

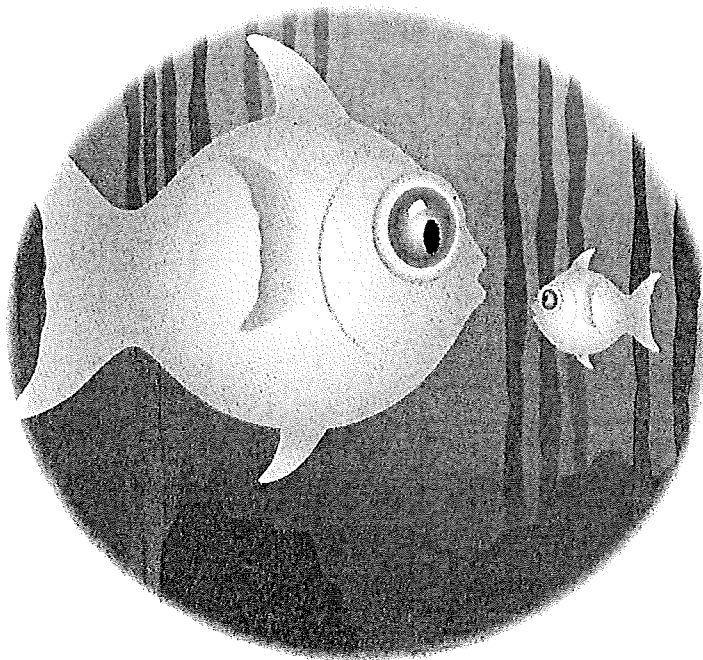


Primary Care Paediatric Occupational Therapy

Féidhmeannacht na Seirbhíse Sláinte
Health Service Executive

From Big Fish to Little Fish

**My Workbook About Moving from
Primary To Secondary School**



Starting Secondary School

You have probably been thinking about what going to secondary school will be like. Well now is your chance to write down any hopes, worries and questions you might have about the change.

My Hopes

My Worries

My Questions



Fact or Fiction?

Everyone hears stories and rumours about what secondary school is like. Maybe you have heard things from your friends, your family or your classmates. Have a look at the statements below about secondary school and tick the box whether you think these statements are true or false.

| Statement | True | False |
|---|------|-------|
| The school is so big that you will get lost all the time and no one will tell you where to go. | | |
| The teachers will not let you ask questions if you cannot understand the work. | | |
| You will have four hours of homework every single night | | |
| All the older students don't like first years and are mean to them. | | |
| If you make a mistake in your homework or you cannot do it, you get detention. | | |
| If you have a problem or a worry there is no one to talk to because everyone is so busy. | | |
| You will have many heavy books and equipment that you will have to carry with you all the time. | | |

Now turn the page to find out if you guessed right!



Answer! - All of the Statements were false! Yes that's right, not a single one was true. Secondary school might seem like a confusing place at first but there are lots of people, like your teachers and principal, who can help you if you have a question or a problem.

Pop Quiz About my New School

- What is the name of my new principal?

- What time does school start?

- What time does school finish?

- If I am taking the bus to school do I know which bus stop I need to get off at?

- If I am walking/cycling to school do I know how long it will take me and what time I need to leave my house in the morning?

- What day(s) do I have P.E.?

- What happens if I forget my P.E. gear?

- What happens if I am late for school?

- Do I know the school rules?

- Can I use my mobile phone at school?

- Do I know where the bathrooms in the school are?

- What do I do if I feel sick at school?

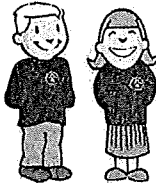


- Do I know who I can talk to if I have a problem that I cannot solve by myself?



My New School Uniform

When you start a new school you might also get a new uniform. It is important that you wear the correct uniform. Fill in the boxes below to see if you know what you will look like in your brand new uniform.

What I Will Be Wearing Next September

| <u>School Clothes</u> | <u>P. E. Clothes</u> | <u>What I Cannot Wear</u> |
|---|---|---|
|  |  |  |

Finding My Way Around

It is a good idea to have a look around your new school so you know where all the different rooms are located. Below is a list of important rooms. Put a tick in the box once you know how to get to each of the rooms.

Helpful Hint – Get a copy of a map of the school if you can. It will make it much easier to find things and also you can study the map before school begins in September so you will have an idea of where the different rooms are when you start!

| Room to find | Rooms I Know How to Find |
|---|--------------------------|
| My home classroom | |
| The nearest toilet to my home classroom | |
| My Locker | |
| The Canteen | |
| The Principal's office | |
| The staff room | |
| The Library | |
| The Science Laboratory | |
| The Music Room | |
| The Computer Room | |
| The Art Room | |



Getting Organised For School

It is important to be organised when starting secondary school. Here are a few questions to help you get ready.

1. Is my name on all my books and copies?

Helpful Hint – Try using different colour stickers/covers to keep organised. For example, you might put yellow stickers/cover on your Maths copy and your Maths book so you will know quickly which copy goes with which book.

2. How do I pack my schoolbag to make it easy to keep organised?

Helpful Hint – Choose a bag with a number of different compartments. Try putting big books at the back and smaller ones at the front. Put loose sheets into a folder. Keep your journal easy to find. Keep your lunchbox and drink separate to your books if you can. See your bag pack tips.

3. Do I fill in my homework journal every day?

Helpful Hint – In secondary school you will have different subjects on different days so it is a good idea to write your homework for each class into your journal straight away.

4. Do I check my homework journal every night?

Helpful Hint – Check your journal every night to see what subjects you have for homework then use the checklist on page 16 of this workbook to tick off each section of homework as you do it. Make sure you use it to record all homework and reminders for school (e.g. notes needed for a school trip, project etc.)

5. Do I check my timetable every morning before I go to school to make sure that I have everything I need for the day in my schoolbag?

Helpful Hint – Use the checklist on Page 12 of this workbook to make sure you remember to pack everything. If you are worried that you might have trouble reading your new timetable turn to pages 10 & 11, which will show you what your new timetable might look like.

6. Remember you don't have to bring all your books everyday just the ones you need for the subjects that day.

7. If you are having problems let someone know. Remember lots of people find first year difficult but people will help you if you tell them you need help!



Helpful organisational tips

1. Make a 'To Do' list

List items in order of how you will complete them (e.g. easy item first, then hard item, then an easy one etc.)

2. Calendar

Have a calendar in your bedroom; write down all upcoming events, training sessions, project due etc.

3. Folders

Keep folders for different school subjects (put loose sheets in folders- keep different subjects separate)

4. Post-it Notes

Use post-it notes in room/on desk to write down reminders.

5. Reminders

Use reminders on your phone e.g. get permission slip signed by parents, remember ingredients for Home Economics, bring P.E. gear in to school etc.

6. Calendar on phone

Use calendar on phone to take note of upcoming events

7. 'To Do' & 'Finished' boxes

Have 'To Do' and 'Finished' boxes to support homework organisation



Times To Remember

✓ To make it to school on time I need to get up out of bed at _____.

✓ At _____ I will leave my house to go to school.

✓ I will arrive in school at _____.

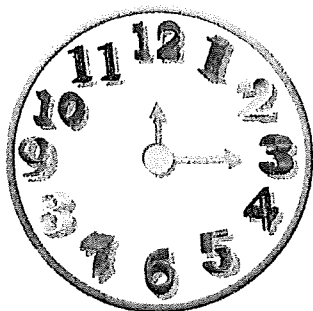
✓ School starts at _____.

✓ Each class is _____ minutes long.

✓ My first break starts at _____ and finishes at _____.

✓ My second break starts at _____ and finishes at _____.

✓ School finishes at _____.



What Does It All Stand For?

Starting secondary school means you will start learning many new subjects. These new subjects may have long names so sometimes on lists and timetables the words are shortened or abbreviated. The game below should help you work out what each subject is shortened to.

Helpful Hint - Some subjects have **more** than one abbreviation!

| | | |
|--------------------|-----------|---------------------------------------|
| Metalwork | Religion | Civic, Social and Political Education |
| Physical Education | Science | Music |
| History | Maths | French |
| Business Studies | | Social, Personal and Health Education |
| Woodwork | Geography | German Gaeilge (Irish) |
| Home Economics | Spanish | Technical Graphics |

SCI
 HIS
 GEOG
 FRE
 WOOD
 REL
 IR
 MAT
 TG
 METAL
 BUS
 W.WK
 MTW
 GAE
 PE
 CSPE
 SPHE
 GER
 MUS
 HOME EC
 SPAN
 TECH



Reading A Timetable

Your school timetable is a very important as it lets you know what classes you have, at what time and for how long. It is a good idea to have a look over your timetable before school begins in September. Also keep copies of your timetable at school, in your school bag and in a safe place at home. Below is an example of a secondary school timetable. Have a good look at it and see if you can answer the questions.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------|--------------|-----------------|-----------------|-----------------|
| 9:00-9:40 | ENG RM 6 | GAE RM 6 | HIS RM 6 | MTW RM 20 | PE GYM |
| 9:40-10:20 | SCI LAB 1 | REL RM 6 | SCI LAB 1 | MTW RM 20 | ART ROOM 14 |
| 10:20- 10:55 | HIS RM 6 | MAT RM 6 | MUS MUSIC RM | GAE RM 6 | MAT RM 6 |
| BREAK | | | | | |
| 11:10- 11:50 | GAE RM 6 | ENG RM 6 | MAT RM 6 | GEOG GEOG RM | REL RM 6 |
| 11:50- 12:25 | MUS MUSIC RM | FRE RM 6 | ENG RM 6 | ENG RM 6 | MUS MUSIC RM |
| 12:25- 13:05 | SPHE RM 6 | PE GYM | CSPE RM 6 | MAT RM 6 | ENG RM 7 |
| LUNCH | | | | | |
| 13:45- 14:25 | MAT RM 6 | BUS RM 11 | FRE RM 6 | ART RM 14 | FRE LANG LAB |
| 14:25- 15:05 | FRE RM 6 | ART RM 14 | BUS RM 11 | BUS RM 11 | GEOG GEOG RM |
| 15:05- 15:45 | GEOG RM 6 | HIS RM 6 | REL LIBRARY | SCI RM 10 | GAE RM 6 |

How many days a week does this person have Irish?

What Day do they need to bring their P.E. gear to school?

How long is big break?

Reading A Timetable

Helpful Hint: Remember when we suggested putting some coloured stickers on your book and copies so that you could easily see which copy goes with each text book? To make your timetable easier to read you can colour each subject with that matching colour. Like this:

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------|--------------|-----------------|-----------------|-----------------|
| 9:00-9:40 | ENG RM 6 | CAE RM 6 | HIS RM 6 | MTW RM 20 | PE GYM |
| 9:40-10:20 | SCI LAB 1 | REL RM 6 | SCI LAB 1 | MTW RM 20 | ART ROOM 14 |
| 10:20- 10:55 | HIS RM 6 | MAT RM 6 | MUS MUSIC RM | CAE RM 6 | MAT RM 6 |
| BREAK | | | | | |
| 11:10- 11:50 | CAE RM 6 | ENG RM 6 | MAT RM 6 | GEOG GEOG RM | REL RM 6 |
| 11:50- 12:25 | MUS MUSIC RM | FRE RM 6 | ENG RM 6 | ENG RM 6 | MUS MUSIC RM |
| 12:25- 13:05 | SPHE RM 6 | PE GYM | CSPE RM 6 | MAT RM 6 | ENG RM 7 |
| LUNCH | | | | | |
| 13:45- 14:25 | MAT RM 6 | BUS RM 11 | FRE RM 6 | ART RM 14 | FRE LANG LAB |
| 14:25- 15:05 | FRE RM 6 | ART RM 14 | BUS RM 11 | BUS RM 11 | GEOG GEOG RM |
| 15:05- 15:45 | GEOG RM 6 | HIS RM 6 | REL LIBRARY | SCI RM 10 | CAE RM 6 |

Maths

English

Science

History

Geology

Are all the science lessons in a lab?

What subject has a double class?

What classroom is Art in on a Friday morning?



What Do I Need?

In secondary school you will need different workbooks (and sometimes equipment) for every different subject. Fill in the chart to help organise what you need for each individual subject. Leave blank any subjects you are not studying.

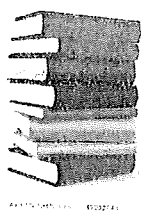
| Subject | Name of Book and Workbook | Other Things I need for this Class |
|----------------|---------------------------|------------------------------------|
| English | | |
| Irish | | |
| Maths | | |
| Science | | |
| History | | |
| Geography | | |
| Home Economics | | |
| Religion | | |
| P.E. | | |
| French | | |
| German | | |
| C.S.P.E. | | |
| S.P.H.E. | | |
| Art | | |
| Business | | |
| Music | | |
| Metalwork | | |
| Woodwork | | |



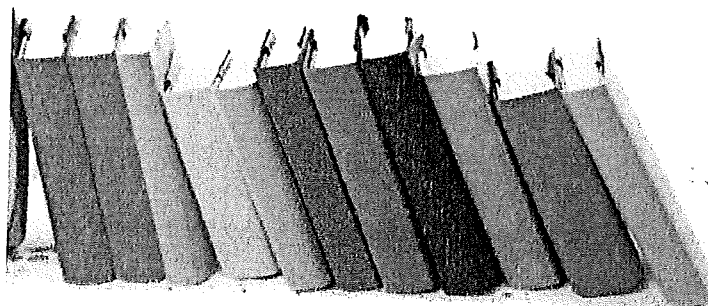
My Locker

Tips to help you keep your locker organised

1. Decide how you will stack your books in your locker:



OR



2. Keep the books you need in the morning (before break) on the top of your stack or at the beginning of your row of books – stacking books side by side can make it easier to take books in and out
3. Colour coding your books can make them easier to find in your locker too - This may be done easily by covering your books (pictured above) in coloured paper or wrapping paper or by putting coloured stickers on the binding
4. Purchasing a shatter-proof ruler is recommended so that it does not get broken in your locker / schoolbag. A clear pencil case is recommended so you can spot what you need easily.
5. Consider having an extra set of supplies at home (ruler, calculator, protractor, Irish/Eng dictionary, books).
6. Post a copy of your timetable on your locker door where you can see it easily
7. Decide where you will put another copy of your timetable, e.g. taped to the inside of your homework journal, in your wallet, in your schoolbag, etc.
8. It is recommended you set up a space at home where you can practice taking out your books from a pretend locker space. This will help you decide how it is best for you to organise your books and supplies.
9. It might be a good idea to request a locker at the end of a row; at waist/chest height to make it easier to access. It's a good idea to practise trying to open/close your lock also. You may either have a key lock or a combination lock. It's a good idea to practise opening and closing the lock so you feel confident.



Homework Plan

Homework is an important part of learning. Some people don't like homework because it seems to take up too much time but planning ahead can make homework easier. Fill in the form below to help you come up with a homework plan that works well for you.

Name _____

Year _____

Circle the answer that best fits in with your own answers

When I study or do my homework I need:

a) quiet

b) soft music

c) _____

When I do my homework I like to be:

a) alone

b) with family

c) _____

I like to study and do my homework:

a) right after school

b) after I've had a break

c) _____

I think the best places for studying are:

1. _____

2. _____

3. _____

*Look at your answer and show them to your parents.
Then decide on a homework plan together.*

The place I will study and do my homework is

The time I will do my homework is

If I need help I will



Homework Checklist

To keep on top of your homework, below is a checklist with all the subjects you might be studying. You can tick off each subject after you finish your homework every night. (Leave the space blank if you don't do that subject or if you didn't get any homework in it that night).

| Subject | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--------|---------|-----------|----------|--------|
| English | | | | | |
| Irish | | | | | |
| Maths | | | | | |
| Science | | | | | |
| History | | | | | |
| Geography | | | | | |
| Home Economics | | | | | |
| Religion | | | | | |
| P.E. | | | | | |
| French | | | | | |
| German | | | | | |
| C.S.P.E. | | | | | |
| S.P.H.E. | | | | | |
| Art | | | | | |
| Business | | | | | |
| Music | | | | | |
| MetalWork | | | | | |
| Woodwork | | | | | |

I Did All My Homework!



What type of learner are you?

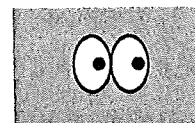
1. Auditory Learner (learn by hearing/listening)

- Try studying with a friend so you can talk aloud about the work
- Say aloud the things you want to remember
- Before reading a chapter, look at all the pictures and headings then talk out loud and say what you think the chapter is about. Read out loud whenever possible
- Make recordings of notes or lessons and listen to them to revise



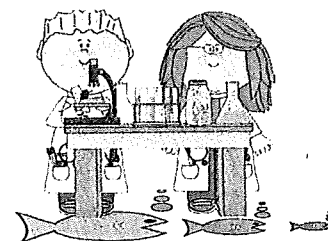
2. Visual Learner (learn by seeing/looking)

- Write things down because you remember them better
- Look at a person while they are talking to help you focus
- It's better to work in a quiet place
- You are better studying on your own
- Use colour to highlight main ideas in your work
- Choose a seat furthest from the window and door if possible
- When learning vocabulary use colour to learn them. Look at them frequently.



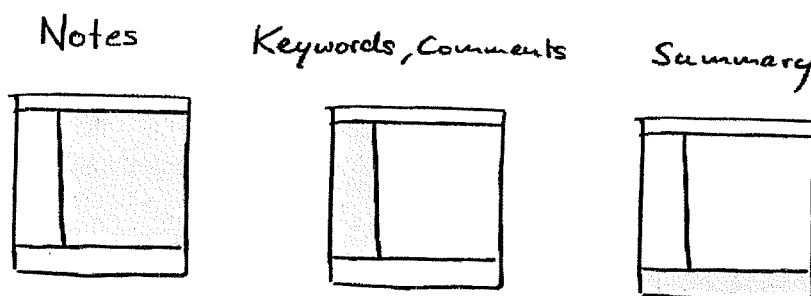
3. Kinaesthetic Learner (learn by doing/moving)

- To remember work, pace or walk around while saying the words aloud
- If you need to fidget in class, cross your legs or move your foot slightly off the floor
- You may not study best at a desk, so when at home and studying try lying on the floor on your stomach or back. If you are writing ensure you are at a desk.
- Try studying with music in the background
- When studying take frequent breaks
- When trying to memorise, try closing our eyes and writing the information in the air.

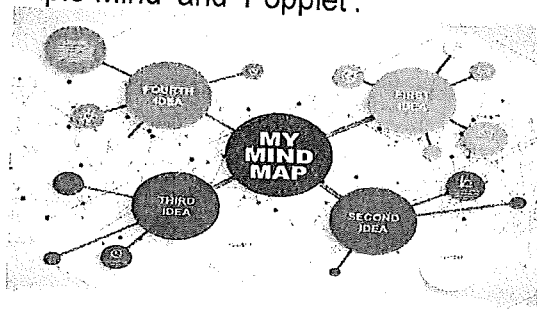


Note taking styles

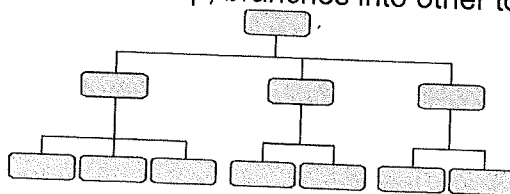
- ✓ Linear method - bullet points in lines vertically on page (as you see on this page)
- ✓ Cornell method (topic/theme on left hand side with notes/further info on the right, next topic/theme on the left with notes to its right); summary at the bottom



- ✓ Mind maps – (main topic in the middle, branches to identify subtopics with further subtopics off these if required). A useful method of using mind maps to study is to make a mind map before starting a chapter of study ('What I know already') and then after studying the chapter do another mind map ('What I know now'). Mind maps can also be used to structure/plan an essay or a project. Mind map apps exist and can be very useful, particularly for those who use assistive technology as an alternative to handwriting – two we've come across are 'Simple Mind' and 'Popplet'.



- ✓ Tree method (main topic at the top, branches into other topics)



- ✓ Activity: Choose one of the note-taking styles and use this method to make notes for a topic of interest of yours or use the below 'Facts about Ireland' information. If you type rather than write, you can do this on your computer.



Facts about Ireland

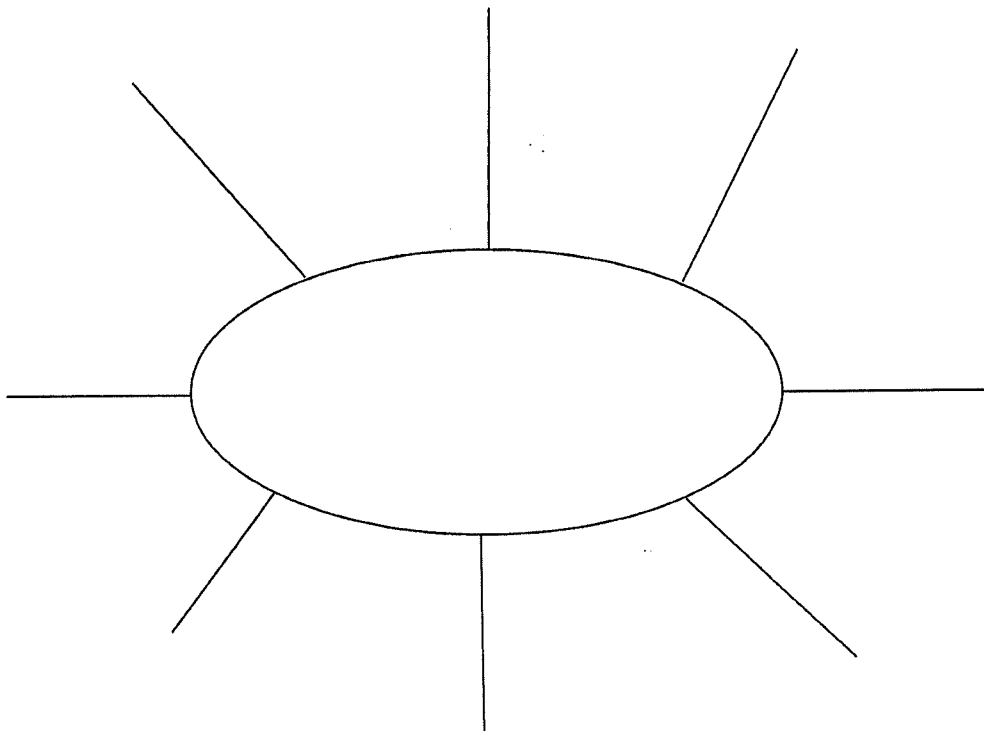
- Ireland is called Éire in Irish and is also known as the Republic of Ireland.
- Ireland covers five-sixths of the island of the same name; the remaining one-sixth of the island is Northern Ireland, which is part of the United Kingdom.
- Irish or Irish Gaelic is the country's first official language; however the second official language English is more commonly spoken.
- There are over 4.75 million people living in Ireland as of July 2013.
- The Irish capital, Dublin is home to over one quarter of the total population.
- Other Irish cities of note include Cork, Limerick and Galway.
- Irish novelists have made major contributions to world literature. Famous writers include Jonathan Swift - Gulliver's Travels, Bram Stoker - Dracula and James Joyce - Ulysses.
- Ireland has won the Eurovision Song Contest a record seven times.
- A number of multinational technology corporations have setup European headquarters in Ireland helping to make it one of the largest exporters of hardware and software-related goods and services in the world.
- Ireland was one of the initial 12 European Union nations that began using the euro currency in 2002.
- Saint Patrick's Day is Ireland's official national holiday. The 17th of March is celebrated in Ireland and also embraced by many other countries around the world.
- The world famous Guinness beer is from Ireland, it originated in the Dublin brewery of Arthur Guinness.
- Gaelic football and hurling are traditional sports of Ireland and remain the most popular sports in the country.
- At the Olympics, boxing is Ireland's most successful sport.
- In 2002, Ireland was the first country in the world to have an environmental tax for plastic shopping bags and in 2004 it was the first to introduce a public smoking ban.
- Shamrock (type of clover) is the national symbol of Ireland and along with the harp it is a registered trademark of the country.



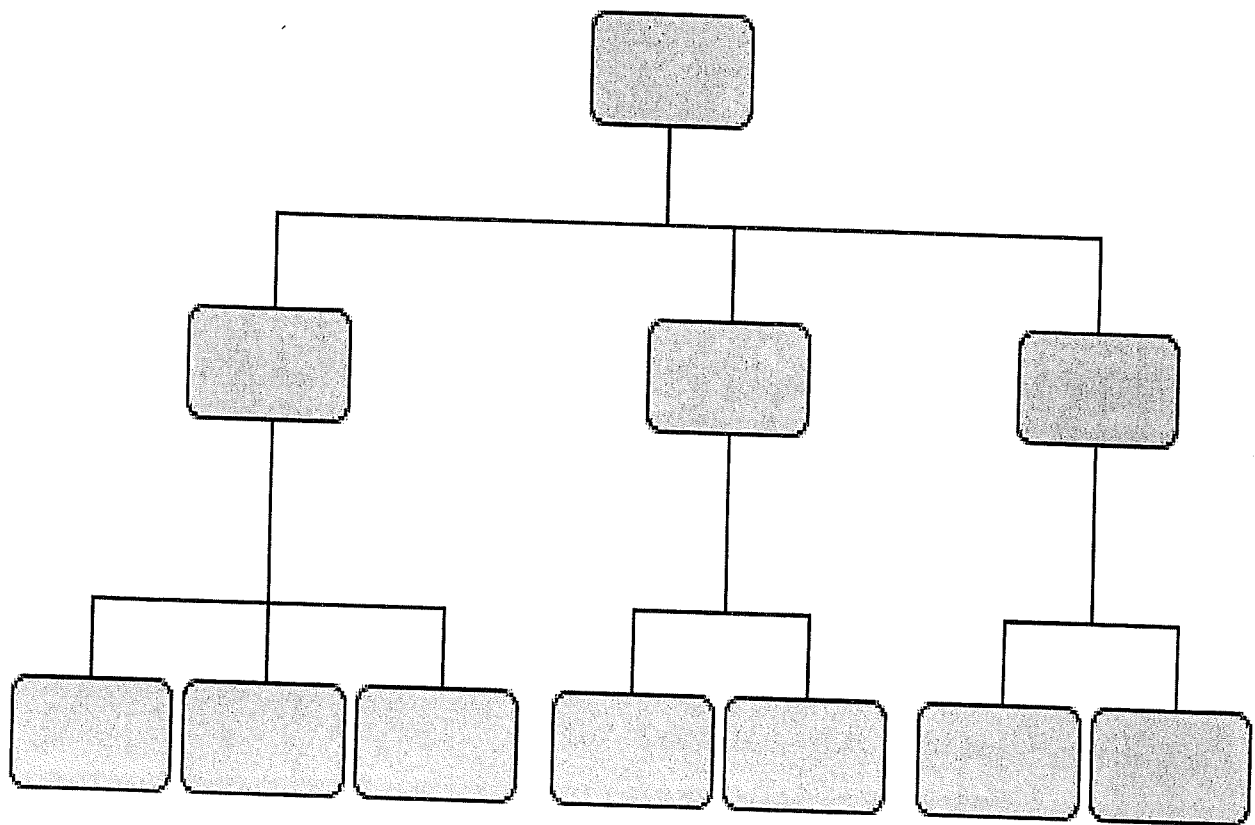
| <u>Title/Topic</u> | |
|--------------------|--------------|
| <u>Key points</u> | <u>Notes</u> |
| <u>Summary</u> | |



Mind Map



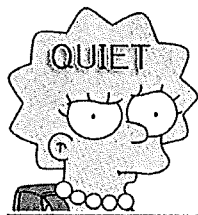
Tree



Have a drink of water
(through a sports top
bottle where you've to
suck the water out)



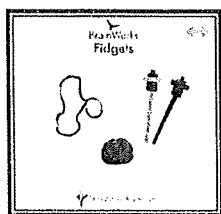
Quiet
versus
noisy space



Get regular exercise

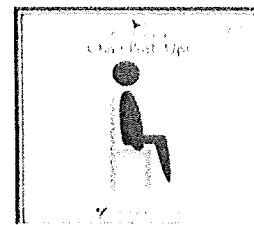


Use a fidget



Look at the person
talking/teaching

Have a movement
break – between
classes,
before/during
homework



Tips for Concentration

Use a timer



Take notes
(assists focus & memory)

Get good quality
sleep



Ensure you're
comfortable



Bullies & Bullying

What is Bullying

- Slag you - Calling Names
- Kicking/Hitting you
- Try to make you feel small
- Doing things that embarrass you
- Leave you out
- Ignore you
- Blackmail you
- Tell others to leave you out
- Robs your stuff

Why do people bully?

- Might have their own worries and problems
- Jealous of you – if you have nice things
- Showing off
- If bigger & stronger
- Pick on someone smaller or younger

What to do about Bullies?

- Tell the teacher/Year head/Form Teachers/Tutor/Principal
- Tell your parents



WAYS TO MANAGE STRESS

Get regular exercise

Good nutrition
(daily fruit and vegetables,
carbohydrates for energy,
avoid high sugar and caffeine, drink water)

Get good quality sleep

Do activities/hobbies you enjoy – listen to/play music, read, draw/paint, cook/bake, walk etc.

Do deep breathing exercises

Reward yourself – think of something nice you can do when you've finished your 'to do' list

TREAT YOURSELF

Go outdoors – get some fresh air!

Talk to someone – a parent, friend, teacher etc.

Reduce screentime – especially during school week

Some ways to reduce screen time

- Set screen time limits (ie: max 2hrs/day)
- Log screen time vs active time*
- Make screen time active (ie: stretch, do yoga or lift weights while in front of the tv)
- Complete homework screen-free
- Create screen-free bedrooms









- ✓ Hopefully after filling in this workbook you feel better prepared to make the change from primary to secondary school. It's normal to still have some questions and worries....write them down below and talk to your parents about them.

I still have questions about:

I am still worried about:

Finally, how do you feel about starting secondary school now? Tick as many of the boxes below as you like.

| My Emotions | Happy | Sad | Nervous | Excited | Worried | Calm |
|--|---|---|---|---|---|---|
| |  |  |  |  |  |  |
| How do I feel about starting secondary school? | | | | | | |

Having any or all of these feelings is perfectly normal!

Good Luck Starting Secondary School!!



Learning Style Questionnaire

Read the statements and tick the box that is most like you. You can tick more than one box if applicable. When completed, count up your responses to see which type of learner you are. You might be mostly one or a mix of all.

| Statement | A | B | C |
|--|--|--|---|
| 1. When you are learning your times-tables, how do you remember the answers? | You look, then cover over the tables and try to picture them | You say the tables out loud. | You use your fingers or hands to help |
| 2. You have a list of spellings to learn. What do you do? | You look hard at each word and remember what it looks like | You say each letter out loud again and again | You write the words over and over again |
| 3. In a history lesson you are learning new facts. Which is the best for you? | Watching a video | Listening to a recording or radio programme explaining what happened | Taking part in a role-play and acting out what happened |
| 4. You want to find out how an alarm clock works. What do you do? | You look at a diagram or a picture | You listen to a teacher telling you about it. | You take the object apart then put it back together again |
| 5. In your English lesson you are learning a new story. How do you remember it? | You draw pictures or a mind map. | You tell the story to a friend. | You make up actions as you go over the story in your head |
| 6. You want to learn a sport that you have never played before. Which way is best? | To watch a demonstration | To be told the instructions and repeat them back | You just go and do it |
| 7. In a PE lesson you are learning a new move on a trampoline. What is best for you? | You look at diagrams of moves on flash cards | Your friend explains how to do it | You let the teacher support you through the movements so that you can feel how to do it |
| 8. In a design lesson you need to learn how to use a new tool. How would you do that? | By watching someone else use it | By listening to your teacher explaining how to use it | By experimenting |
| 9. You have made a cake before with help. This time you want to do it on your own. How do you do it? | You follow a recipe | You ask someone to tell you what to do | You just get started and remember what to do as you go along |
| 10. You are learning to count in another language. What is best for you? | Looking at cards and posters | Singing the words | Playing a game with the words |
| 11. If you have to learn a list of facts or things in order, which is easier? | You read over the list several times | You make up a song or a rhyme | You act or dance them in a sequence |

| | | | |
|--|---|--|---|
| 12. In a science lesson you are learning about the different parts of a flower. How do you prefer to find out? | By looking at a diagram | By listening to your teacher telling you | By taking apart a flower |
| 13. You need to remember a telephone number. What do you do? | Imagine the pattern of numbers in my head | Repeat the numbers out loud | Learn the pattern the numbers make on the keypad |
| 14. How do you prefer to relax? | By watching TV or reading | By listening to music | By doing some sort of physical activity such as playing a sport or going for a walk |
| 15. When you give someone directions how do you do it? | Draw a map | Tell them and repeat instructions | Point and use your hands to show the way |
| 16. When you meet new people, how do you remember them? | Mostly by how they looked or what they were wearing | Mostly by what they said or their names | Mostly by things they did or how they made you feel |
| 17. Having watched a film or TV programme, what do you remember most? | The scenes and what people looked like | What was said and the music | What happened and how the characters felt |
| 18. If you want to work out how your friend is feeling, what do you do? | Look at the expression on their face | Listen to them | Notice their movements and posture |
| 19. If you are trying to concentrate, what puts you off the most? | An untidy room | Noise | People moving around |
| 20. If you are learning something on the computer, how do you prefer to do it? | By watching someone else do it | By listening to instructions | By trying it out yourself |

Total

A (Visual) = _____

B (Auditory) = _____

C= (Kinaesthetic) = _____