

Information Series

**Top tips for a  
successful school  
transition**

**If your child will soon be transitioning  
from primary school to secondary  
school here are some top tips...**

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**Tip 1:**  
**Look at the school  
website**

**This might have a virtual tour of  
the school, photos to look at and  
helpful information.**

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**Tip 2:**  
**Plan the route  
to the school**

Plan the route to and from school  
and practice it a few times.

Work out how long it takes.

Find out where bus or train stops are,  
or look at street view in Google maps  
to learn more or to plan a route.

Load tickets on your phone or on a pass.

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**Tip 3:**  
**Find a suitable  
school bag**

Find a bag which is big enough  
to fit everything you need in it:

**Books • Pencil case • Water bottle  
PE kit • Packed lunch**

**Practice packing your bag.**

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**Tip 4:**  
**Practice wearing  
a uniform**

If there is a uniform get one as soon as possible.  
Practice wearing it and learn to do a tie if needed.

Wear new shoes to break them in and have  
blister plasters in case they rub.

Check whether make up or jewellery are allowed.

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**Tip 5:**  
**Check the school's  
phone policy**

Check the school's policy of the carrying  
and use of phones.

If you cannot use your phone, will you need a  
watch, so that you can tell the time.

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**Tip 6:**  
**Check if you have  
a locker**

Find out if you will have a locker  
to keep your belongings in.

Have a keyring and a safe place to keep your key  
so that you always know where to find it.

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**Tip 7:**  
**Find out if there's  
a canteen**

Find out whether there is a canteen.  
Most schools use pre- paid contactless systems,  
with fingerprint or card ID, rather than using cash.

You may prefer to take a packed lunch.

Fill in any forms needed to register your  
fingerprint before you start school.

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**Tip 8:**  
**Find where the water  
station is**

Find out where you can fill a water bottle.

Try to visit the toilet at break and lunchtime.

You may want to take, or purchase, a snack.

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**Tip 9:**

**Don't worry about making friends initially**

You may have friends from your primary school moving up to the same secondary school with you. Don't worry if you don't.

Everyone will be new, and you will soon make friends. Think about the qualities that you look for in a friend when meeting new people.

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**Tip 10:**  
**If lost, ask for help**

It will take a while to find your way  
around a new building.

Don't worry if you get lost. This is normal.  
You can ask for help.

Find out if there is a map of the  
building which you can look at.

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**Tip 11:**  
**Ask teachers  
for help**

If you are worried, lost, or need help,  
you can ask a teacher for help.

You may have a tutor, learning mentor  
or another person who you can go to.

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**Tip 12:**  
**Use a planner for  
homework**

Use a diary or planner to write down when any homework is due and what needs to be done.

Try to do a little bit each day rather than letting it build up.

Using a planner or diary can help you organise what you need each day and where you need to be. To do lists can help too.

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**Tip 13:**

**Speak to other people  
already at the school**

Ask them about school life or anything  
which you are worried about.

Find out if the school has a buddy system if you  
don't already know someone at the school.