

[www.movingforward.me](http://www.movingforward.me)

**Moving Schools**

**Transitioning**

**From Year 10 to Year 11**



NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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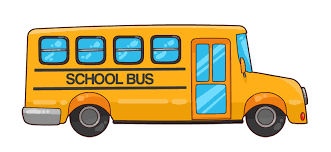
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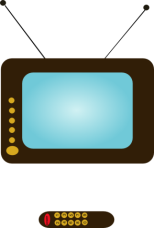
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**Travelling to School**

* + If your new school is further away you may have to travel by bus or be driven there. This will mean you may have to get up earlier in the morning, which might mean going to bed earlier at night.
  + Avoiding distractions before going to bed may help you sleep better.

[](http://www.bing.com/images/search?view=detailV2&ccid=XYQBvPmS&id=1728F188A284A633DD12DBC8792B815E00D2C66B&thid=OIP.XYQBvPmSfHqWhEGMOg07nACzFb&q=clipart+mobile+phone&simid=608000343591290156&selectedIndex=0&adlt=strict)   [](http://www.bing.com/images/search?view=detailV2&ccid=Up6K7yDB&id=C4978C0CF2E0B6A86E53D988093575981F89CB83&thid=OIP.Up6K7yDBINooWRGVYHw2QADWEs&q=clipart+ipad&simid=608006489680576547&selectedIndex=0&adlt=strict)

* + Get up early enough so you have time for breakfast – this is the most important meal of the day as it is the fuel to get your body working!
  + Try to become friends with other students who get the same bus as you, to make the journey to and from school more enjoyable.
  + If you are going by bus for the first time do a trial run before you start your new school.

**Getting Lost**



* + Check the school website for a map of the school.
  + Find out where the school office is – ask politely and the office staff will direct you to your class.
  + Teachers will be understanding at the beginning of your first term in the school if you are a few minutes late because you are lost.
  + Ask your classmates at the end of each class if any of them are going to the same class as you and walk together.

**Making New Friends**

* + Smile!
  + Joining before school/lunchtime/afterschool activities can help you make new friends especially those with similar interests.

**Sport Music ICT Drama Gardening Cooking Public Speaking Breakfast Club**

* Talk to people – give yourself a chance to get to know other students and give them a chance to get to know you!
* Get to know students in Year 12 who transferred last year – they will reassure you!



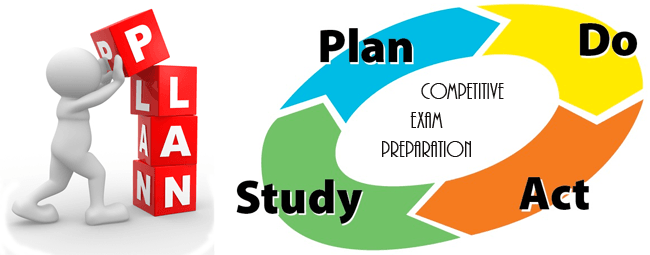
**Fitting into new classes/new Teachers**

* + - This will be as daunting for you as it will be for your teachers and classmates; you are new to them, just like they are new to you.
    - Don’t judge students /teachers on the first day.
    - It may take you sometime to settle in to your new school – some students will take longer to settle in than others – that is OK!
    - Listen to any advice you will be given, whether it is from your classmates or teachers.
    - Try to keep up to date with work – don’t be afraid to ask for help!
    - You will have to get used to new teachers and may have to adjust to different personalities and teaching styles this takes time but remember it is a two-way street.

**New GCSEs**



* This is something that you should be really EXCITED about!
* Some subjects will be the same as you are studying in your current school and some will be NEW!
* Exams may take place in Year 11 as well as Year 12 – PREPARATION IS THE KEY!



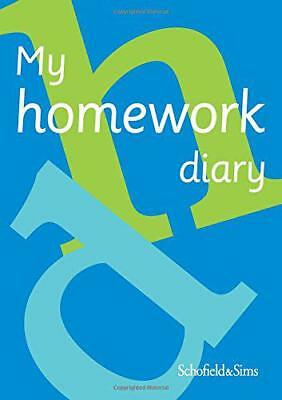
* Controlled Assessment Units – this is an opportunity for you to gain a percentage of your GCSE before sitting your actual exam. It is really good for students who perform better in assessments/practicals than they do in written exam.

**Useful websites**

<https://icould.com/stories/choosing-your-gcse-options/>

[www.movingforward.me](http://www.movingforward.me) (Study/Subject section)

**Homework**

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* Organisation and time management are **vital!**



* Record all homework in diaries/planners, **in detail!** For example: complete questions 1-3 on page 24, do not just write ‘finish homework’.
* It is better to complete the homework on the night it is set or as soon as possible so the information is fresh in your head.
* Organise your books and school bag every night – “pack and check” – always check your timetable/diary to see what books/homeworks you will need to bring to school the next day.

**What happens if there is homework you don’t understand?**

**ASK…**

Brothers/

sisters

Parents/

Guardians

Look on the Internet

Friends/

Classmates

Subject

Teacher

**Where Can I Get Help with my school work?**

**Apps/Websites/internet**

**Activity Booklets**

**Classmates**

**Family Members**

**Teachers**

**Library**

**Useful Study websites**

[www.movingforward.me](http://www.movingforward.me) (Study/Subject Section)

GCSE Bitesize – [www.bbc.com/bitesize](http://www.bbc.com/bitesize)

S-Cool – [www.s-cool.co.uk](http://www.s-cool.co.uk)

Get Revising – [www.getrevising.co.uk](http://www.getrevising.co.uk)

BBC iWonder – [www.bbc.co.uk/iwonder](http://www.bbc.co.uk/iwonder)

Corbett maths- [www.corbettmaths.com](http://www.corbettmaths.com)

**If I have worries who can I turn to?**

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* **Parents**

* **Friends**
* **Form Teacher** (Your form teacher will have most contact with you and is there to help so don’t worry about approaching them with any problems you may have.
* **Year Head** (Again your Year Head is there to help with any worries so don’t fell afraid to approach them)
* **Designated Teacher** (Your school will have specific teachers who are responsible for child protection and there will be photos of them in your school. Go to them if you find yourself fearful for any reason or bullied)
* **School Counsellor** (every Secondary School has a counsellor who comes in once a week and you can ask to be referred or some schools have a box to put your request in and it remains anonymous)

* **EWO** (There is a link EWO in every school)

**Useful Support websites**

**EMOTIONAL WELLBEING/COUNSELLING/SUPPORT**

>> [Northern Area MHI](https://northernareamhi.org.uk/) - [www.northernareamhi.org.uk](http://www.northernareamhi.org.uk)

>> [Mind Your Head](http://www.mindingyourhead.info/) - [www.mindingyourhead.info](http://www.mindingyourhead.info)

>> [iMatter](http://www.deni.gov.uk/index/pupils-and-parents/pupils/your-emotional-health-and-wellbeing.htm%20) - [www.education-ni.gov.uk/articles/imatter-programme](http://www.education-ni.gov.uk/articles/imatter-programme)

>> [Family Support NI](http://www.familysupportni.gov.uk/) - [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

>> [Young Healthy Minds](http://www.younghealthymindsni.co.uk/) - <http://www.younghealthymindsni.co.uk/>

>> [Kinship Care NI](http://www.kinshipcareni.com/) - <http://kinshipcareni.com>

>> [Lighthouse Charity](http://www.lighthousecharity.com/) - <http://lighthousecharity.com>

>> [Autism NI](http://www.autismni.org/) - <http://www.autismni.org/>

>> [Action Mental Health](http://www.amh.org.uk/) - <https://www.amh.org.uk/>

**INTERCULTURAL SUPPORT**

>> [Afro-Community Support Organisation Northern Ireland](https://www.acsoni.org/) - [www.acsoni.org](http://www.acsoni.org)

>> [Artsekta](http://www.artsekta.org.uk/) - [www.artsekta.org.uk](http://www.artsekta.org.uk)

>> [Belfast Islamic Centre](http://www.belfastislamiccentre.org.uk/) - <http://belfastislamiccentre.org.uk/>

>> [Chinese Welfare Association](http://www.cwa-ni.org/) - [www.cwa-ni.org](http://www.cwa-ni.org)

>> [Craic NI](http://www.craicni.com/) - <http://www.craicni.com/>

>> [Indian Community Centre](http://www.iccbelfast.com/) - [www.cwa-ni.org](http://www.cwa-ni.org)

>> [Jewish Belfast Community](http://www.belfastjewishcommunity.org.uk/) - <http://www.belfastjewishcommunity.org.uk/>

>> [Polish Educational and Cultural Association](http://www.peca-ni.org/home/) - <http://peca-ni.org/home/>

>> [Bulgarian School](http://www.bgschoolni.co.uk/en/) - <http://www.bgschoolni.co.uk/en/>

**Notes**

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