



Moving up to Secondary School!

Moving to secondary school is an exciting time. You will make lots of new friends and there will be loads of interesting activities you can get involved in. It is also normal to be a bit nervous, as Langtree will be bigger than your primary school and meeting new people can be scary. However, the majority of students will be feeling the same, so will be eager to make new friends and settle in.

Making new friends – practical tips

- Make the first move and introduce yourself.
- Be responsive, join in conversations and activities.
- Find common interests and pursue them together.
- Join a club or lunchtime activity.
- Remember not to pressurise or be clingy – making good friends takes time.

What makes a good friend?

Meeting new people is only half way to making new friends, as being a good friend is what keeps relationships strong. Choose the right friends for you and treat others how you want to be treated. In general, good friends are:

honest and trustworthy
reliable
great listeners
not controlling

supportive
encouraging and inspiring
positive and optimistic
sensitive and do not brag

LUNCH AND BREAK TIME

If you forget your money don't worry and don't go hungry! Speak to your tutor/Head of Year or someone in the front office as they will be able to help. Find out what you can do at breaks and at lunch. There are lots of clubs and activities to do.

Getting lost

Practice your route to school until you know where you are going and keep a lesson timetable with you at all times. You will have up to 6 different teachers, subjects and classrooms each day so it may be a bit confusing at first, but you will get to know your surroundings very quickly. Ask a teacher if you forget where to go.

Homework

Do your homework the same day it is set.

Do it to the best of your ability.

If you have a long term project, do some work on it every day. Set yourself a schedule and stick to it.

If you forget or couldn't do your homework, tell the teacher before the lesson, not when they ask for it.

There is a homework club available at lunchtimes, use it!

General Tips

- Make sure your school bag is comfortable to carry.
- Pack your bag the night before going to bed. Check your timetable for the next day to make sure you have everything you need.