

Children, Young People and Families Occupational
Therapy Team

**TRANSITION TO SECONDARY
SCHOOL
ADVICE FOR YOUNG PEOPLE**

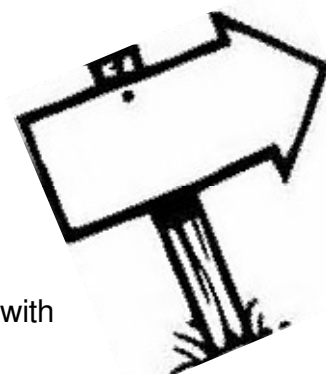
Integrated Disability Service	Integrated Disability Service
Lancaster House	Saltisford Office Park
Exhall Grange Campus	Building 1
Easter Way	Ansell Way
Exhall	Warwick
Coventry	CV34 4UL
CV7 9HP	
Tel: 02476 368 800	Tel: 01926 413 737
Fax: 02476 368 800	Fax: 01926 742 474

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Finding your way around

- Practice your route to school and class.
- Look out for signs, posters or pictures to help you remember the way.
- Get a list of your teachers – sometimes it helps to know who teaches which subject.
- Draw or get hold of a simple plan of the school and keep this with you.
- Always keep a copy of your timetable with you.



Organisation

- Colour code your timetable, files and books to help you to recognise which are needed for each day.
- Pack your school bag the night before so you are not rushing in the morning!
- Check your timetable to see if you need your PE Kit or Cooking ingredients, etc for the next day. Pack these into your bag the night before.
- If you have difficulty completing homework, ask your teacher how much time should be spent working at home, and ask for assistance to prioritise your workload.



In the classroom

- Try to sit where you can clearly see the teacher and the board.
- Use a see-through pencil case to help you find your pen/pencil more easily.
- Try different pen grips to find one to suit you. Soft grip pens can help reduce the amount of pressure used.
- A backpack style bag is easier to carry than a single strap, and helps to promote good posture and balance.



Dressing

- Make sure that everything is ready to put on the night before (this includes shoes and underwear).
- Organise your uniform. If you have difficulty dressing, ask a parent to knot the tie and partially button shirts so that they can be slipped on easily.
- Make sure that a complete PE kit is taken into school on the day that it is needed. An itemised checklist may be helpful.
- Check that you can change into your PE kit, and problem solve any difficulties.

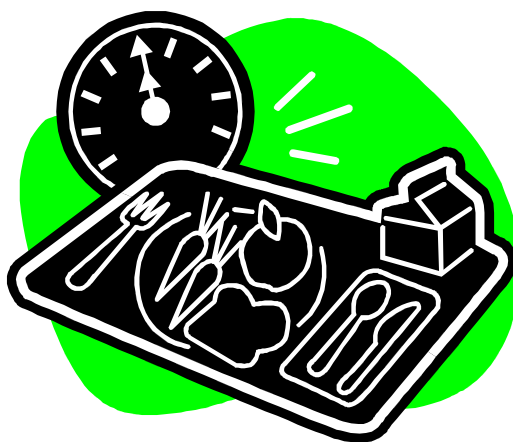


Personal Hygiene

- If using the toilet is difficult, make sure that your teacher is aware that you may need extra time.
- Carry a small bag in your school bag to hold a clean pair of underwear and travel pack of Wet Wipes to carry discreetly to the toilet.

Lunch Time/ Break Time

- Find a purse/wallet that is easy to open and that may be clipped to a school bag
- Take pound coins to buy your lunch to save you having to deal with change.
- Find out what happens in the dinner hall – collect tray, order food and put on tray, pay, collect cutlery and cup, etc.
- Make sure that you put your purse/wallet in your bag and your bag on your back before trying to carry a tray of hot food - practice at home.
- Practice handling money and putting away change.
- Make sure that can open your sandwich box, and any packets or cartons easily.
- Remember to ask for help if you get stuck.
- Find out where school bags can be left at lunch time, e.g. in a locker, in the form room.



Tips for tackling difficult tasks.

- You have to break the task into easier stages.
- Only ever tackle one stage at a time.
- If it helps, talk your way through the task before you start.
- Talking your way through the activity may help to focus you on each stage.
- Begin by finding a good starting point, it might be the first pattern on the page, or the one at the far left or the bottom one. You decide and only do that one.
- Stop and think before tackling the next stage.
- Find the next step and do that one, making sure you have copied exactly (e.g. the right positions, space and size etc.).
- As you get the idea you can go a little faster, but watch for mistakes.
- If you have found you have made a mistake **don't panic!** Everyone makes mistakes. Just go back stage by stage to see where it went wrong.

You can do this!!!