

## Going to a new school



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We hope you like this guide. We'd like to say thank you to all the young people and adults who gave us their ideas and suggestions when we were writing it.



## Intro

If you're about to start at a new school, then this Enquire guide is for you.

You might be changing schools because you've moved house, or because you're in P7 and are going to secondary school.

Either way, this guide will help you think about what your new school will be like.

It will explain about getting extra help at school and finding people you can talk to. It will also give you ideas for things to do in and out of school.



All the advice "in quotes" comes from young people.

call 0845 123 2303

## How are you feeling?

Excited?

Looking forward to a new start?

Nervous?

Not sure what to expect?

Sad about leaving your old school?

Worried about making new friends?

Scared of the older pupils?



You're not alone! A lot of people have mixed feelings about going to a new school.

We hope this guide will help. If you're worried, talk to your parents/carers or your teacher.

And remember - Enquire is here for you. You can call us for advice and info.

"I was bullied at primary school, so it was good to have a new start."



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## What can I do to get ready?

Before you leave your old school:

- ☀ Visit the new school to see what it's like.
- ☀ Find out when you can meet the teachers and pupils at the new school.
- ☀ Find out if you need to get any school uniform, books or stationery (things like pens, pencils and a calculator).



- ☼ Try out the journey you will take to school. Then you won't worry about how you will get there on your first day.
- ☼ If you are disabled, the new school should make sure you can get to your classes safely and easily. Visit the school to see how well you can get around. If it's difficult, tell someone.

" I went to visit the academy before I started. It helped me get used to the school. "

## Starting at secondary school? What will it be like?

Secondary schools are normally bigger than primary schools.

**You will have a different teacher and a different room for each subject.**

Keep your school timetable with you.

Then you'll know which classes you have each day.

" You'll get used to your timetable - don't worry. "

**Each lesson will have its own set of books and homework.**

Tell your teacher if you find it hard to keep up with the homework.

There may be extra help you can get.

" If you get tons of homework, you can ask for more time. "





## What if I get lost?

Don't worry. Ask a teacher or pupil to help you find your class.

"The teachers will understand if you're late because you couldn't find your class."



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## Getting extra help at school

If you've been getting extra help, you should still get it at your new school if you need it.

Your new school should have been told what help you need.

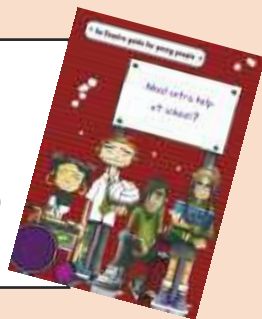
Remember though, you know yourself better than anyone else does. If you need something or don't feel you're getting the right support, tell someone.

There are lots of reasons why you might need support. Here are a few examples:

- ☼ home life makes it hard for you to do your work
- ☼ difficulties with reading or writing
- ☼ being bullied
- ☼ feeling depressed or worried
- ☼ not having the equipment and books you need.

For more info, look at the Enquire guide  
**Need extra help at school?**

(Download it from [www.enquire.org.uk/yp](http://www.enquire.org.uk/yp)  
or contact us for your free copy.)



## Have your say

Adults must listen to you when they help you plan your learning and support - it's your right.

You can have your say at meetings with your teachers, parents/carers and other people who support you.

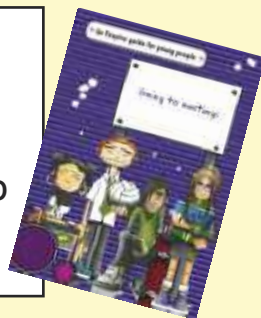
You may feel worried about the meeting. Remember you can take someone along for support if you want to.

" Don't be afraid  
to speak up. "

" Know your rights! "

For more info, look at the Enquire guide  
**Going to meetings**

(Download it from [www.enquire.org.uk/yp](http://www.enquire.org.uk/yp)  
or contact us for your free copy.)



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## People who can help

If you're worried about something, it's important to tell someone. Don't feel alone. There are lots of people you can talk to. Here are some examples:

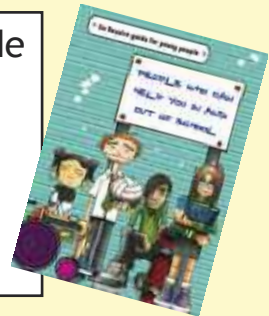
- ☉ teachers or other people at school
- ☉ your parents or carers
- ☉ a social worker or health worker
- ☉ someone at the youth club you go to.

And don't forget! If for any reason you are finding it hard to learn, you can call or email Enquire for advice. Also, check out our website for young people - there's lots of helpful info on it.

" Tell someone  
you trust. "

For more info, look at the Enquire guide  
**People who can help you in and out of  
school**

(It's on [www.enquire.org.uk/yp](http://www.enquire.org.uk/yp) or you  
can contact us for your free copy.)



## Don't put up with bullying

You have the right to feel safe. No-one has the right to bully you.

Being bullied can mean things like people:

- ☉ pushing you
- ☉ calling you names
- ☉ making up stories about you
- ☉ taking your stuff or spoiling it
- ☉ hurting you or threatening you.

If you get bullied by someone at school, don't put up with it. Tell someone you trust. Ask them for help.



Remember you can talk to ChildLine about any problem at all. They will listen and help you work out what you want to do. Call them for free on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk) to have a 1-to-1 chat, send an email, and get advice.

call 0845 123 2303

## Stuff to do in school

A lot of people worry about making friends when they start at a new school. One thing that can help is getting involved in clubs and activities at school.

What are you into? Sport? Music? Drama? Computer games? Ask your teachers about fun things you can try out.

If you can't find something you like, you might be able to start your own club. Talk to your teachers about this.

Another thing that can help is having a buddy - an older pupil at school who is there to help you settle in. Ask your teachers about this.

" Buddying helped me make new friends. I got to hang out with people in my lunchbreaks, watch tv, play computer games. "

" Give it time. Find people who are into what you are into. "

## Stuff to do outside of school

If you are looking for things to do after school or at weekends, check out **Your Area** on Enquire's website: [www.enquire.org.uk/yp](http://www.enquire.org.uk/yp)

You can find out about youth clubs and services near you.



" See if you can join a group or forum of young people who have the same interests or needs as you. "

Enquire can give you advice and info by phone, by email, online and in guides.



Our guides for young people:

- ☼ Need extra help at school?
- ☼ Getting ready to leave school
- ☼ Going to meetings
- ☼ What's the plan?  
Your education and support
- ☼ People who can help you  
in and out of school
- ☼ Nadia's story
- ☼ Have your say (a DVD about  
getting your views across)
- ☼ Getting help with exams  
(online factsheet)

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