

# Top Tips Moving on and Moving Up!

Moving to a new year group or a new school can be exciting but it can also be a worrying time as there can be lots of changes and new things to get used to. Here are some top tips to help you with moving on and moving up:

## Plan a visit

Ask if you can visit your new year group, your new form room, classrooms or school. This will help you to become used to new places. It will also give you a chance to ask any questions you may have. Remember you can always visit more than once.



## Meet people

Ask if you can meet new teachers, support staff or even new friends in your class or school!

## Picture it

Ask if you can take photos of key people or places. This will be useful for you to help remember names and places where you need to go.



## List it

Make a list of any new equipment you may need to buy such as a calculator, books, uniform or sports equipment. Remember to ask for help if you need it. Start using a diary or school planner.



## Map it

Ask for a map of your new school or your new area in school. This can help you think about the different parts of the school or new area and help you be confident in moving around.



## Get organised

Your new year group or school may be able to give you your timetable early. Copy your timetable and colour code the different subjects, practise reading the subject names, look at the times and have a go at packing your bag for each different day. You could also ask for the school rules or any new rules so you know what you can and can't do.

## Find it

Spend some time looking for new apps, websites and programmes that can help you get organised and help you with homework or research.



## Write it

Make a list of any questions you may have so your new teachers, other adults or friends can answer them.



## Join it

Think about joining a new club outside of school. This can help you make new friends and help build your confidence.

## Travel it

Have a go at planning your route to school. If you're travelling by a new mode of transport, such as the bus or by bike, perhaps try it out and see how things go. This will help you plan how long it takes you.



## Read it

Have a go at reading new subject key words. This will help you find your way around your new year group or school and help you get quicker at getting to lessons.