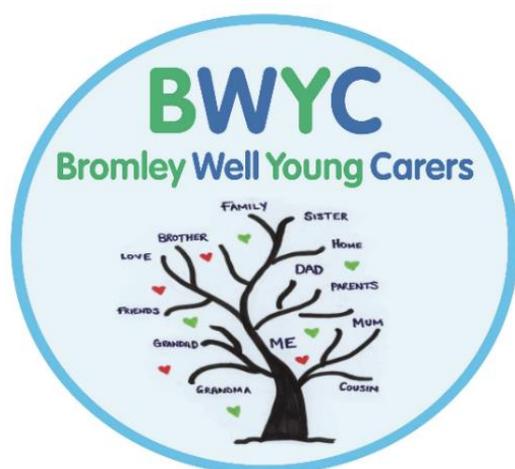


# Moving from Primary School to Secondary School



## *Practical Ideas and top tips to Help Young Carers:*



- ✓ Make sure you have everything you need - uniform, stationery, equipment etc.
- ✓ Find out the best way to get to your new school and practice it before you start.
- ✓ Think about how to get to school on time - alter your morning routine/get up 10 minutes earlier to make sure you are not late. Pack your bag the night before.
- ✓ Find a place at home that will be quiet and comfortable to do homework.
- ✓ If you get lost at your new school, ask someone for help and remember that everyone gets lost in the beginning.
- ✓ Try not to worry about making new friends - you will as time goes on.
- ✓ Ask questions if you are worried or unsure about something.
- ✓ Know who you can talk to at your new school (form tutor, year head, Young Carers Lead etc).
- ✓ Get to know the young carers Lead and how to find them in school if you feel worried or need support.
- ✓ Know what support is available to you as a young carer - for example, lunch clubs/activities etc.



## What young carers have said themselves:

All young people have some fears about going to a new school. We asked 26 Young Carers, aged between 10 and 16, about their experiences. They told us what they thought young carers in Year 6 should know. Here are a few things they said about moving up.

**Q: What advice would you give young carers in Year 6 about moving to secondary school?**

'It's a big change at first but after about a week it's OK' Year 8 boy

'Tell someone what is going on at home so you can get help if you need it'  
Year 7 girl

'It's a lot bigger than primary school and there are a lot more people. It's very different but you make new friends and find everything soon'  
Year 11 Girl

'Don't be nervous about making friends - you will in time'  
Year 7 girl

'If it's bad at the start, it will get better'  
Year 9 boy

'There are lots of different clubs so try new things'  
Year 9 boy

*Transitioning to Secondary School can be a tricky time but even more so with the addition of caring responsibilities. Putting some of these actions mentioned into place could help to make your transition from Primary to Secondary School just that little bit easier.*