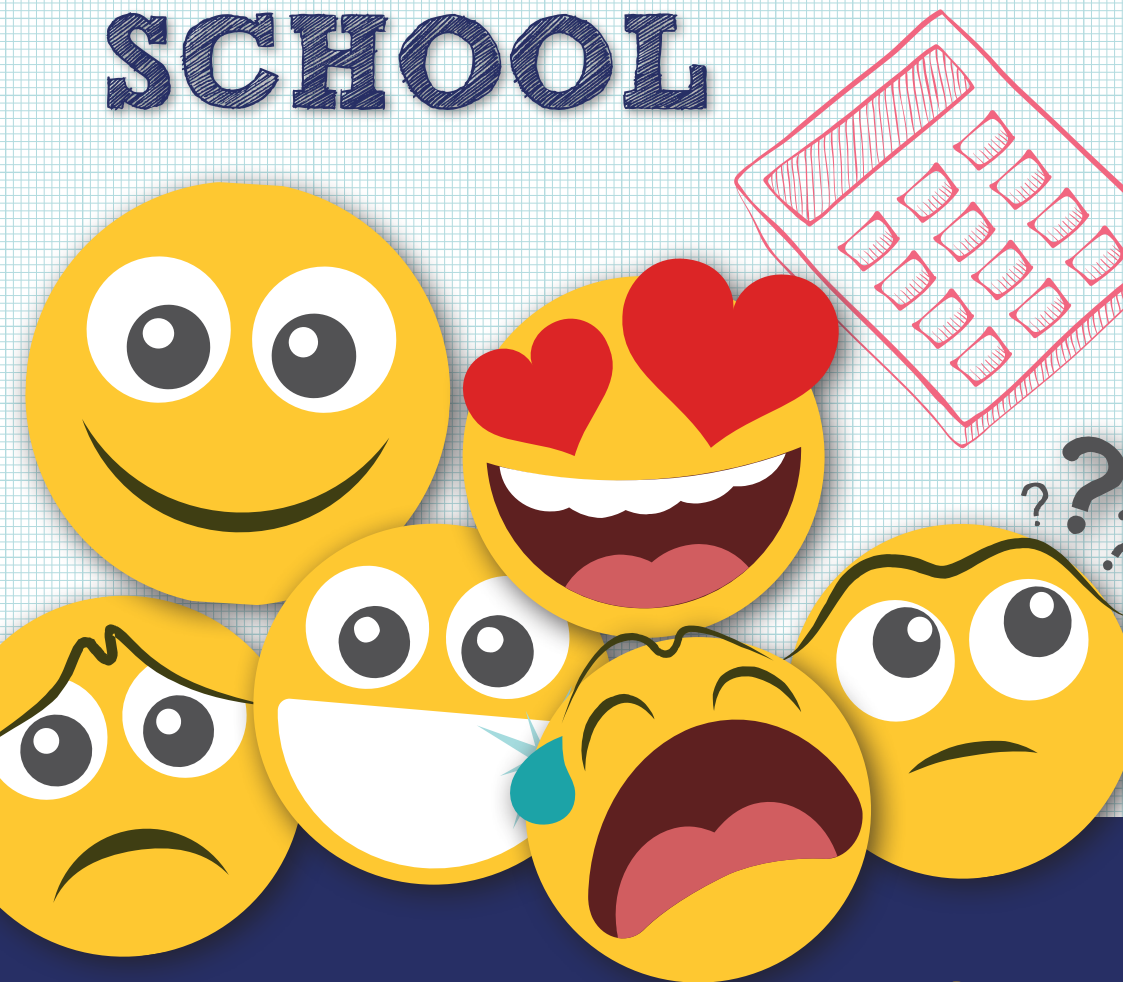


MOVING TO SECONDARY SCHOOL



Southend Children, Young People and
Family Public Health Service (SCYP & FPHS)



01702 534843



@SouthendSN



MSEICB-S.Southendpublichealthnurses@nhs.net



Southend-on-Sea
City Council

Welcome...

This booklet is here to support you in your journey from year 6 to year 7.

You may be feeling a mixture of emotions from excited to nervous. All these feelings are normal.

You may have received some information from your new school already. Hopefully this has answered some of your questions, but there may still be some things you are unsure about.

The Southend Children, Young People and Family Public Health Service (SCYP & FPHS) is here to support you. We are available throughout the school year and during the school holidays. Our contact details will be at the end of this leaflet.



Feelings...



It's okay to have mixed feelings about your move to secondary school.

Do you recognise any of the feelings below?

How are you feeling today?

Happy



Sad



Angry



Worried



Shy



Excited



Scared



Cheerful



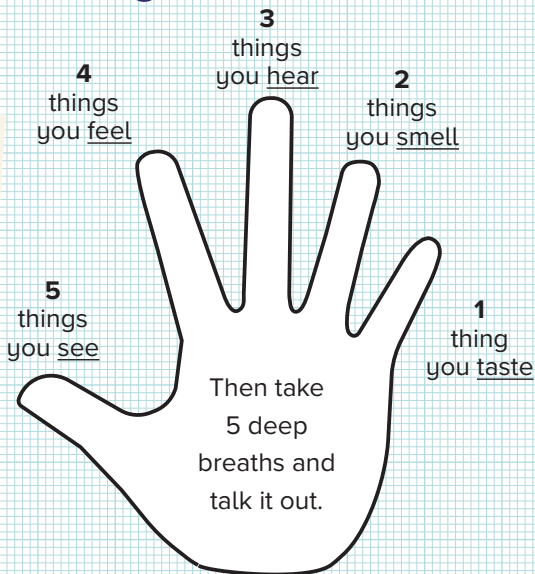
Embarrassed



Here are a couple of useful tools that can help if you are struggling with how you are feeling:

**Give 5
me 5**

Look around you.
Identify and name...



Star Breathing



- Start at any "Breathe In" side on the star.
- Trace your finger along the line on the 'Breathe in' side of the point while breathing in slowly
- Hold your breath when your finger gets to the tip of the point and slowly count to four.
- Breathe out slowly as you trace your finger over the other side of the point.
- Keep going until you reach where you started.

Friendship...

Are you going to a different school than your friends?

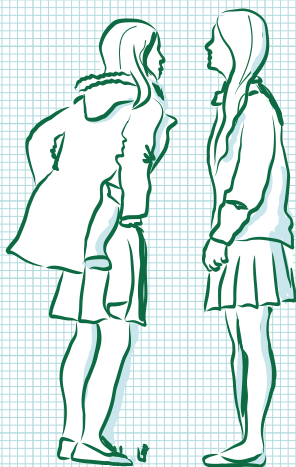
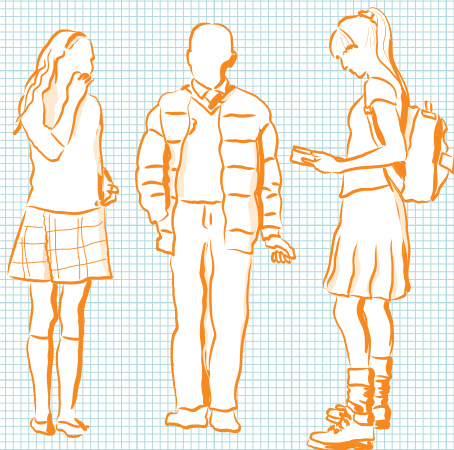
Are you going to the same school, but worried you may get separated?

Are you excited to make new friends?

Or are you nervous about meeting new people?

Are you looking forward to a new start?

There are lots of things that you can do to make new friends and keep in touch with the old ones.



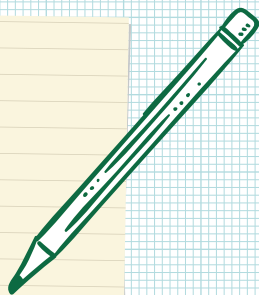
You could:

- Try a new club or after-school activity
- Try to speak to people even if it takes you out of your comfort zone
- Don't rush at making new friends. Good friendships are formed over time as you gradually get to know each other.
- You will be seated with other people in class that you might not know, this is a good opportunity to meet new people and form new friendships.
- Smile and be approachable
- Most importantly...

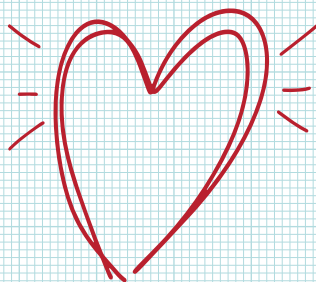
Be yourself and you will make friends with other people like you.

To do list

- ☐ Find out if my new school has activities where I can meet new people
- ☐ Does my school have clubs I can join?
- ☐ Talk to friends about how you can keep in touch



It is very important to tell an adult If you experience problems with friendships. Your school will have people that can help you.



Who is the best person to speak to about any worries you have during the school day?

Name:

How to contact them:



What can I do to prepare?



Top Tips

Ask for a map of the school early on, and spend time with your grown-up learning where everything is.

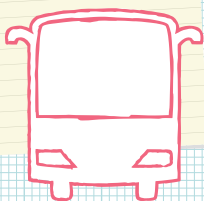
Colour-coding can be helpful: you might highlight each subject's classrooms in a different colour and use clear symbols to mark important facilities like toilets and the cafeteria.

Getting there



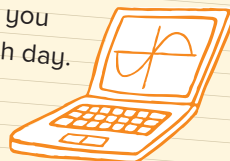
Top Tip

Practice the route during the holidays. If you are using public transport, you can practice buying your ticket.



Top Tip

Make a timetable of books and equipment you need each day and stick it on the wall. Then you can tick what you need each day.



Tips for getting to school on time!

(and not forgetting stuff)



- Pack lunches the night before
- Lay out clothing, shoes and socks the night before
- Place backpacks and items needed for the school day near the front door, ready to go in the morning
- Set a warning alarm 10 minutes before it's time to leave
- Put a checklist on the door

- ☐ Backpack
- ☐ Lunch
- ☐ Homework
- ☐ Special projects



Remember...

- Talk to a grown up about any worries that you have
- You can contact the school nursing team for any worries about your health and wellbeing
- Look at the new school website
- The school nursing team is here to support you

The SCYP & FPHS

The Southend Children, Young People and Family Public Health Service supports the health and wellbeing of children and young people between the ages of 5-19 and their families.

You can talk to a member of the school nursing team if you have any worries or concerns with regards to:

- Support with managing medical needs in schools
- Growth and development
- Emotional health and wellbeing
- Vision and Hearing
- Enuresis (bedwetting), continence and soiling
- Dental health
- Sleep
- Immunisation advice
- Common childhood illness
- Growing up and puberty
- Keeping safe
- Any other general health concerns



Please speak to a teacher, parent or carer if you would like to see a school nurse.

Text a school nurse directly to talk
about health or emotional wellbeing:

IF YOU'RE 11-19 YEARS OLD TEXT:

07520 649895

PARENT/CARER OF 5-19 YEARS OLD TEXT:

07507 331884

Young People scan
this QR Code to find
support



Parents scan this QR
Code to find support



@SouthendSN

Contact us

Public Health Team
Department for People
Southend-on-Sea City Council
Civic Centre
Victoria Avenue
Southend-on-Sea
SS2 6ER

SCAN HERE...



...WITH YOUR PHONE



SCYP & FPHS Contact Number: **01702 534843**



Email: **MSEICB-S.Southendpublichealthnurses@nhs.net**



Website: **www.southend.gov.uk/health-wellbeing/school-nurses**

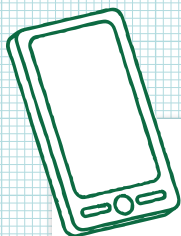


Twitter: **@SouthendSN**

Notes page

People that I can talk to:

What helps me to feel safe?



**An adult can help me find more
information and support here**

childline

Child Line – Calm Zone

www.childline.org.uk/toolbox/calm-zone



NHS Every Mind Matters


[www.nhs.uk/every-mind-matters/supporting-others/
childrens-mental-health](http://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health)

YOUNGmINDS
fighting for young people's mental health

Young Minds

www.youngminds.org.uk



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Translations of this document in alternative languages are also available upon request.