

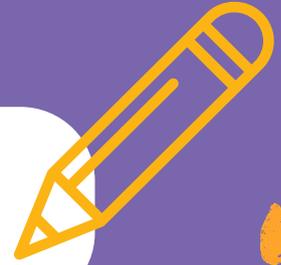


Moving Up!

Supporting registered year 6 young carers with their transition to secondary school*

About me

My name is...



My birthday is...



My primary school is...

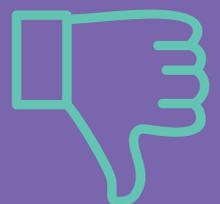


My secondary school will be...

I like...



I dislike...



*Pages 1-4 to be completed with the young carer during terms 5-6 and shared with record to secondary school

About my caring role

Tell your new school about being a young carer

I help to care for my...



I care for my _____ because...



Draw or write about what you enjoy as a family...



I get upset or worried about my _____ when...



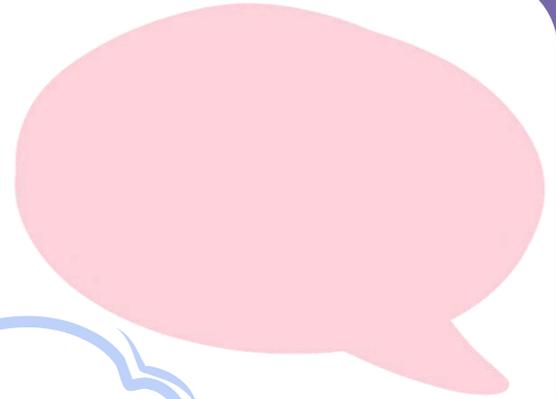
My feelings about school

Use this space to share anything you would like to know about your new school. For example...

1. Is there a phone in school I can use if I need to contact home if there has been an emergency or I need to speak with the person I care for?
2. Can any help be put in to place if I struggle to complete homework on time because of my caring role?
3. Who can I talk to in school if my caring role changes?



My questions are...



I'm excited about...



I'm worried about...



My feelings about school

Circle me...

I will have friends
from my class
moving to my new
school

Some from my class are moving
to my new school but we're not
friends so I'm nervous

I won't know
anyone at my new
school but I feel ok
about that

I will know people
from other year
groups

I have a brother or
sister at my new
school

I won't know anyone at
my new school and I feel
nervous about that

The kind of school clubs I would enjoy doing are...



My positive reminders

Starting a new school can be scary. Why not use some sticky notes or a scrap book to create your own positive reminders and keep them with you to look at whenever you need.



My year 7 checklist

To help you feel less worried about starting at your new school, take a look at the list below of things that may be useful for you to know or have ready on your first day.

Remember to ask for help if you're unsure of anything. There is space for you to continue your list

My form tutor's name is _____

My head of year's name is _____



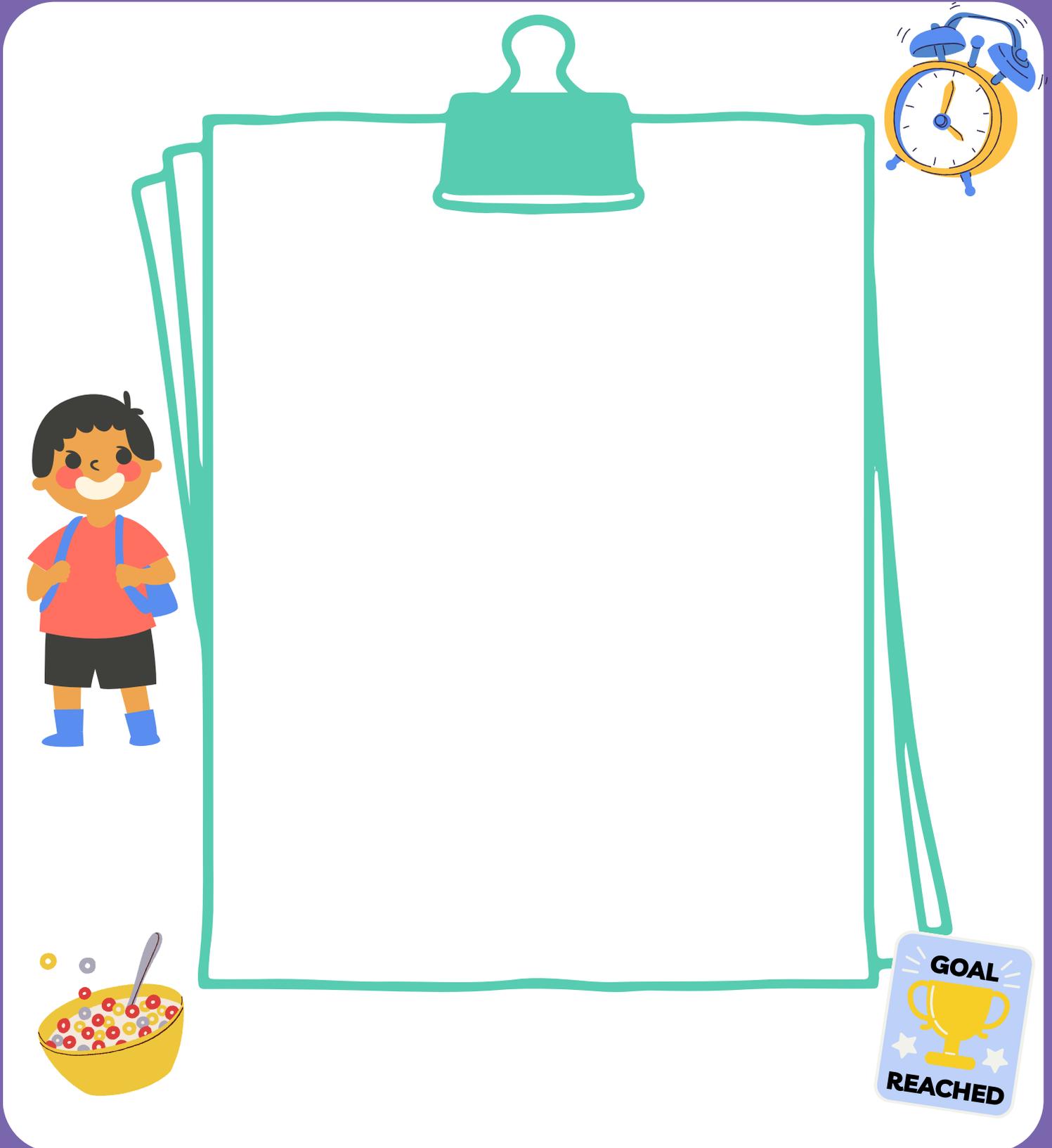
- I know how I am going to get to and from school
- I understand how my school timetable works
- I know what time break and lunchtimes are and where to have my lunch
- I know who my Young Carer Champion is to talk about my caring role
- I know that I can ask for help if I'm struggling to complete my homework
- I know what uniform and equipment I need
- I know where to find out about clubs during lunchtimes and after school
- I know where and when the Young Carers Support Group meets
-
-
-



My goals

Think about how you'd like to start a new year at your new school. It could be to get up 10 minutes earlier or to have your uniform ready the night before.

Set yourself some small achievable goals to kick start year 7.

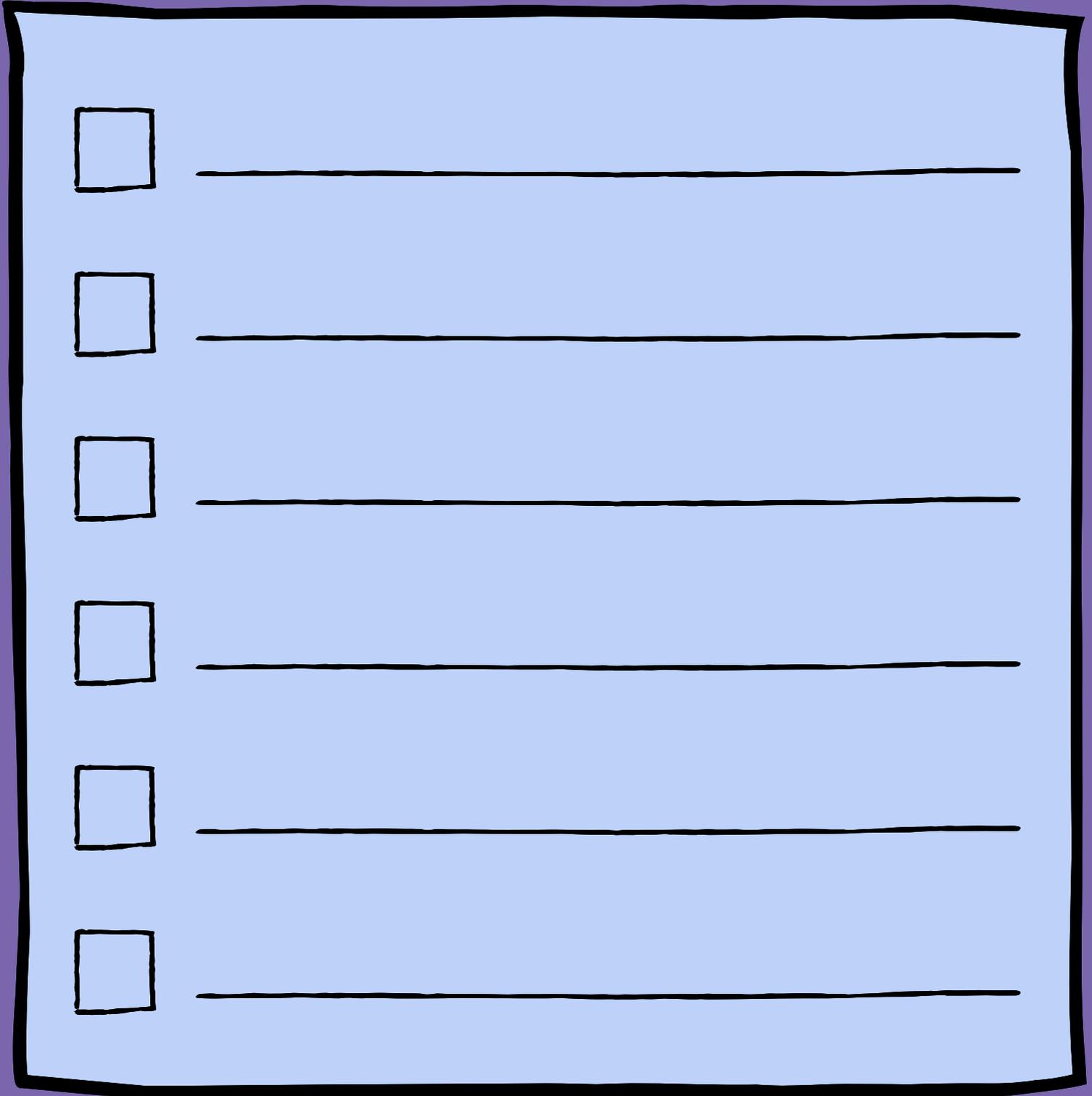


A large green-outlined rectangular area for writing goals, held by a green binder clip at the top. To the left is a cartoon boy with a backpack. To the right is an alarm clock. At the bottom left is a bowl of cereal. At the bottom right is a 'GOAL REACHED' badge with a trophy.

My notes

Use this space to add any other notes or things you would like to tell your new school.

For example, what have you found helpful to you in your primary school?

A large blue rectangular area with a black border, intended for writing notes. It contains six rows of horizontal lines. Each row begins with a small square box on the left side, likely for a bullet point or a small drawing.