

# Opt-In Service Moving up!



Welcome  
to high  
school!

Name :

My new school :

This booklet is designed to help you prepare for secondary school and make this big move a little easier.

This year has been like no other for P7s moving to high school, and we want to help you to feel positive about this exciting life change.

## Introduction

This booklet will help you think about and prepare for moving from primary to high school. At this time, the Opt-In team would usually be visiting your school and supporting you to think about how you can deal with your worries and make the move to your new school easier. However, things are a little bit different right now.

In this workbook, there are topics to discuss with others, quizzes and activities to help you focus on how to deal with any worries you have and how to feel confident about the future. All the themes in the workbook are things that young people have told us are important during this transition, and we hope you will find it helpful to work through the activities.

If you would like to talk to a member of the Opt-In team, we would love to hear from you! We have put our contact details on page 21 and we are available to help if you want to discuss some of the issues covered in this workbook.

The Opt-In Team

**You are on a journey to secondary school and any journey needs thought and planning.**

How will you travel to school?

Have you thought about what you might need in your school bag?

What will you do for lunch?

Will you agree to meet friends on the first day of school?

Please answer the following three questions honestly by circling your chosen answers. Your answers are important. How do you feel about going to high school?

### 1. How do you feel about going to S1?

Excited

Scared

Nervous

Worried

Calm

Confident

### 2. What still worries you about S1?

Bullying

Harder work

Stricter teachers

Getting lost

Making friends

Nothing

### 3. What have you enjoyed about the lockdown?

Time with family

Relaxation time

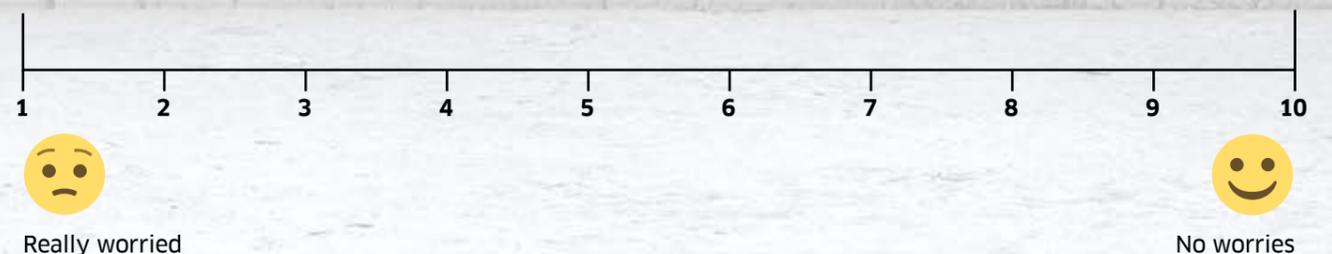
Getting out of school

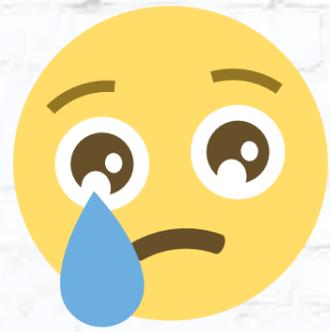
Activities

Getting up later

Nothing

On a scale of 1-10 (with 1 being really worried and 10 being no worries), how would you say you feel about moving to secondary school?





**So many feelings!**

**Sometimes we feel more than one feeling at a time.**



**Feelings are neither good nor bad – they just are.**

**Our feelings change over time. They come and go.**



**Often you feel something and you don't know why.**

**We are all feeling more during lockdown and that is ok!**

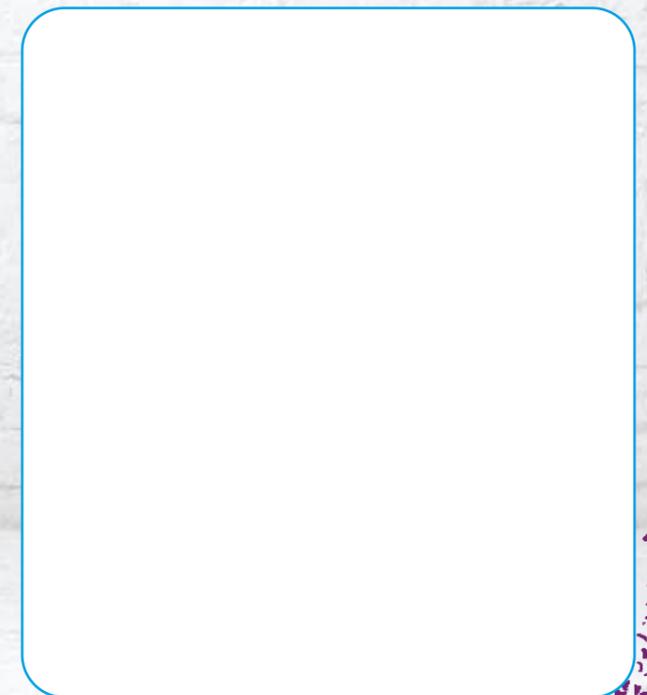
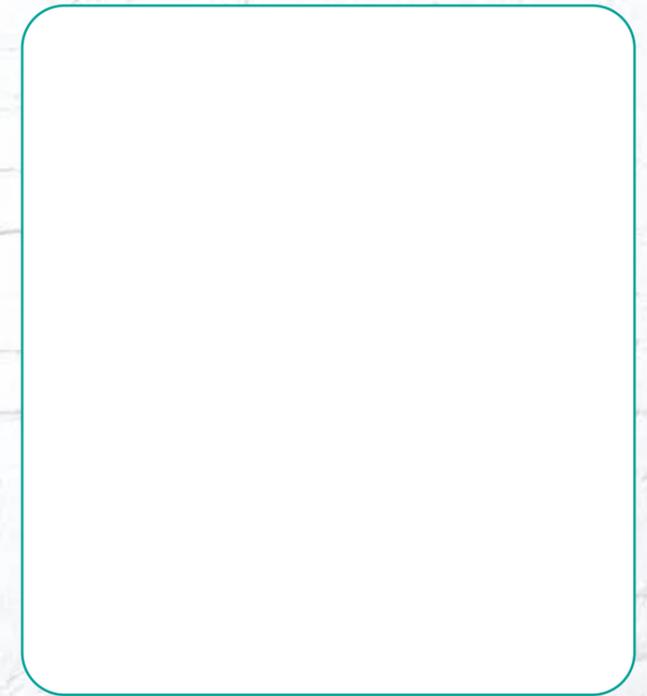


**Feelings are normal. Everyone has them.**

**How are you feeling right now?  
Try to draw your feelings in emojis:**



You can draw in as many boxes as you like.

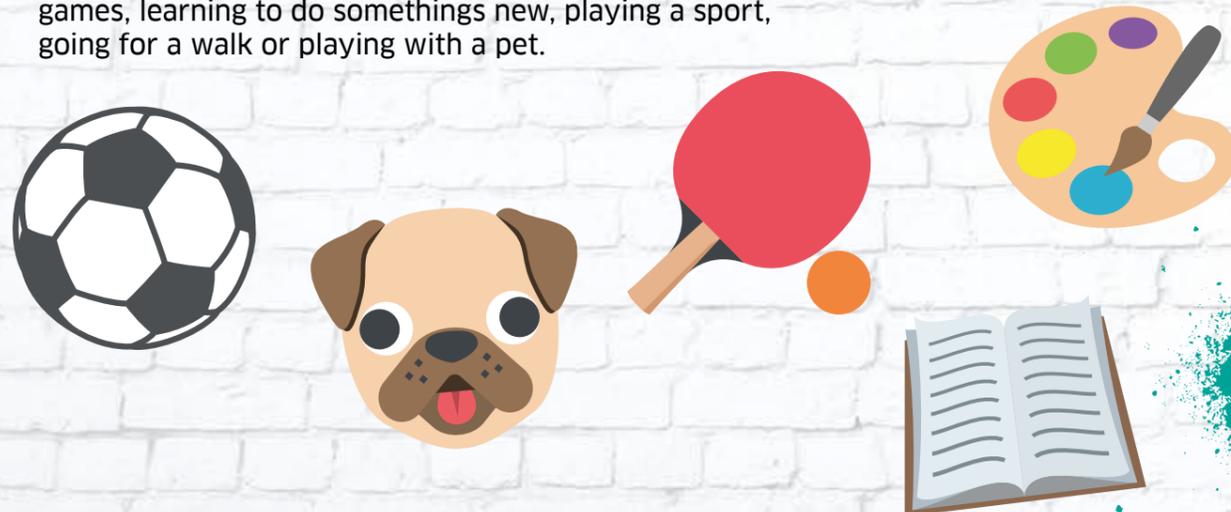


When feelings overwhelm you, it's good to talk. Turn over to the next page to find examples of what you can do.

# It's good to talk!

Whatever your feelings, it is important that you deal with them in a positive way. This could be talking to others. Think of three people that you can trust and can share feelings with: they could be family members, friends or teachers. You may not be able to talk to these people face-to-face at the moment, but you can call them on the phone.

You can do fun things to help you manage your emotions. This could be drawing, painting, reading, playing video games, learning to do somethings new, playing a sport, going for a walk or playing with a pet.



## What can you think of?

There are apps and websites which can help you work through and manage your feelings. Check out:

[www.calm.com](http://www.calm.com)

[www.chillpanda.co.uk](http://www.chillpanda.co.uk)

[www.smilingmind.com.au](http://www.smilingmind.com.au)

[www.safespot.org.uk](http://www.safespot.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



## Keep in touch!

Make an effort to keep in touch with your school friends. You could make cards for school teachers and other staff to show them you are grateful for all their help in primary school.



# Make new friends and keep the old

Friends are so important. Having good friends at school goes a long way to making school a fun place to be! Many P7s tell us that they are really looking forward to making new friends but they are also anxious. Here's an important fact: **just about all P7s starting S1 in August want to make new friends, so there are loads of friends out there just waiting to meet you!**

Secondary school teachers talk to primary school teachers to find out lots of information including who is friends with who. You will be put in a class with someone you know and if it's not your best friend, don't worry - you can still catch up at break and lunchtime. Keeping your old friends from primary school is important: they know you really well. If they are going to a different school, you could keep in touch on social media and arrange to meet up at the weekend.

Making new friends is exciting, and the friends you make at high school might remain your friends for the rest of your life! Think about all your positive qualities and circle them below.

- exciting
- funny
- patient
- kind
- helpful
- cheerful
- caring
- good at listening
- sensible
- hard-working
- honest
- smiley
- gentle
- energetic
- loyal
- enthusiastic
- brave
- fun

What other words could you use to describe yourself? Write them here:

**When you start S1, you want to create good impressions with your teachers and other S1s, so let your positive qualities shine!**



# You got a friend in me!

It might sound silly, but in order to make new friends it helps if you look friendly.

Smile at people, look them in the eye, show an interest in what they are doing, give them a compliment, go and sit beside someone if you see them on their own, and find out what you have in common - maybe you have the same maths teacher or favourite TV show.



## What else could you do?

Talking to someone for the first time can be awkward so try to have some conversation starters ready:

“What primary school did you go to?”

“What’s your favourite computer game?”

“Who is your favourite YouTuber?”

“What did you do during the lockdown?”

“Do you want to go to the Opt-In games club?”

“Did you go on a P7 trip to Blairvadach?”

“Have you had a Pizzanni yet? They’re yummy!”

“What’s your best class so far?”



**\*Opt-In staff hold weekly lunchtime games clubs for all S1 pupils. Look out for posters at your school to see what day the club is on.**

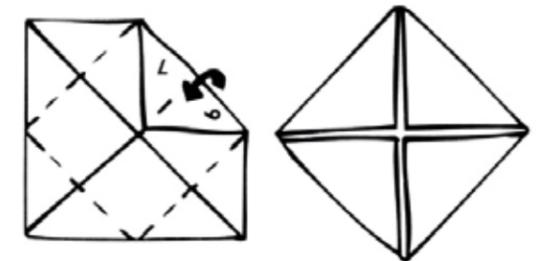
A chatterbox is a great way to get a conversation going. There is a template on the next page, or you can make your own using these instructions.

1. Cut out the Puzzler square.

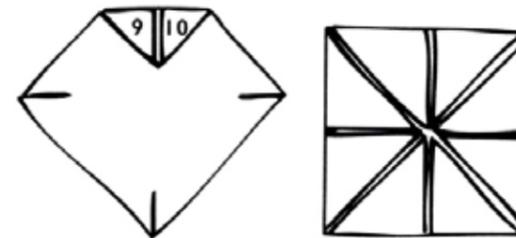


Fold and crease the square along each diagonal. Open it out and lay it flat.

2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



4. Fold the square towards you in half.



5. Push the top corners towards the centre



6. Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

Cut out and make

**1** Talk about what you like to watch on TV.

**2** Find out what they like to do at the weekend.

**3** Come along to the Opt-In lunchtime games club.

**4** Give a compliment, e.g. "I like your hair."

**5** Join a lunchtime or after-school club.

**6** Ask about primary school. What did they like to do?

**7** Go and sit beside someone who is on their own.

**8** Smile, look people in the eye.

**9**

**Friendship Chatterbox**  
 Make up this chatterbox and use it for ideas about how to start talking to people and make new friends when you start secondary school.

**How to make your chatterbox:**

1. Fold in half both ways and open out again.
2. Turn it over and fold each corner into the centre.
3. Turn it over again and turn the corners into the centre.

This chatterbox can be a good way to get a good chat going with new friends at secondary school.

Instructions on the previous page.

## So let's see how you do in the Beat The Worries quiz!

**1. It's your first week at high school. After break you get lost and can't find your maths class. What do you do?**

- A) Hide in the toilets.
- B) Phone your gran.
- C) Go and ask the Headteacher to help you.
- D) Ask any member of staff you see for help.



**2. You've noticed that a boy in your class often gets picked on by another pupil. What do you do?**

- A) Have a go at the other pupil and tell them to leave the boy alone.
- B) Report it to the Headteacher.
- C) Encourage the pupil to speak to their pastoral care teacher.
- D) Just ignore it - no one is bullying you.



**3. You arranged to meet your friend from primary for lunch, however they forget and don't show up. What do you do?**

- A) Go to the lunch hall and see if your friend is there. If not, join other pupils from your class.
- B) Don't have any lunch and just wander around on your own.
- C) Find your pastoral care teacher and tell them you have no one to have lunch with.
- D) Go home.

**4. Another pupil in your class always seems to be on their own at break time. What do you do?**

- A) Ignore them - you've got your own friends to hang about with.
- B) Go and talk to them and invite them to come and hang out with you and your friends.
- C) Point out to everyone else that they are on their own and have no friends.
- D) Tell the Headteacher you are worried about them.

**5. Your friend walks into class late. You notice that they have a huge tomato ketchup stain on their jumper. What do you do?**

- A) Point this out to the person sitting next to you and laugh really loudly.
- B) Tell the teacher.
- C) Quickly speak to your friend and let them know - they could then take their jumper off.
- D) Just ignore it.



(Answers on page 20.)

For years (since way back in 2002), the Opt-In Service has been working in loads of schools and asking hundreds of P7s what they are worried about when they think of moving up to high school. The most common answers are getting lost, dealing with bullying and making new friends.

So if you feel worried about any of these things, you are not alone. We hope that some of the information included in this pack will help you think about these issues. However, if you have any questions or concerns please get in touch. Our contact details are on page 21.

## Bullying

Bullying can happen anywhere and it can happen at school.

Bullying can include the following:

- Being teased or called names
- Being hit, kicked or pushed
- Getting abusive texts or chat on social media
- Being ignored or left out
- Being picked on because of your appearance, religion, etc.

Schools take bullying very seriously and if you are concerned about yourself or someone else, you should talk to your pastoral care teacher.

**If you are being bullied:** remember it's not your fault. Sometimes children are worried that if they tell someone about the bullying it will get worse, however you must talk to someone you trust. At school, this could be your pastoral care teacher. They will help you.

**If you see someone being bullied:** let them know what is going on and encourage them to speak to an adult. Again, you could let your pastoral care teacher know.

**If you are bullying someone:** sometimes pupils start being mean to someone for a laugh and then it becomes a habit. This is bullying. If you find yourself in this situation, stop and think, put yourself in the other person's shoes. You can change your behaviour. Talk to someone about how you are feeling.

It is so important that you talk to someone if you are worried about bullying. This could be a parent, a brother or sister, a teacher, your pastoral care teacher or a friend. If you are stuck for someone to speak to, you can contact **Childline** on **0800 11 11** or visit their chatroom at **www.childline.org.uk**



## Getting lost

Leaving your primary school and setting off for a brand new and larger school is scary. However, please be reassured that when S1 pupils are asked how long it took for them to find their way about their new school they generally say one or two weeks - not long at all!

### Remember:

- There are lots of people to ask for help and directions: teachers, janitors, office staff, older pupils.
- There are plenty of signs to follow. Subjects are grouped together in corridors so once you are in the maths corridor or the science corridor, it should be easy to find your classroom.
- You will be given a timetable with your teacher's name and room number on it.
- Stick with your class. You will be moving from subject to subject with others in your class, so don't wander off on your own.
- Stay calm and don't panic if you do get lost. Take a deep breath and look for someone to ask for help. You won't get into trouble for being late to class because you got lost in the first couple of weeks.

“After one week, I felt I knew my way round the school. Once you start following your timetable, you quickly remember where all the classes are.”



# Getting homework in on time



Put these sentences in the correct order by numbering them one to five:

- If your homework is not done, be honest, apologise and tell the teacher why.
- Write due date in homework diary or put into an app.
- Do homework the day you get it and put it in your school bag.
- Teacher gives you homework and tells you when it is due.
- Give your completed homework to the teacher on due date.



(Answers on page 20.)

# Being organised

A	D	I	A	R	Y	P	E	S	M
P	E	L	B	A	T	E	M	I	T
Q	C	S	U	D	W	N	H	U	T
R	U	L	E	R	R	C	O	N	B
Q	C	A	R	D	F	I	M	I	U
T	E	E	J	O	T	L	E	F	S
O	T	P	D	R	A	C	W	O	P
S	I	L	L	U	T	H	O	R	A
C	K	O	H	B	T	O	R	M	S
T	E	X	T	B	O	O	K	S	S
W	P	E	N	E	S	L	E	E	P
V	D	A	E	R	A	L	A	R	M
P	E	J	O	T	T	E	R	S	S

## Find the words

Pencil  
Bus pass  
Pen  
PE kit  
Jotters

Ruler  
Q Card  
Timetable  
Rubber  
Textbooks

Uniform  
Alarm  
Sleep  
Homework  
Diary



# Common questions for S1:

“ Are there after-school clubs? ”  
Yes, lots and you can meet friends there!

“ Can you go outside for lunch? ”  
Yes, but not until teachers have given the go-ahead.

“ Do you get lots of homework? ”  
A bit more. The key is to do bits throughout the week.

“ Are there bullies at high school? ”  
It is possible. The most important thing is to tell someone if you feel bullied.

“ Is the food in the canteen good? ”  
Yes. There is more choice than primary school and it is cheaper than going outside for food.

“ What happens if you get lost? ”  
Don't panic. Ask any adult or older pupil you see for directions.

“ What happens if you forget your homework? ”  
As long as it is not a regular occurrence, teachers can be forgiving. Be honest and explain what happened.

“ Is the work harder? ”  
It will depend on the subject. Some will be harder, but this makes learning interesting and exciting.

## More questions for S1:

“ Is it easy to make friends? ”

It is different for everyone, but there are lots of opportunities to meet new people.

“ Are you allowed a mobile phone in class? ”

Your mobile phone must be switched off and in your bag in class.

“ What happens if you are late for school? ”

You need to go to the school office to say you have arrived. Apologise to the class teacher for being late.

“ What does a pastoral care teacher do? ”

Your pastoral care teacher is there to help with worries that you might have about school.

“ How do you remember all the classes? ”

Your timetable tells you what classes you have and when. It is a good idea to take a copy or photo of this in case you lose it.

“ Are teachers strict? ”

Like primary school, every teacher is different, but often teachers can be more strict at the start of the year and become more relaxed as they get to know you.

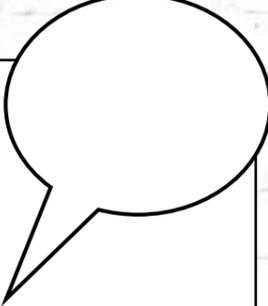
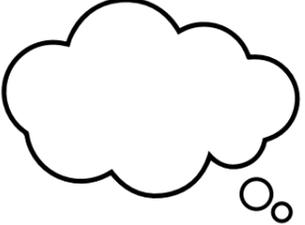
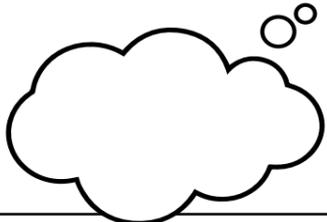
If you have more of your own questions, please get in touch with Chloe, Kathryn or Jennifer at Opt-In. Our contact details are on page 21 of this booklet.

## Example cartoon strip of your first day at school



# Fill out this cartoon strip of your first day at school

Draw and/or write what is happening.

	
<i>THE NIGHT BEFORE</i>	<i>HOW YOU WILL GET TO SCHOOL</i>
	
<i>AT SCHOOL</i>	<i>FIRST CLASS</i>
	
<i>AT LUNCHTIME</i>	<i>AFTER SCHOOL</i>

# My new routine

	Time
Time to wake up	<input type="text"/>
Get washed and dressed	<input type="text"/>
Have breakfast	<input type="text"/>
Leave for school	<input type="text"/>
Arrive at school	<input type="text"/>
End of school	<input type="text"/>
After-school club or head home	<input type="text"/>
Arrive home	<input type="text"/>
Do homework	<input type="text"/>
Have dinner	<input type="text"/>
Relaxing time	<input type="text"/>
Pack bag for next day	<input type="text"/>
Bed time	<input type="text"/>



## Top tips for a good routine:

Pack your bag the night before - always use your timetable to help you.

If your school uses a diary/planner, always take it with you.

Set the alarm clock leaving enough time to have breakfast, and make sure you are clean and wearing the correct uniform.

Leave the house with plenty of time for your journey to school.



A good ending helps a bright new beginning. Some of us did not get the chance to have a proper goodbye with our friends at school or our teachers. It is important to let people know how much they mean to us.

You could make a card on your computer and email it to a friend, teacher or other school staff.

You could make a card and send it by post to your old school.

You could send your teacher a thank you note on Glow or Seesaw to tell them how grateful you are for them teaching you. They might be finding lockdown hard too and it could give them a boost.

Just because the primary school chapter of your life has ended it doesn't mean friendships have to, even if you are going to different high schools. **Keep in touch!**



**Remember, you are braver than you think.  
You can do this!**



**Beat the Worries quiz answers:**

- D – Any member of staff will be happy to help. Don't be too shy to ask.
- C – The pupil must talk to an adult they trust. At high school, the best person to speak to is often your pastoral care teacher.
- A – Go to the lunch hall and get some lunch. Your friend might already be there and you will definitely see someone you know.
- B – Put yourself in their shoes. If you were on your own, wouldn't you want someone to come up and talk to you?
- C – Don't embarrass your friend. Let them know and then they can do something to avoid everyone looking at them

**Getting homework in on time answers:**

1. Teacher gives you homework and tells you when it's due.
2. Write due date in homework diary or put it into an app.
3. Do homework the day you get it and put it in your school bag.
4. Give completed homework to teacher on due date.
5. If your homework is not done, be honest, apologise and tell the teacher why.

**Wordsearch answers:**

A	D	I	A	R	Y	P	E	S	M
P	E	L	B	A	T	E	M	I	T
Q	E	S	U	D	W	N	H	U	T
R	U	L	E	R	R	K	O	N	B
Q	E	A	R	D	F	I	M	I	U
T	E	E	J	O	T	L	E	E	S
D	T	P	D	R	A	C	H	O	P
S	T	L	L	U	T	H	O	R	A
C	K	O	H	B	T	O	B	M	S
T	E	X	T	H	O	O	K	S	S
W	P	E	N	E	S	L	E	E	P
V	O	A	E	R	A	L	A	R	M
P	E	J	O	T	T	E	R	S	S

# Meet the team



Opt-In is here to help with your transition to secondary school. We want to hear from you. Get in touch with the person who works in your school. Details below:



I'm Kathryn Young. I work in Govan High School, Bellahouston Academy and all the primary schools that will go there.

@ Email: [kathryn.young@quarriers.org.uk](mailto:kathryn.young@quarriers.org.uk)

📞 Phone: 07774 745658 or 0141 212 2682



I'm Chloe Philip. I work in Lourdes Secondary School, Rosshall Academy and all the primary schools that will go there.

@ Email: [chloe.philip@quarriers.org.uk](mailto:chloe.philip@quarriers.org.uk)

📞 Phone: 07899 013398 or 0141 212 2682



I'm Jennifer Lorimer. I work in St Paul's High School, Hillpark Secondary School and all the primary schools that will go there.

@ Email: [jennifer.lorimer@quarriers.org.uk](mailto:jennifer.lorimer@quarriers.org.uk)

📞 Phone: 07909 173645 or 0141 212 2682

**Project Manager Colin Simpson**

@ Email: [colin.simpson@quarriers.org.uk](mailto:colin.simpson@quarriers.org.uk)

📞 Phone: 07812228517 or 0141 212 2682



# Information for parents: primary to secondary transition

Your child is at an important stage in their school journey. The move from primary to secondary education is exciting but quite often, for children and their parents, a bit scary. Quarriers Opt-In Service has been working in schools across the south west of Glasgow for 18 years to support children as they move into high school. Often, this support is targeted directly at families who schools identify as needing a bit of extra support. However this year, given our unprecedented circumstances, the service felt it would be useful to reach out to all parents in the six learning communities of Bellahouston Academy, Govan High School, Hillpark Secondary, Lourdes Secondary, Rosshall Academy and St Paul's High School. Your child may have received, or can access online, a booklet designed to address their anxieties and to help prepare them for some of the practical demands of going to high school. This information is for you:

## Relax

You may actually be more stressed about your child moving onto high school than they are! The majority of P7s take it in their stride: they are not doing this alone, they will be with their friends and they tend to be very excited and ready for the move onto their new school. Try not to pass your anxieties onto your child. Relax, take a deep breath and stay calm. Your child can do this – let them know that you believe that!

However, if your child does seem anxious, don't dismiss their worries, no matter how trivial they may seem. It is normal to have mixed emotions about going to high school. Focus on the positives and provide lots of reassurance. Remind them that they are not alone and many of their friends will be experiencing the same feelings.

It will take a while for them to settle in and they may seem tired and grumpy at home, so cut them some slack and help them get into a good routine.

## Encourage

Reassure your child and encourage them every step of the way. Encourage them:

- to be organised, to pack their school the night before, check they have completed homework, ask them if they need their PE kit, etc.
- to make new friends. Show an interest in their friendship group without grilling them every day.
- to make the most of opportunities and find a lunchtime or after-school club to join.

## Communicate

Your child is growing up and venturing into the world of adolescence. Often they become less keen to share general chit-chat about their school day and the best you can hope for is a reply of 'fine' when you ask them how their day was. They might not wish to communicate, but find a way to let them know that you are there and they can speak to you about anything anytime. Be available. Be patient.

## Your child's transition to secondary school during this lockdown phase of COVID 19.

Your child will not have experienced the usual transition support this year because of school closures. Please be assured that the schools will be doing their utmost to support your child and liaise with their primary school, and will help and guide them once they start S1.

Quarriers Opt-In Service will be working in the schools to provide additional support to S1 pupils to help them settle in during the first few weeks. We run focused group work sessions and a drop-in lunch club once a week. We work closely with each school's pastoral care department.

If you would like a member of the Opt-In team to speak to you or your child, please contact Colin Simpson on **0141 212 2682 / 07812 228517** or email **optin@quarriers.org.uk**.



## Useful websites

[www.childline.org.uk](http://www.childline.org.uk)

[www.young.scot](http://www.young.scot)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.actionforhappiness.org](http://www.actionforhappiness.org)



You or your child might like to try a mindfulness app: try **Headspace** or **Smiling Mind**.

## Useful numbers and websites

### Schools

**Bellahouston Academy**

Tel: 0141 582 0030

Email:

headteacher@bellahouston-sec.glasgow.sch.uk

**Govan High School**

Tel: 0141 582 0090

Email:

headteacher@govanhigh.glasgow.sch.uk

**Hillpark Secondary School**

Tel: 0141 582 0110

Email:

headteacher@hillpark-sec.glasgow.sch.uk

### Agencies

**Aye Mind**

Information about wellbeing for young people

[www.ayemind.com](http://www.ayemind.com)

**Child Exploitation and Online Protection Centre**

Information about keeping young people safe online

[www.ceop.gov.uk](http://www.ceop.gov.uk)

**Childline**

Tel: 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

**Enquire**

Advocacy service for young people

[www.enquire.org.uk](http://www.enquire.org.uk)

**Glasgow Life**

Tel: 0141 287 4350

Email: [info@glasgowlife.org.uk](mailto:info@glasgowlife.org.uk)

[www.glasgowlife.org.uk](http://www.glasgowlife.org.uk)

**Quarriers Opt-In Service**

Tel: 0141 212 2682

Email: [optin@quarriers.org.uk](mailto:optin@quarriers.org.uk)

**Lourdes Secondary**

Tel: 0141 582 0181

Email:

headteacher@lourdes-sec.glasgow.sch.uk

**Rosshall Academy**

Tel: 0141 582 0200

Email:

headteacher@rosshall-sec.glasgow.sch.uk

**St Paul's High School**

Tel: 0141 582 0040

Email:

headteacher@st-paulshigh.glasgow.sch.uk

**Parenting Across Scotland**

Information for parents

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

**Respect Me**

Information and advice around bullying for both adults and young people

[www.respectme.org.uk](http://www.respectme.org.uk) Samaritans

Tel: 116 123

**Richmond's Hope**

Bereavement support for children and young people aged 4-18 years

[www.richmondshope.org.uk](http://www.richmondshope.org.uk)

**See Me**

Information about mental health and wellbeing

[www.seemescotland.org](http://www.seemescotland.org)

**Young Scot**

Information for young people

[www.young-scot.org](http://www.young-scot.org)

**Quarriers Opt-In Service**

Govan High School

12 Ardnish St

Glasgow G51 4NB

Tel: 0141 212 2682

Email: [optin@quarriers.org.uk](mailto:optin@quarriers.org.uk)



[www.quarriers.org.uk](http://www.quarriers.org.uk)

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