













# YEAR 6 - 7

# TRANSITION GUIDE

Starting secondary school is a big step, and it's normal to feel excited, nervous or a bit unsure all at the same time. To help make the move to Year 7 easier, we've created a simple four-phase plan. It breaks things down into small steps so you can build confidence, become more independent and settle into your new school step by step.

## JULY/ AUGUST 2026 – GETTING READY FOR YEAR 7

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-  Get your school uniform ready early and try it on (your school can help if needed).
-  Make sure all your uniform has your name on it.
-  Get your school supplies ready from the list.
-  Practise getting changed quickly for PE over the holidays.
-  Walk your route to school so you know where to go on your first day.
-  Practise your bus journey and learn your bus times.
-  Check your bag fits everything you need (books, lunch and a water bottle).
-  Talk about how you're feeling about starting secondary school.
-  Try to meet up with some people from your tutor group before school starts.
-  Learn the school rules about things like make-up, piercings and nails.
-  Stay safe online – keep accounts private, only talk to people you know and tell an adult if something doesn't feel right.
-  Be a good friend – talk things through calmly and ask for help if you need it.

## SEPTEMBER 2026 – SETTLING AND BELONGING

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- 😊 Try to talk to three new people each day – your “3 friendly faces”.
- 💬 Use simple questions to start conversations if you feel nervous.
- 👥 Join a club to meet new friends and have fun.
- 🎨 Use colours to help organise your timetable.
- 📅 Check your timetable each evening and get everything ready for the next day.
- 🎒 Use a checklist to make sure your bag has everything you need.
- 💻 Make sure you know how to log in and use your homework apps.
- 🎉 Celebrate your first month at secondary school – you’ve done amazing!

## OCTOBER 2026 – ORGANISATION AND INDEPENDENCE

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- 🎒 Pack your own school bag each day so you’re ready to go.
- 🏠 Have a quiet space at home where you can focus on homework.
- 📚 Check your homework as soon as you get home from school.
- 🌐 Look at your school’s website to see what you’ll be learning.

## NOVEMBER/DECEMBER 2026 – ACADEMIC CONFIDENCE AND GROWTH

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- 📖 Explore your favourite subjects at home with books, videos or library visits.
- 💬 Talk about what you’ve learnt each day and what you’d like to learn more about.
- 🧠 Review your learning each week using flashcards or mind maps.
- 👩‍🏫 Ask your teacher for help if you find classwork or homework tricky.