

## Thinking Ahead

Take some time to think positively about the time to come at secondary school.

If you can't print, you can just write down the answers on a piece of paper.

What are you most looking forward to?

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What new activities would you like to have a go at?

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What clubs would you like to join?

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What would you like to achieve? (Try to think beyond exam results!)

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Here are our top ten tips for "Moving Up" successfully:

1. Be yourself—good friends will like you for you
2. Be ready to ask for help—lots of people are there just to help you
3. Remember everyone else is there looking to make friends too
4. Take every opportunity to try new things
5. Be prepared—get everything you need ready the night before
6. Make a good first impression on your teachers
7. Do homework as soon as you can
8. Remember that you have the right to feel happy and safe at school—talk to a trusted adult if you don't feel this way
9. Teachers aren't looking for perfection, but they do want to see you try your best
10. Try to look after your physical well being—eat well, sleep well, and take some exercise.