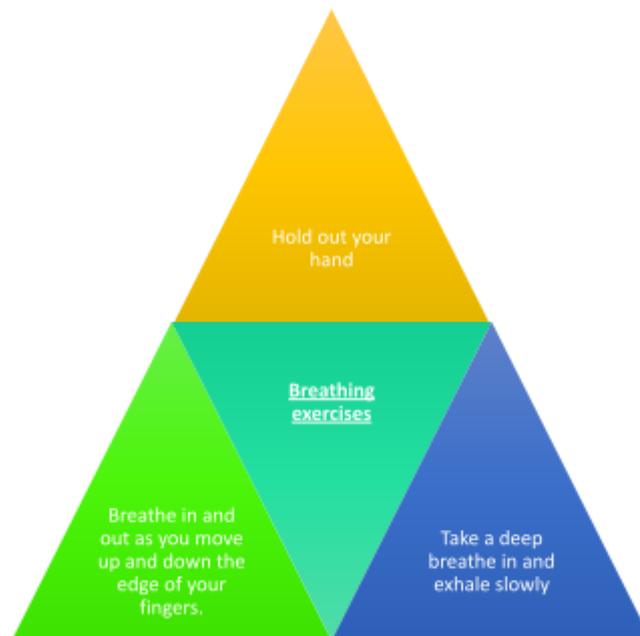




- In your special place, do things you enjoy - Listen to music, draw, play a game, write down how you are feeling etc.

Coping With Change

- Deep breathing



- Do sport/exercise of something you like



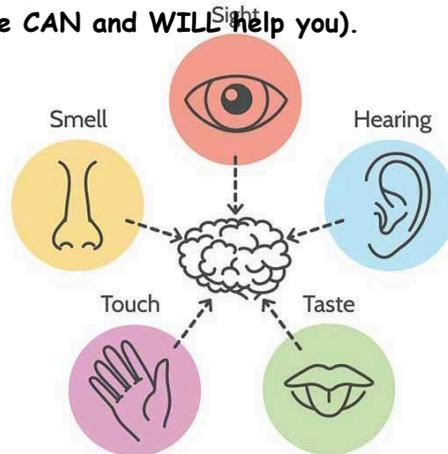


- Remember to talk to someone if you're worrying about anything. 'A trouble shared is a trouble halved' (That means that someone **CAN** and **WILL** help you).

Supporting You!

Mindfulness 😊

A mindful walk enables
Us to use all of our senses.



SEE

SMELL

TOUCH

HEAR

TASTE



Making a Plan 😊

It's really important to break down big worries into smaller steps.



First I will do this...

Then I will...

Then this...

Next I will...



Think of each steppingstone as a step closer to what you want to achieve. Each step you take is a step in the right direction.

What would I like to find out about my new school?

Questions:

1.

2.

3.

How can I find the answers?



1.

2.

3.

Who could I ask for help?



- 1.
- 2.
- 3.

What would I like my new school to know about me?

You can write anything you like on this page using words and pictures. 😊 Be creative!

Think about your hopes/dreams/challenges... What can your new school do to help? What clubs would you be interested in?



Reference List/Bibliography/Acknowledgements

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