

## Difference between High School and Primary School

Although **High School and Primary** may seem very **different** with a lot of **new** things and **many changes** there are many things that are the **same or similar!** Looking at the similarities between the primary and secondary may **help** to make **transition** seem a little **less scary** and make you feel a little **more prepared** for the changes.

L.I: To compare a new and current situation.

Success Criteria:

- Read the statements carefully.
- Identify the statements that are the same as your current situation.
- Select the statements that are only for the new situation.
- Discuss and answer questions to show your understanding of the new and current situation.

Below are a list of **statements about High School**. **Circle/Highlight in red** the ones that are the **same as your primary school** and **circle/highlight in blue** the **ones that are different**.

You will get homework.

You will go on school education trips and residential trips.

There will be whole school assemblies.

You will move around different classes.

You will have different classmates in some classes.

You will have different teachers for different subjects.

You will need to take your PE kit to school on certain days.

You will have to find your way around to the different classes.

You will not be allowed to run inside the school.

You have to try your hardest in all of your work/classes.

Your parents/carers will be invited to a parents' evening to see how you are getting on.

You will get report cards.

You will be able to choose what you want to eat for your own lunch.

Your teachers may inform your parents/carers if there are any problems at school.

You will get the chance to take part in after school clubs and activities.

You will meet and work with new friends and peers.

You may have some disagreements or fallouts with others.

You will have to follow a timetable.

You will get to try new things.

You will be able to see and meet your friends at lunchtime and after school.

There will be consequences if you do not follow the school rules/codes.

You will be able to get to school by walking.

You will be able to take the bus to school on your own.

School will start at 8:50am

## Questions

1. How many of the statements are the same or similar to your primary school? Are you surprised by the number that are similar or the same? Why/why not?
2. What types of things did you notice that were similar/same? What types of things did you notice that were different?
3. Did any of the ones that were the same surprise you? Why or why not?
4. Having completed this task has it made you feel any better, eased any fears or concerns about the change in August? Why or why not?

Are there any other things that are the same or different that you can think of? Put them into the table below.

| Same/Similar | Different |
|--------------|-----------|
|              |           |

## Thinking About the Positives

THE ONLY WAY  
TO MAKE SENSE  
OUT OF CHANGE  
IS TO PLUNGE  
INTO IT, MOVE  
WITH IT & JOIN  
THE DANCE.

*Alan Watts*

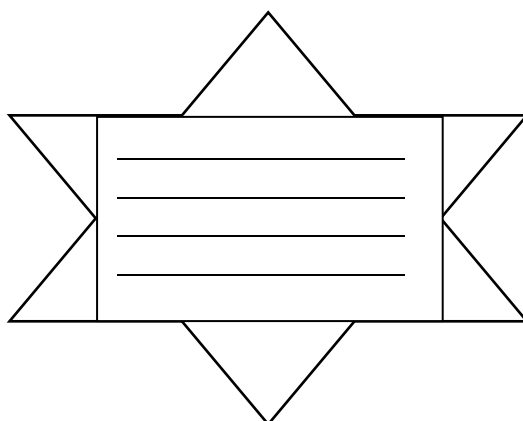
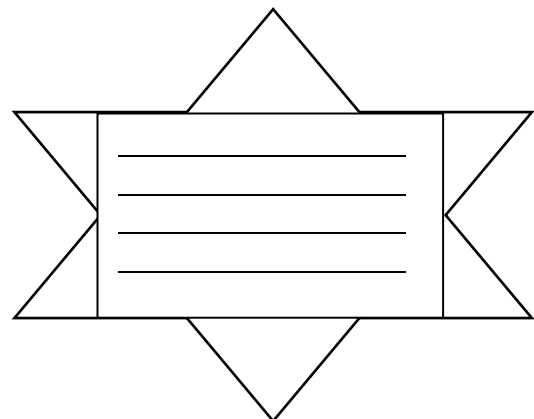
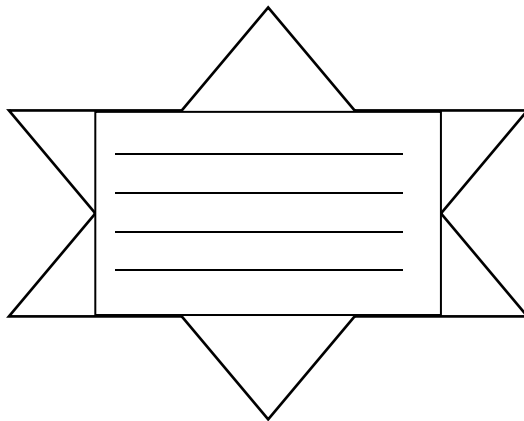
Last week you looked at Fears and concerns about the move and change going from **primary to secondary** this week the **focus is on the positives!** The positives that this change can bring and all the **good things** that can come from moving from primary school to high school!

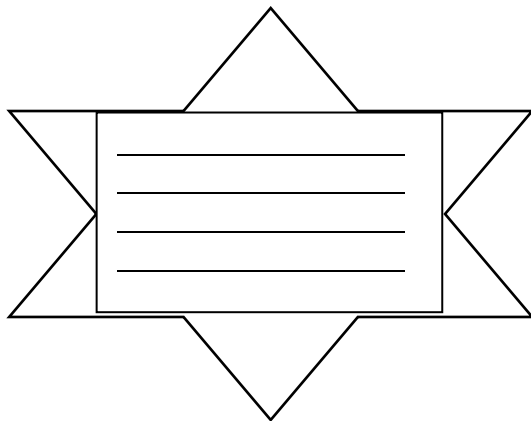
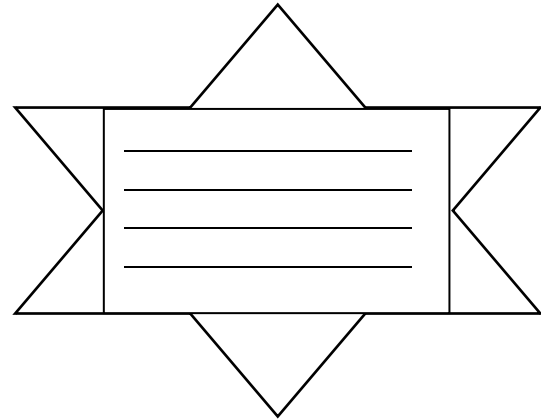
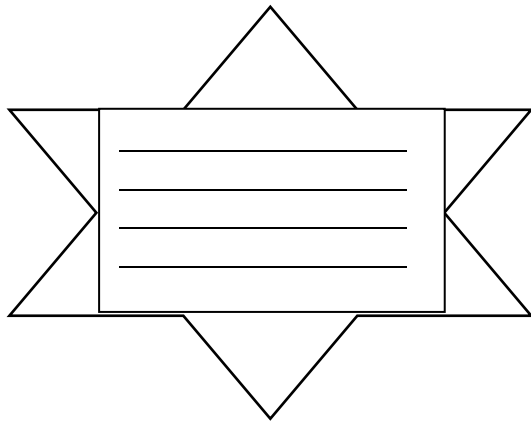
L.I: To identify the positives in a situation.

Success Criteria:

- Select positive/good things that I can see/gain from a new situation.
- Discuss why they are positives.
- Understand how seeing the positive things can help create a good mind set.
- Explain why these things are positive to you.

Starting secondary school **can be an exciting** time with lots of **new** things to **learn**, new things to **experience** and new **people** to meet. **Think about all the different positive things that can come from this transition.** What are you **excited** about? What are you **looking forward to**? What do you think will happen? What **new experiences** and **opportunities** will you have? Fill in the stars!





Online or from books try to **find positive quotes about change, moving on or progressing**. Write them in the space below. If you feel a bit worried or upset **read some** of your quotes to see if it can help **shift your mind set!**

## Hopes and Aims

**GOALS. THERE'S NO TELLING WHAT YOU CAN DO WHEN YOU GET INSPIRED BY THEM. THERE'S NO TELLING WHAT YOU CAN DO WHEN YOU BELIEVE IN THEM. AND THERE'S NO TELLING WHAT WILL HAPPEN WHEN YOU ACT UPON THEM.**  
JIM ROHN

L.I: To outline personal hopes and aims.

Success Criteria:

- Identify hopes and aims for learning and for personal aspects of high school.
- Select ways that attitude, effort and behaviour can help learning.
- Discuss these hopes and aims.
- Explain why you have chosen these hopes and aims.

When you start **secondary school**, it is a **new start** and a new **challenge**. A time to think about **what you want to gain** from and throughout this **new journey**, what do you **hope to achieve** and how you aim to help yourself to do this.

### My Learning Hopes and Aims

1. In my lessons for the next year I aim to \_\_\_\_\_

2. In first year I hope to find out and learn about \_\_\_\_\_

3. When I start secondary school, in my learning I hope and aim to improve \_\_\_\_\_



My Effort/Attitude/Behaviour Hopes and Aims

1. In first year I aim to behave \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. At secondary school I hope to have a \_\_\_\_\_ attitude by

\_\_\_\_\_

\_\_\_\_\_

3. When I start secondary school, I aim to give \_\_\_\_\_ effort by

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**“GREAT EFFORT SPRINGS NATURALLY FROM GREAT ATTITUDE.”**  
**PAT RILEY**

Continuous effort, courage, positive attitude and determination are the key to unlocking our full potential.  
- Anurag Prakash Ray

My Personal Hopes and Aims

1. In the next year I aim to become more confident in/at \_\_\_\_\_

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2. In first year I hope to achieve or be proud of \_\_\_\_\_

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3. When I start secondary school, I aim to make strong friendships because \_\_\_\_\_

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How happy are you with the hopes and aims you have set for your first year?



How well do you think you will be able to do/achieve these aims you have set?



After setting these hopes and aims how do you feel about starting high school?





## Top Tips for Starting High School

There is a **lot of advice** out there from **different sources** about **starting secondary** school. From teachers, parents, older pupils, the internet, social media etc. Below are some **statements of advice**, once you have **read them choose your 'Top Tips.'**

**Create a poster** for you and your classmates to **show 'Top Tips'** and best advice for starting high school. Make it **bold, bright and colourful** with the **key points and information**. Don't forget a title and blurb to **outline the purpose** of your poster.

Use the space below or a separate piece of paper if you wish.

Take time to familiarise yourself with the building and the places you will use on a daily basis such as dining hall, toilets etc.

Keep your timetable handy at all times until you know your days and classes inside out.

Have a few copies of your timetable in case when gets lost or ruined. Laminating them if you can, can help them last longer.

Try and meet and talk to people you did not go to primary school with, this will help you to build new friendships and make new friends.

Familiarise yourself with the staff, people you will be working with and people who may be able to help you if you need it.

Make a list of the equipment and things you will need for starting secondary school, stationary, calculator etc.

L.I: To design an information poster.

Success Criteria:

- Select the key information and advice to use in the poster.
- Explain your reasons for your choices.
- Outline the purpose of the poster in the title and blurb.
- Include bright and bold colours and pictures.

Make a diary or a journal on the run up to starting high school and/or the first few weeks into starting. Write down any thoughts and feelings and things you might one to get off your chest.

Colour code your timetable so that it easier to see when you have certain subjects at certain times.

Join clubs, after school and lunchtime activities that interest you. It is great way to get to know people and make you friends as well as learn new things.

If you need help, ask for it!

Plan your route from your house to your school. Do a dummy run to make sure you know where to go, timings and feel comfortable doing it yourself.

Get to know a little more about new subjects, what they involve, what you might be doing. This can make you feel a like more confident and comfortable doing something new.

Smile, even if you don't feel like it. It can make you feel better and make others feel better too.

Treat people how you want to be treated.

Try new things even if you don't feel like it or don't feel confident, you may surprise yourself.

Avoid gossiping and make your own decisions about people and things.

Be yourself! Let people get to know the real you.

Share your interests and things that you enjoy with others, this will help you to make friends and with people who you have things in common with.

Pack your bag and lay your uniform out the night before you start, get organised and try to have a relaxing morning.

Try to get a good nights sleep.

Talk to people if you have any worries or concerns don't let them build up.

Make plans outside of school, go to the pictures/swimming etc with new and old friends.

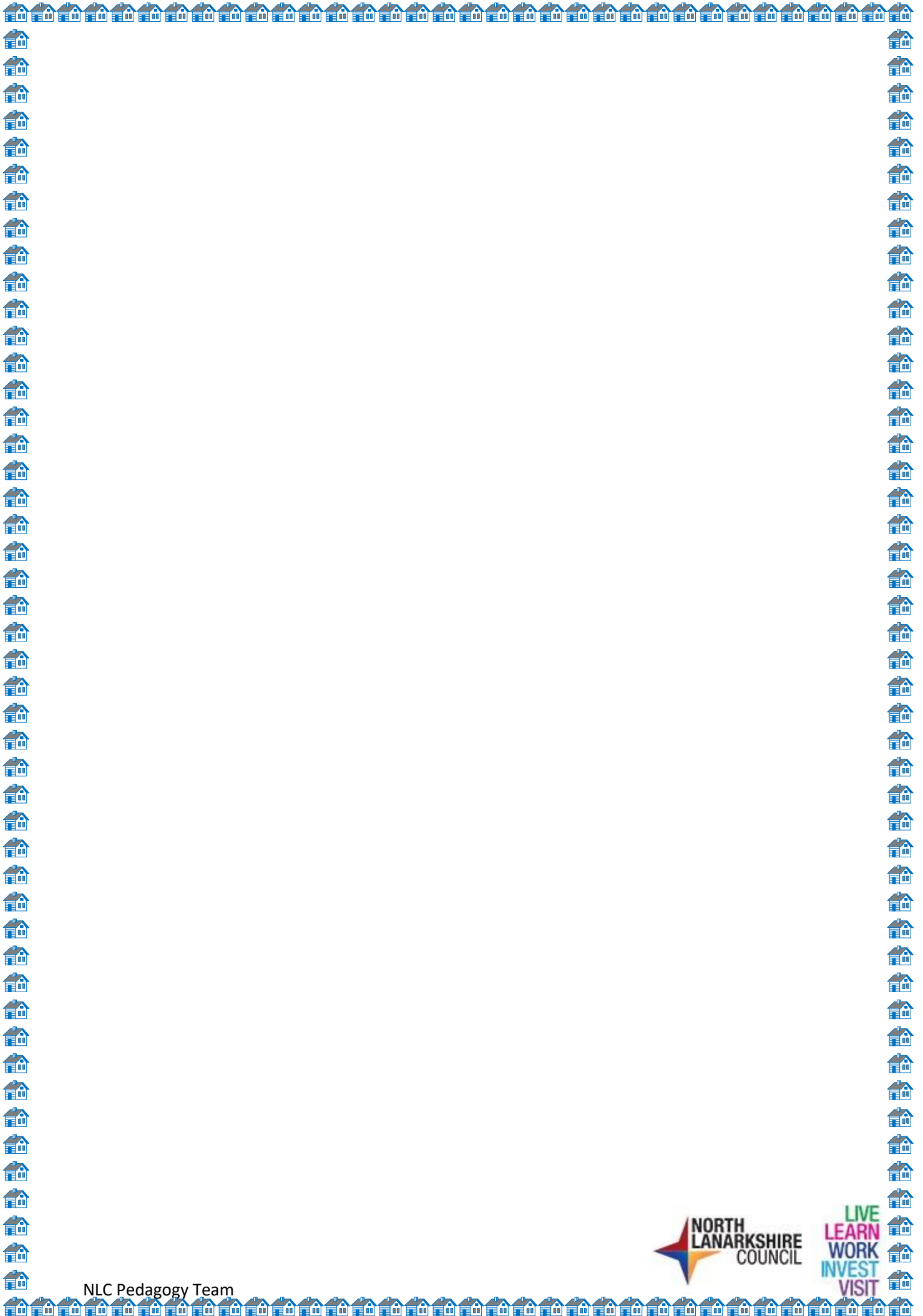
Don't be late in the morning or for classes. If you are late make sure you apologies and give a reason.

Make sure you follow the rules, let teachers get to know who you are for the right reasons.

Work hard and put in as much effort as you can to every subject.

Get to know your teachers and their expectations, what they allow and don't allow. Every teacher is different and you want to make sure you behave as appropriately as you can.

You won't like every subject, every teacher or every classmate but try to get along with everyone as best you can and show respect to everyone.



NLC Pedagogy Team



LIVE  
LEARN  
WORK  
INVEST  
VISIT