



Getting ready for Llanidloes High School

Name: _____

Primary School: _____



**Giving Opportunities
For All to Learn**

Ysgol Uwchradd Llanidloes High School

Tel: 01686 412289

WELCOME



Welcome to Llanidloes High School!

We are very pleased that you have decided to join us and hope that you enjoy your time with us, make new friends and learn a lot.

There are many differences between primary and secondary school. Sometimes change can be difficult, so in this booklet you will find activities that will help you to be ready for High School.

Looking forward to seeing you in September!

**Mrs Beese
ALN Co-Ordinator**

Your New School and Your New Headteacher



Mr Owen, Headteacher



Now that you have chosen to go to Llanidloes High School, it is a good idea to find out as much information as you can before you start.



This booklet will help you to find out everything you need to know.

The name of the school is Llanidloes High School

The address is Llanidloes High School, Llangurig Road, Llanidloes, Powys, SY18 6EX

The telephone number is 01686 412289

The e-mail address is:
office@llanidloes-hs.powys.sch.uk

**Changing schools
can be difficult,
but remember:**

YOU'RE BRAVER
THAN YOU BELIEVE.
& STRONGER
THAN YOU SEEM.
& SMARTER
than you THINK.
AA MilNE



Things to
consider before
your Taster Day
at Llanidloes
High School

This section should give you some things to think about so that you can make the most of your Taster Day and find out the information that matters to you.

Going to Secondary School



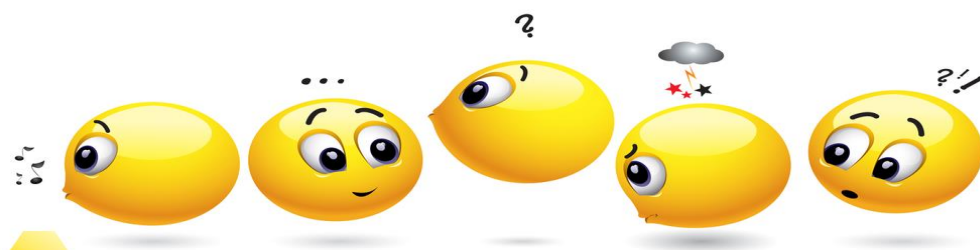
How do you feel?



These could be useful to think about when you think about changing school.

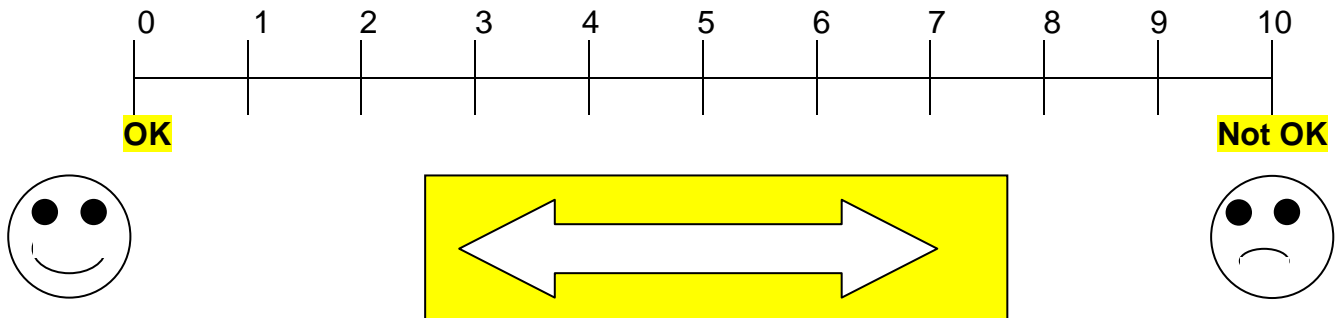
Use two different coloured highlighters, highlight the phrases that you are looking forward to in one colour; use a different colour for those you are worried about.

Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE



A solution-focused approach

Think about something that worries you about moving to Llanidloes High School.



What is the worry? _____

On the scale of 0 to 10 how worried are you? _____

Think of a time when you have been worried before _____

What helped you move down the scale that time? _____

Where on the scale would you like to feel in a month, 6 months and in a year? _____

What would help you move one point nearer? _____

What will have changed so you know you are less worried? _____



Finding your way around

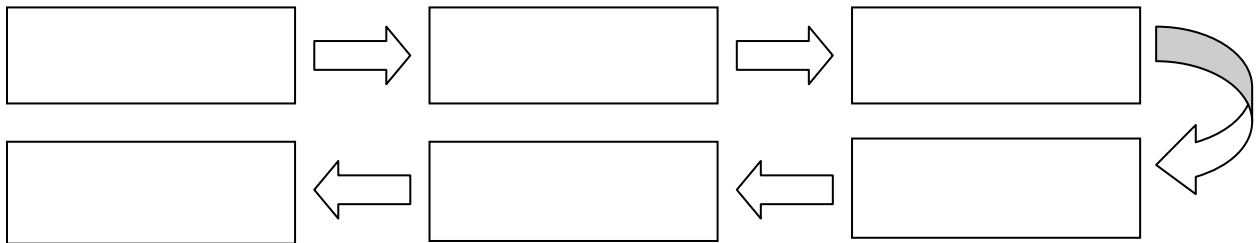
It can be difficult to find your way around a new environment. If you are not familiar with the school you could download the school map from the ALN section of the school's website.

You may want to mark on it:

- Your form room
- The library
- Different subject rooms
- The canteen
- The toilets
- The main office
- Student's entrance



Plan a route for your visit to school that will take you to some of the places marked on the map.



Draw your route on the map. Try and follow this route when you visit Llanidloes High School.



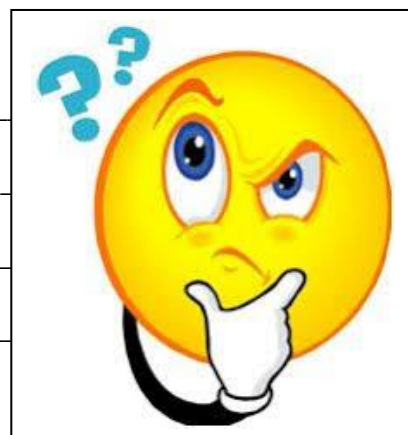
Questions For When I Visit Llanidloes High School

Date of visit _____

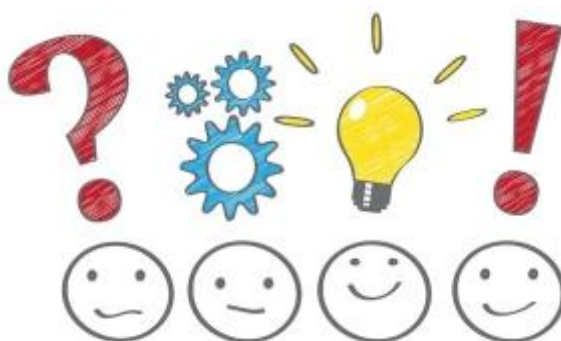
Time _____

Who will I go with _____

How will I get there _____



My questions	Best way to find out	Answer





Don't worry if you think of questions to ask after you have been for your Taster Day.

You can always 'phone the school to ask if there is something else that you would like to know.



What will you
need at
LLanidloes
High School?

This section will help you to think about what uniform and equipment you might need to get before you start Year 7.

School Uniform

It is important to wear the right clothes when you start at secondary school.

Find some photographs of students at school. You may find pictures on the website, in the school prospectus or you may know someone who already goes to the school who can show you.

Use the information on the website to find out the school dress code.
Are there any clothes or jewellery you are not allowed to wear?

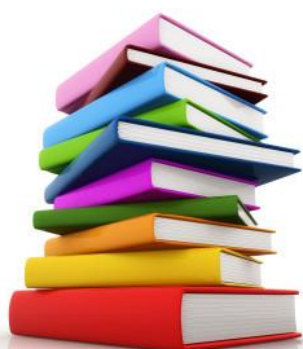
Is there anything you need to learn?

- Tying a tie?
 - Changing quickly for PE?
 - Tying shoelaces?
-
-



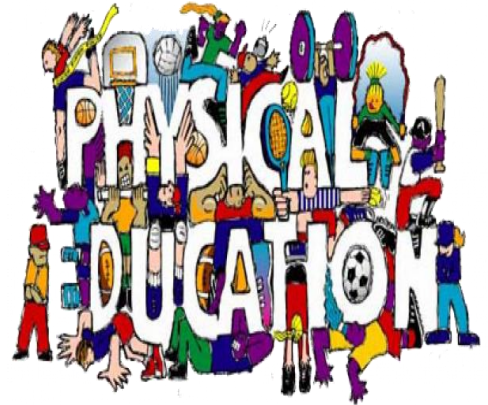
List some of the clothes you need to wear to school. Remember to think about appropriate shoes.

1. _____
2. _____
3. _____
4. _____
5. _____



Make sure you buy a bag that can hold A4 folders, textbooks, equipment and that is comfortable to carry.

1. _____
2. _____
3. _____
4. _____
5. _____



Simple Tie Knot Tutorial



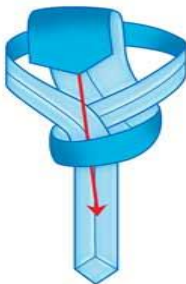
1 Put the wide end under the thinner one



2 Pass it to the right side



3 Pass it through the big loop



4 Pass it through the central wrap



5 Bring it out completely



6 Tighten by sliding up the knot to the collar

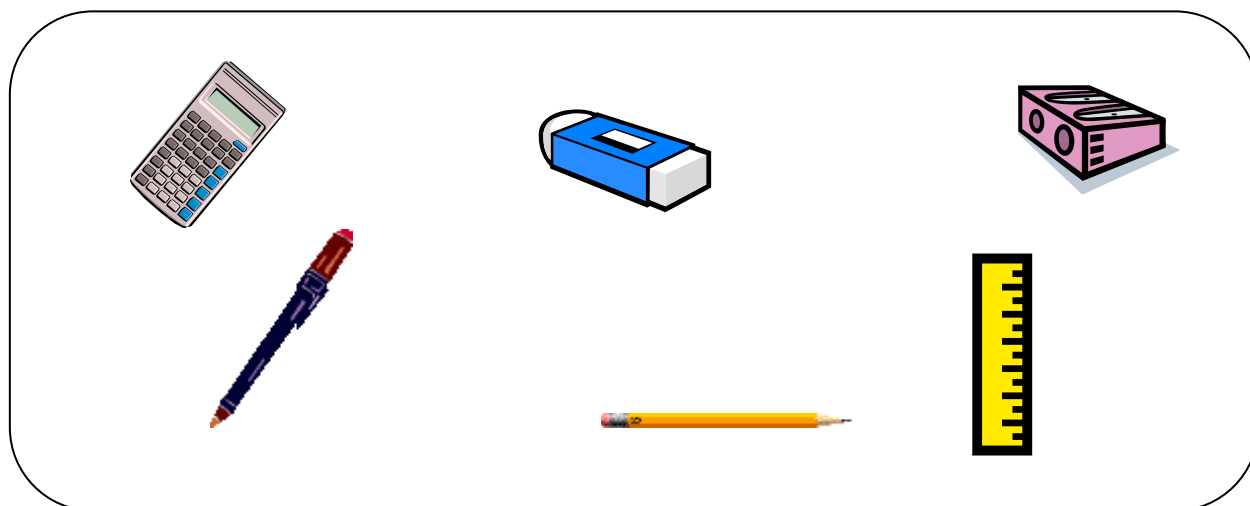
101KNOTS

If you struggle with your tie in the morning, don't worry, there will be people to help.

School equipment

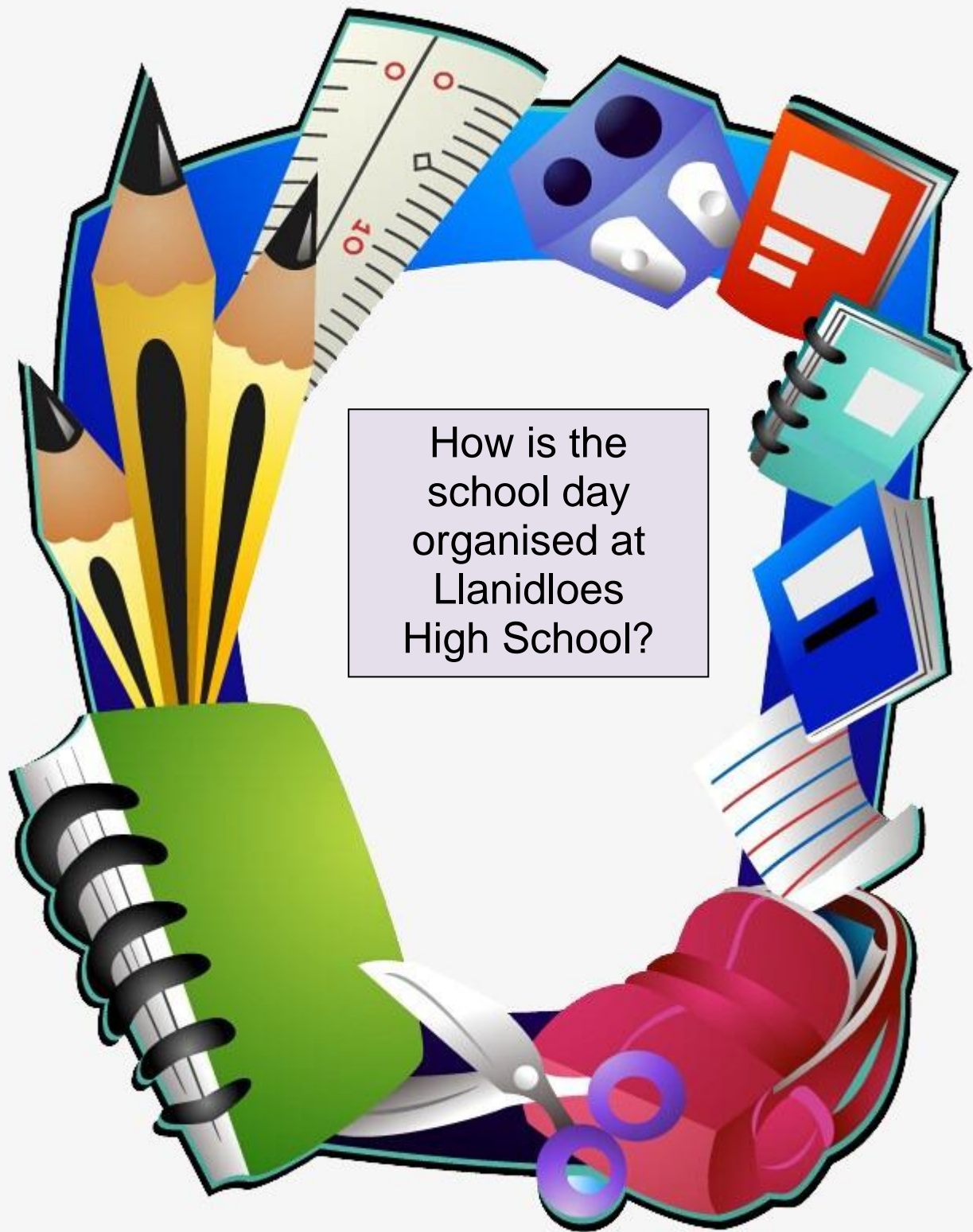
Things I need to bring every day

Every day you will need your writing equipment.



Some days you will need extra equipment. This will depend on the lessons you have that day. Look at your timetable and work out the additional equipment you need each day.

Day	Things I will need to bring Week One	Things I will need to bring Week Two
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		



How is the
school day
organised at
Llanidloes
High School?

This section will help you to think about the school day and times you need to remember.

Morning routine

Before leaving for school there are a lot of things to think about, starting from the night before.

Things to think about in the morning. Put them in the right order.

- Get dressed
- Check you have the correct equipment in your bag
- Check your timetable
- Wash
- Check you have got your homework
- Clean your teeth
- Say “Goodbye”
- Check you have the correct money
- Wake up
- Eat your breakfast
- Leave for School

Any others?

- _____
- _____

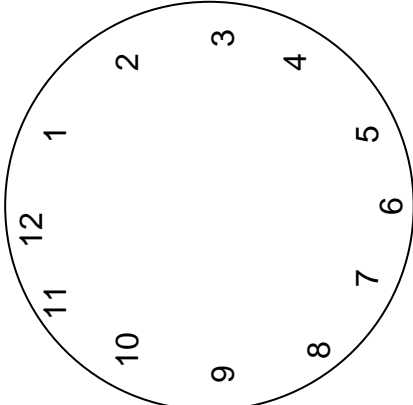
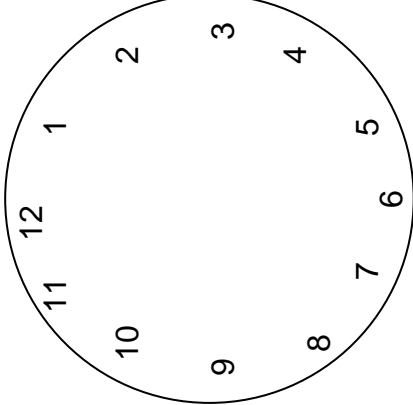
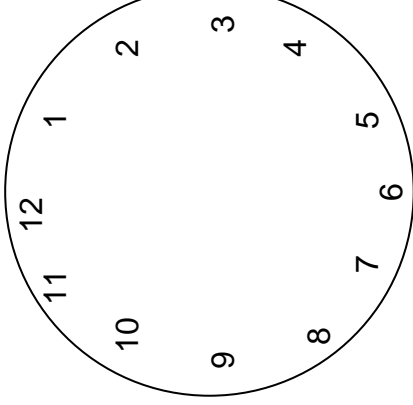
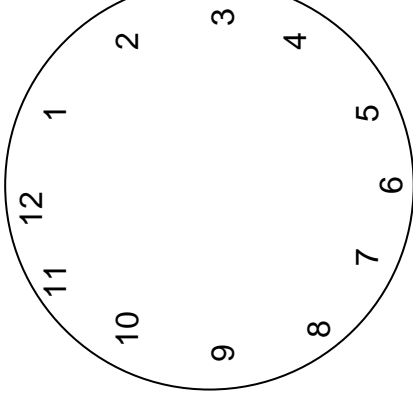


Plan your morning routine with approximate times.

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School times

Organisation at school

School starts at:	Break time is at:	Lunch time is at:	School finishes at:
			
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Morning Break

At the end of a lesson you need to pack your bag, check you have all your belongings and usually you have to leave the room in order to go to your next lesson. At breaktime you have a longer break in which you have time for a snack and to meet up with your friends.

Start

Finish

Length of break

Where can I go and what can I do at morning break?

Place	What you are allowed to do

What snacks can I buy at school?

1. _____
2. _____
3. _____
4. _____



Lunch Break

The lunch break is between morning and afternoon lessons. It is a time when you can mix with your friends, go to a lunchtime activity, and eat your lunch.

Start



Finish



Length of break



Where can I go and what can I do at lunchtime?

Llanidloes High School has a canteen or you can bring a packed lunch.

Make a list of some of the different types of food you can buy in the canteen:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



If you bring in a packed lunch you will need to find out:

Where can you eat it? _____

Can you buy a drink at school? _____

What sort of drinks or containers are you allowed to bring into school? _____







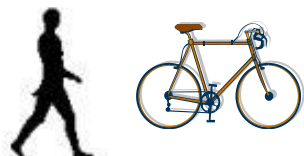
How will you
travel to
Llanidloes
High School?

This section will help you to think about your travel arrangements and things you need remember to get to school safely and on time.

How will I get there?

How will you get to school? _____

You might **walk** or **cycle** sometimes, if you do then answer these questions:



Do I know the way?	
Will I have a friend to walk or cycle with?	
Where will I put my bike?	

You might go by **car** sometimes, if you do then answer these questions:

Will I go by car every day?	
Who will drive me?	
Will I get a lift home as well?	



You might go by **bus** sometimes, if you do then answer these questions:



Where is the bus stop?	
What time is my bus to School?	
What number is the bus?	
Will I need money for the fare?	
What time is my bus from School?	

Answer these questions whether you will **walk**, **cycle**, go by **car** or **bus**.

How long will my journey take?	
What time must I leave home?	
What time will I get home?	



Route to school

How are you going to get to school? _____

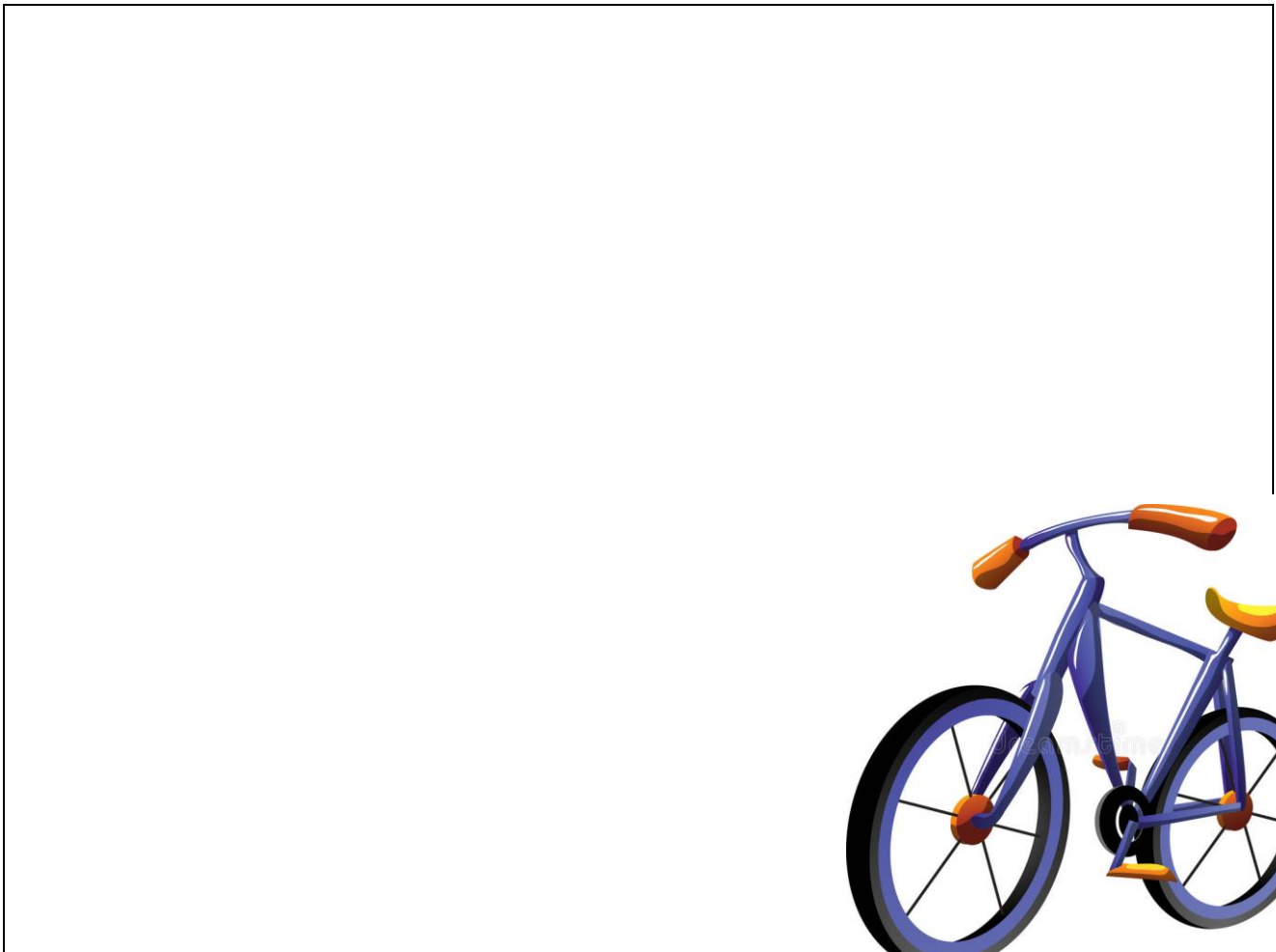
How long will it take? _____

If you are catching the bus, what time does it leave? _____

What time will you need to leave home? _____



Find a map that shows both where you live and Llanidloes High School.
Photocopy the map and draw on your route to School or your route to the bus stop.



Money management

Now that you are at secondary school you will be responsible for managing your money on a daily and a weekly basis.

The amount of money I have each week is £____. ____

Some of this money needs to be spent on a daily basis.

Items to be bought	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
Snack						
Lunch						
Travel expenses						
Daily total						
Weekly Total						





How can your
parents and
other adults help
you at Llanidloes
High School?

This section will help you to think about ways in which your family and other adults can help you at secondary school.

Home help

Give this sheet to your Mum or Dad, or whoever helps you get ready for school

Ideas for helping your son/ daughter at home

The most important help you can give is continual encouragement and praise.

Talk

Encourage your son/ daughter

- To talk about School- likes/ dislikes, what they are good at, what they are worried about...
- To talk about books, films, hobbies etc.

Don't pressure them, they will talk when they are ready.

Organisation

- Encourage them to make a large copy of their timetable
- Display it in a prominent place
- Refer to it to remind them what lessons they have each day
- Make lists of what they need each day
- Encourage them to pack their bag with everything they need for the next day
- Encourage them to check it against the list for that day
- Don't pack their bag for them
- Encourage them to get into a routine and do things in a similar sequence
- Label their uniform with their name – it will save you lots of money when things get lost!

Homework

- Help with homework when you can, but please don't do it for them
- Check their homework diary each day
- Encourage them to have a set time to do their homework
- Keep an eye on the time they spend on their work. Check they do not spend too long or too little time on each piece.



Asking for help

Sometimes at school things may be difficult or may go wrong.

These things could be small:

- not knowing what the homework is
- not being able to find your way around

Or could be bigger:

- getting into trouble
- finding the work hard.



There are many people who could help you, but they won't know that you need help unless you tell them.

Friends: Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

Teachers: Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

People at home: People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out whom you would approach in these situations:

- You don't know where your next lesson is.
- You cannot read your homework notes.
- You have got into trouble for forgetting your book.
- In the lesson you did not understand what the teacher wanted you to do.
- You have not got a pencil



REMEMBER TO ASK FOR HELP!

**MOST OF THE
STUFF PEOPLE
WORRY ABOUT
NEVER HAPPENS**



How can you
make new
friends at
Llanidloes
High School?

This section will help you to think about ways in which you can make new friends and get along well with others as you start secondary school.

How to be a friend

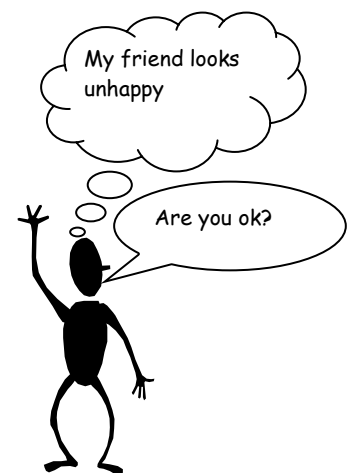
Here are some positive things friends do for each other to keep their friendship strong.

- **Empathise.** Put yourself in your friend's situation to understand what they're going through.
- **Support.** You can show your support for your friends by just listening when they want to share.
- **Compliment.** Everyone likes to receive a compliment. Compliment your friend on a new hairstyle, a great score on a test, a smooth football move. Be specific and keep it simple. Choose the right moment to give the compliment.
- **Respect privacy.** Sharing secrets is a fun part of a friendship. It's hard to regain your friend's trust if you tell secrets you weren't supposed to share.
- **Encourage.** Use encouraging statements like, "You can do it".



When you wonder if you are being a good friend, ask yourself this question:

Am I treating my friend like I want my friend to treat me?



What makes you a good friend?

Show gratitude

Keep Promises.

Be kind.

Take turns & share.

Tell the truth.

Take the five finger friendship challenge.

What could you do to get better?

Making new friends

At Llanidloes High School there will be students from other schools. There will be opportunities to make new friends. It can be difficult to get to know someone new.

It may help to act out meeting new people and use some of these suggestions.

- Smile when you say **“Hello”**.
- Start the conversation by asking a question about what they are doing
“What are you doing?” or, **“What are you reading?”**

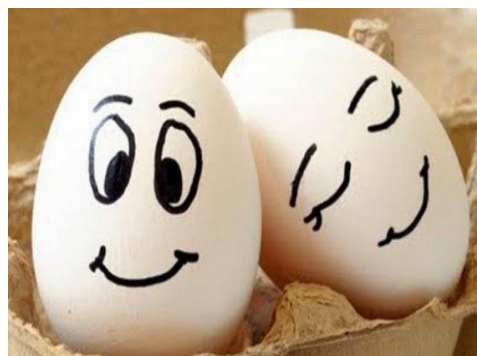
or about something you have in common
“So how do you like this lesson?”
- Introduce yourself
“By the way, my name is _____, what’s yours?”
- Ask some other questions to find out about them. Suitable topics may be:

School: **What subjects do you like?**
 Who is your teacher?

Home: **Where do you live?**
 How do you get to school?

Interests: **What do you like doing?**
 What’s your favourite TV programme?

Family: **Have you any brothers and sisters?**



- If they answer your question, respond to some of the information they have told you. If you can, ask another question.
“That’s my favourite lesson too. I enjoyed working on the computers. What did you like doing?”
- Do not ask about sensitive topics. These are topics that could make the other person upset.
- Don’t ask about something that makes the person look or sound different.
- Don’t ask about any problems he or she may have.

Joining in

Joining in conversation or a group activity can be scary. However, it is one way to make new friends. Try these strategies for joining in.



Watch and listen. Observe what the group is doing. Listen to what the people are saying. Don't interrupt.



Make a friendly comment or gesture. Nod your head and smile. Make comments like, "That's a good idea", or "That looks great".



Find something you have in common with the group. Think about your own experiences. You could say, "I saw that movie", or, "I have that game at home". Keep your comments short.



Ask to join the group. Wait for a pause in the conversation. You could say, "Can I walk with you?" "Do you need any help?" or "Can I play?"



Accept 'no' for an answer. Sometimes people don't want you to be part of the group. Don't argue or complain. Go and ask someone else.



Joining in Situations

Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

1. You see three of your classmates playing football after school. You know one of them pretty well. You don't know the other two. You're quite good at being in goal.

What could you do? _____

What could you say? _____

2. You hear two classmates talking about the latest Playstation game. You were playing on it last night.

What could you do? _____

What could you say? _____

3. Four classmates are looking at a text message they have received from a friend. They are laughing. You're sitting at the same lunch table. You like sending text messages.

What could you do? _____

What could you say? _____

4. Two classmates are asking the teacher for permission to work on an art project during lunch hour. Art is your best subject and your project is already on display.

What could you do? _____

What could you say? _____



Settling into Secondary School

(and how to solve the problems you might face)

Sometimes something can happen at school that makes you upset or anxious. A lot of people feel like this especially when they are starting somewhere new.

- **Keep calm.** Tell yourself, “I can solve this problem if I stay calm.”
- **Decide what the problem is.**
 - Are you frustrated because you could not do something you wanted?
 - Are you upset because someone did something to you?
 - Are you worried because something has gone wrong?
- **Think about possible solutions.**
- **Think about the consequences.** What will happen if you try different solutions?
- **Pick the best solution.**

Talk with a friend about what you would do in each of these situations in school.

1. You haven't done your homework.
2. You have forgotten your student planner.
3. You are in a crowd going upstairs and you think someone pushed you.
4. You think you are lost.
5. You see someone being bullied.
6. You find someone crying in the corridor.
7. You've lost your purse/ wallet.
8. You see someone stealing money from someone's bag.
9. You find someone's purse.
10. You've ripped your trousers/ skirt.

Problem Solving



Don't forget – the teachers and Learning Support Assistants are all there to help you and want you to be happy in your new school. There will be lots of adults you can talk to if there is anything that that you are worried about.

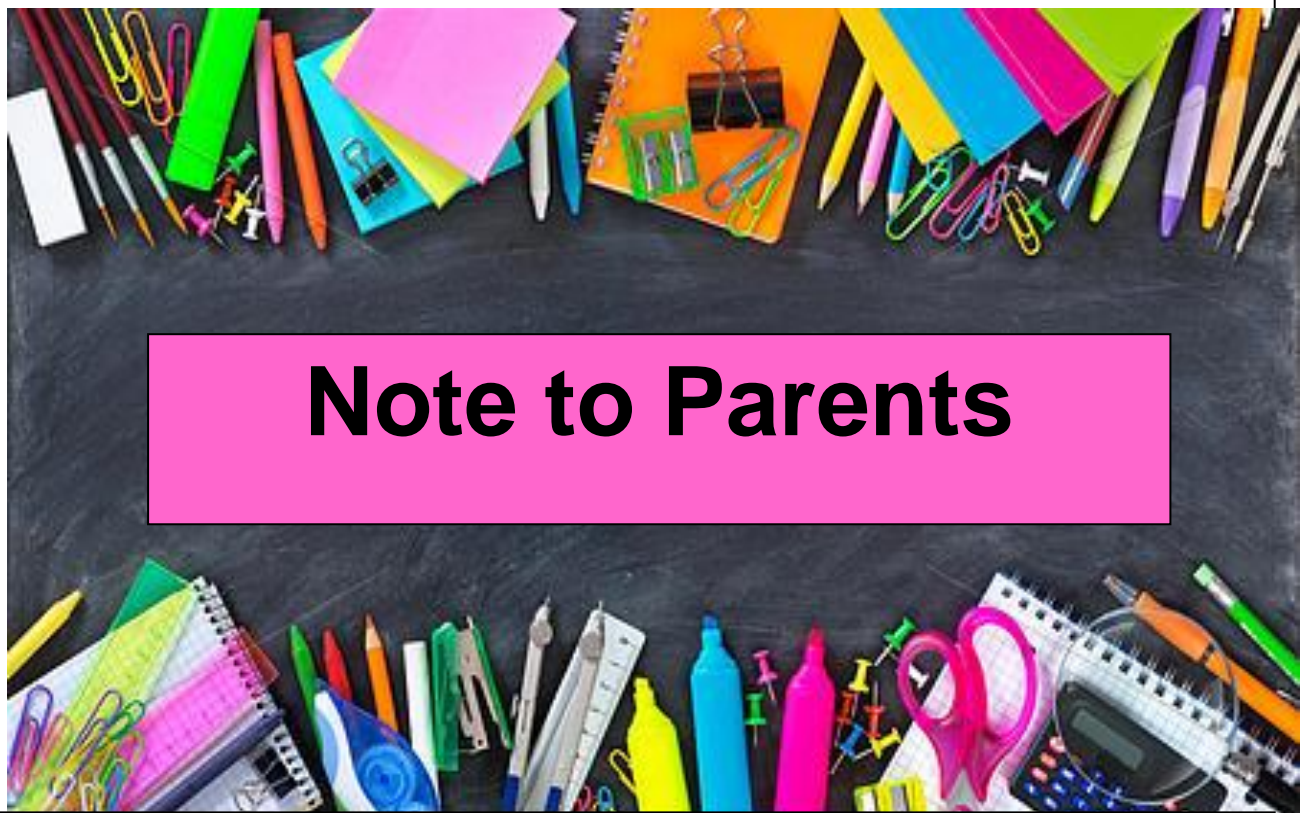


You have completed the ALN transition activities and are ready for the challenges of a new school.

We are looking forward to welcoming you as a new student at Llanidloes High School.

See you in September!





Note to Parents

In order to ensure that the correct support is available for your child right from the start of Year 7, please complete the form overleaf and return it to the Additional Learning Needs Co-Ordinator, Amanda Beese at Llanidloes High School.

If you would like to discuss your child's needs further, please contact Amanda Beese on 01686 412289

Outline of Additional Needs

Name:

Additional Needs:

-
-
-
-
-
-

Student's photo

Areas of Strength:

-
-
-
-
-
-

Areas of Greatest Difficulty:

-
-
-
-
-
-

Practical Strategies That Helped at Primary School.

-
-
-
-
-

Is there anything else that you think we should know?

Please return to Amanda Beese, ALNCo at Llanidloes High School