



Getting ready to transfer from Primary School to High School

2021

My New School



Find a picture or photo of your new school and stick it here.

Before moving up to High School, it is a good idea to find out as much information as you can before you start.

The name of the School is _____

The address is _____

The telephone number is _____

The e-mail address is _____

The website address is _____

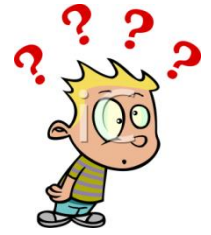
The name of the head teacher is _____

The name of my Progress Leader is _____

Going to Secondary School...



How does this make you feel?



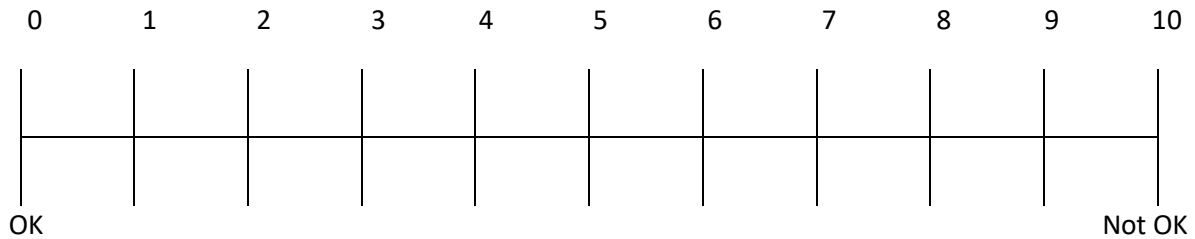
Use two different coloured highlighters. Highlight the phrases that you are **looking forward to** in one colour and use a different colour for those you are **worried about**.

Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

A solution-focused approach



Think about something that worries you about moving to Secondary School.



What is the worry? _____

On the scale of 0 to 10 how worried are you? _____

Think of a time when you have been worried before _____

What helped you move down the scale that time? _____

Where on the scale would you like to feel in a month, 6 months and in a year? _____

What would help you move one point nearer? _____

What will have changed so you know you are less worried? _____



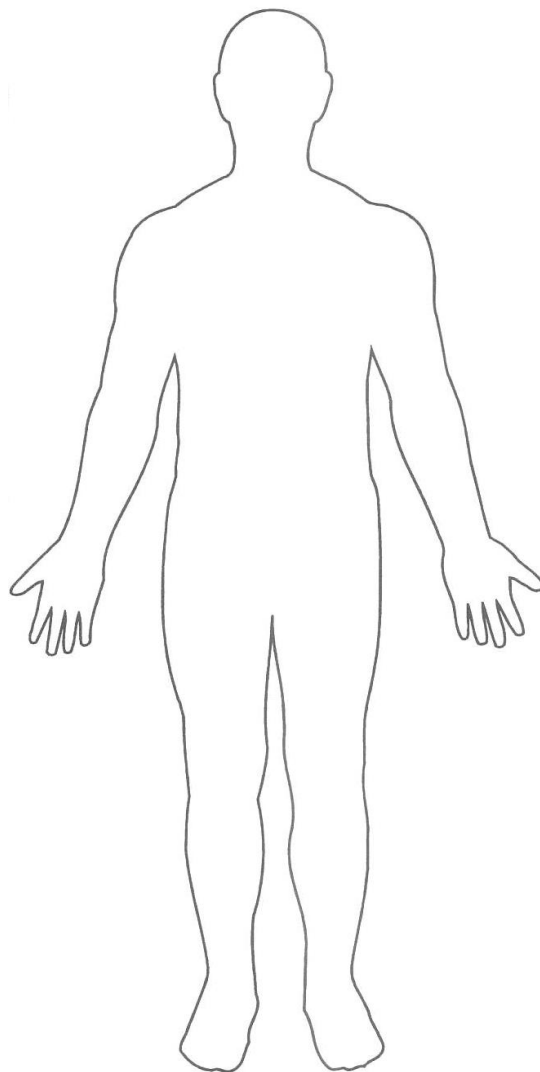
Secondary School questions



Questions about how the School works	Answer
Where is the School?	
How will I get there?	
What time will I have to get up?	
What time does School start/ finish?	
What times are break-times and lunch time?	
What sort of food is sold? How much do things cost?	
What snacks can you buy?	
What do people wear to School?	
Where can I buy it?	
What sports kit will I need?	



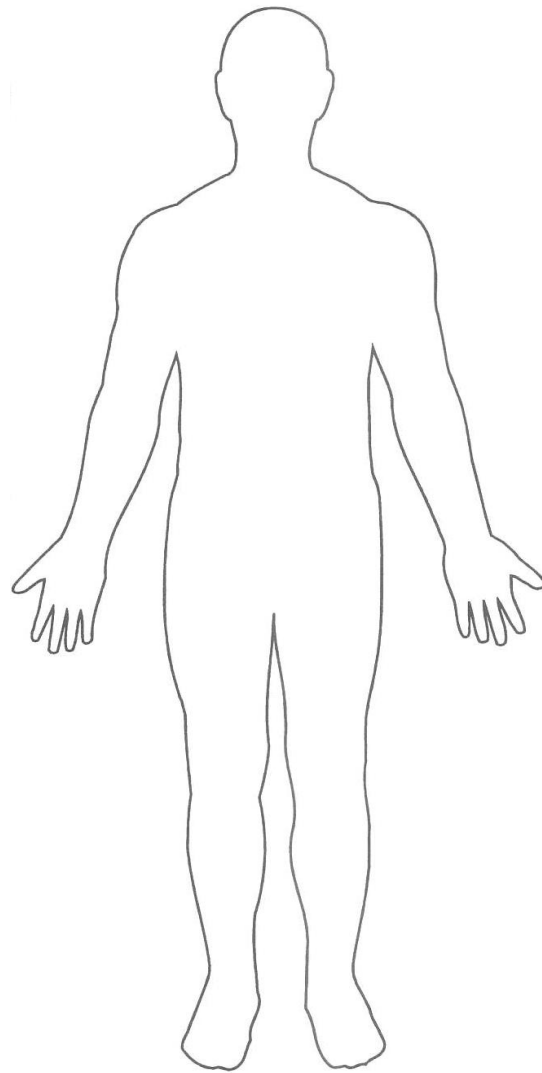
My school uniform



Find a picture of the school uniform you will be wearing. You can look in the school brochure, or print one off the website and draw / colour the items of clothing on the above figure.



My P.E. kit



Make sure you buy a bag that can hold A4 folders, textbooks, equipment and that is comfortable to carry.

And again for the P.E. kit.

Example of High School meals prices



Also Available Daily Are Jacket Potatoes with Various Fillings, Pasta as an alternative Carbohydrate, Salad, and Fresh Fruit & Water

We can also provide vegan and special dietary menus when requested

V = Suitable for a Vegan diet

Week beginning: 2nd March, 23rd March					
Week 2	Main Meal	Vegetarian Meal	Carbohydrate	Side Dish	Dessert
Monday	Beef Grill in a Bap	Cheese and Vegetable Country Bake	Herby diced Potatoes	Baked beans	Fresh Fruit or Rice Pudding with Jam
Tuesday	Chicken with Sage and Onion Stuffing and Gravy	Quorn with Stuffing	Mashed or boiled potatoes	Fresh Carrots and Broccoli	Fresh Fruit or Cheese cake and Fruit Juice
Wednesday	Homemade Spaghetti Bolognese	Homemade Vegetarian Bolognese (V)	Spaghetti and Garlic Bread	Sweetcorn	Fresh Fruit or Chocolate and Mandarin sponge and Chocolate sauce
Thursday	Roast Pork with roast potatoes, apple sauce and Gravy	Quorn Roast	Mashed or boiled potatoes	Fresh Carrots and Green Beans	Fresh Fruit or Flapjack, a portion of raisins and Milk
Friday	Fish in batter or Chip Shop Chicken curry	Omelette	Chips or Pasta or Rice	Baked Beans or Peas, Tomato Ketchup	Fresh Fruit or Cheese and Biscuits

Tariff

Main Meal:	
Including Pudding	Excluding Pudding
Pupil £2.55 / Adult 4.50	Pupil £2.15 / Adult £3.80

Morning break	Pupil / Adult	Grad and Go Pots	Pupil / Adult	Jacket Potato	Pupil / Adult
Toast	31p / 37p	Pasta King	£1.75 / £2.10	Jacket Potato	£1.50 / £1.80
Crumpet	40p / 50p	Curry and Rice Pot	£1.70 / £2.04	Low Fat Spread Portion	12p / 14p
½ Tea Cake	40p / 50p	Plain Pasta / Rice Pot	£1 / £2.20	Jacket Potato Single Filling	£1.60 / £1.92
½ Bagel with Garlic Butter	57p / 68p	Grated Cheese	45p / 54p	Jacket Potato Cheese & Beans	£2 / £2.40
½ Bacon Baguette	£1 / £1.20	Salads	Pupil / Adult	Jacket Potato Cheese & Coleslaw	£2 / £2.40
½ Vegetarian Sausage Baguette	£1 / £1.20	Salad Box	£1.10 / £1.32	Jacket Potato Cheese & Tuna	£2 / £2.40
Layered Wrap	95p / £1.14	Turkey Salad Box	£1.60 / £1.92	Fruit, Yogurt & Ice Cream	Pupil / Adult
Pizza Slice 14s	65p / 78p	Ham Salad Box	£1.60 / £1.92	Fresh Fruit Item	55p / 66p
½ Loaded Jacket Skin	95p / £1.14	Tuna Salad Box	£1.60 / £1.92	Fruit Bag 100g	£1 / £1.20
Bread Basket	Pupil / Adult	Falafel Salad Box	£1.60 / £1.92	Fruit Yogurt	60p / 72p
Standard Sandwich	£1 / £1.20	Cheese Salad Box	£1.60 / £1.92	Callipo	£1 / £1.20
Premium Sandwich	£1.60 / £1.92	Cookies, Cakes and Desserts	Pupil / Adult	Mini Milk	62p / 74p
Sub Roll	£1.80 / £2.16	Dessert of the Day	85p / £1.02	Ice Cream Tub	55p / 66p
5" Filled Bap	£1.50 / £1.80	Cookies	55p / 66p	Hot Drinks	Pupil / Adult
Filled Baguette	£2 / £2.40	Shortbread	55p / 66p	Tea / Coffee	60p / 72p
½ Filled Baguette	£1 / £1.20	Individual Cakes	95p / £1.14	Hot Chocolate	60p / 72p
Panini	£2.20 / £2.64	Welsh Cake	50p / 60p	Cold Drinks	Pupils / Adults
½ Panini	£2.20 / £2.64	Branded Cakes and Biscuits	Pupil / Adult	Radnor Hills Water	55p / 66p
Filled Wrap	£1.70 / £2.04	Flapjack	60p / 72p	Milk 1 Pint	95p / £1.14
Baked Beans on Toast	91p / £1.09	Cookies	60p / 72p	Tetra Juice 200ml	55p / 66p
Extras	Pupil / Adult	Mini Muffins	60p / 72p	Radnor Fizz 330ml	75p / 90p
Sauce Sachet	12p / 14p	Ginger Bread	60p / 72p	Radnor Fruit 330ml	90p / £1.10
Disposable Cutlery	5p / 6p			Milkshake	£1 / £1.20

Money Management



At secondary school you will be responsible for managing your money on a daily and a weekly basis. Please remember that the Parent Pay system is used to purchase food, therefore you will not need to bring money into school with you. You will, however, need to ensure that you have money in your Parent Pay account if you decide to buy school meals. You do not need to purchase food from the school canteen - You can, of course, bring a packed lunch to school.



The amount of money I have each week is £_____. _____

Some of this money needs to be spent on a daily basis. Calculate how much you will need each day using the prices above, and work out the daily and weekly amount.

Items to be bought	Mon.	Tues.	Wed.	Thurs.	Fri.	Total
Snack						
Lunch						
Daily total						
Weekly Total						

Discuss the menu you have chosen with your teacher or your parents.

- Have you chosen a variety of foods?
- Have you included fruit and vegetables in your choices?
- Are there at least 2 days that you have chosen healthy options?



Morning routine

Before leaving for School there are a lot of things to think about, starting from the night before.

Things to think about in the morning. Put them in the right order.

- Get dressed
- Check you have the correct equipment in your bag
- Check your timetable
- Wash
- Check you have got your homework
- Clean your teeth
- Say “Goodbye”
- Wake up
- Eat your breakfast
- Leave for School

Any others? Plan your morning routine with approximate time

Time	What to do



School times on a normal day

School starts at:	Break time is at:	Lunch time is at:	School finishes at: