

# 12 Steps to help with transition



## Step 1

Look at the school website and find out useful information on your new school.



## Step 2

Practice packing up all the things you will need to take to school. Get into the habit of packing your bag the night before.



## Step 3

Practice buying your own food and drinks in a café. Find out how the canteen & pay machines at the school work.



#### **Step 4**

Plan the route you will take to your new school and do a few trial runs. Do you need to sort out a bus pass?



#### **Step 5**

Make sure you make time to eat breakfast –it gives you fuel for the day.



#### **Step 6**

Make the most of the Transition Day –don't be afraid to ask questions.



#### **Step 7**

Do you use a planner/ diary? If not, look at one and get used to using it.



### Step 8

If you have a map of your new school, have a look at it and familiarise yourself with the layout.



### Step 9

Find out about the uniform and order in plenty of time. Be aware of school policies on things like jewellery, piercings and mobilephones.



### Step 10

Talk to friends and siblings. Who else do you know who is moving to the same school?



### **Step 11**

Get into a good bedtime routine. Young people still need lots of sleep.



### **Step 12**

Start taking responsibility for yourself-getting bag ready, doing homework, and getting yourself up in morning.