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High School?
No Problem!
A booklet for P7 pupils
**INTRODUCTION**

This booklet is written for P7 pupils. We hope it will offer support and encouragement about moving on to high school. The advice in the booklet has come from circle-time sessions with P7 pupils in Fife schools. They were visited by Fife Community Mediation trainers delivering ‘Moving On To High School’ training.

At these sessions, pupils were encouraged to discuss their feelings about moving on to high school. They were encouraged to share their ideas and support each other in dealing with those feelings and concerns. They came up with lots of good ideas.

> Any questions and concerns about moving to high school were written down by P7 pupils on cards and handed in.

> The cards were read out (anonymously).

> Everyone had a chance to give ideas and advice for each question.

Sixth year pupils from high schools were present at some sessions and their information and support was also recorded for this booklet.

Maybe your school could organise a circle activity like this.

If you feel differently about some of the suggestions in this booklet that is fine, but we are sure that parts of it will be helpful to you.

Amanda Steele
Sacro: Fife Community Mediation Service

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**DO PUPILS GET EXCLUDED FROM HIGH SCHOOL?**

Very few pupils get excluded at high schools. If someone needs to be excluded then they and their family will be supported to try to make sure it never happens again.

Tips pupils gave to avoid being excluded include:

😊 Behave in class
😊 Don’t cause teachers problems
😊 Speak to your support or guidance teacher if you are getting into trouble
😊 Speak to a peer supporter
😊 Try your best
😊 Don’t get into trouble.
I’m worried about the traffic on the busy road at high school.

Ideas

😊 Cross with the lollipop person at the crossing
😊 Don’t run across the road
😊 Don’t push or be with a rowdy crowd
😊 The cars should drive slower past the school and look out for pupils
😊 Be sensible crossing the road.

Many high schools are on busy roads so you may be concerned about the traffic. All schools have crossings which are safe if used sensibly.

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WHAT IF I GET BULLIED IN HIGH SCHOOL?

IDEAS

😊 You must tell someone
😊 Tell your support teacher, register teacher or any teacher you trust
😊 Tell your year head or the headteacher
😊 Tell a peer supporter, if you have one*
😊 Tell a friend
😊 Tell your family
😊 Ignore the bully
😊 Talk to the bully (bullies may be unhappy)
😊 Speak up if you see someone being bullied.

*Some schools have peer supporters who can help with problems, such as buddies or mediators. They can listen to your concerns and help you decide the best way to deal with it; on your own or with help from others.

Talking about these kinds of concerns in a supportive circle can be very reassuring. Everyone can give advice on who to tell and how to deal with the problem.

If S6 pupils are present in your circle they can speak about the reality of high school – this can be very reassuring.

I HAVE ADDITIONAL SUPPORT NEEDS. WHAT WILL HAPPEN AT HIGH SCHOOL?

IDEAS

😊 You will get support in high school
😊 Your friends will help you
😊 Your support teacher will be there to discuss things.

If you have additional support needs your primary school staff, high school teachers, parents and yourself will make plans before you go to high school. If you’re not sure what the plans are, ask someone at home or your P7 teacher.
I’m worried about being away from home longer and getting used to a longer day.

Ideas

😊 Go to bed earlier
😊 Get your bag, books and uniform organised the night before
😊 You might be tired at first but you will get used to it, just like starting primary school!

What if I find some work too hard?

Ideas

😊 It shouldn’t be much harder than P7
😊 You can ask a teacher, friend or member of your family for help
😊 You can speak to your support teacher
😊 You can speak to a peer supporter
😊 Some work will be revision so that others can catch up
😊 The work gets harder gradually as it does from P6 to P7. You could think of S1 as P8!

It’s not unusual to worry about the work you’ll get in S1. Your high school teachers will know what level of work you were on in P7.

If you feel the work is too hard or too much you should let someone know as soon as possible. Don’t let your worries build up!

Speak to your class teacher, registration teacher or support teacher or ask someone at home to speak to the school for you.
I’m worried I will get lost in high school

IDEAS

😊 Stay with your class or someone who knows the way to the next class
😊 Ask a senior pupil where to go
😊 Ask a teacher
😊 Ask the janitor
😊 Ask someone you know
😊 You will get a map
😊 You will soon learn where the classes are
😊 You won’t get into trouble if you are a bit late for class because you got lost
😊 Ask at the office.

Many pupils can be worried about getting lost in high school. This is understandable as it is so much bigger than the primary school you have spent time getting to know so well.

You can take heart that even if you can’t remember where the classes are at first, it is unlikely that you will get lost as:

😊 you can follow your classmates
😊 you will have a map
😊 you will probably have visited your high school while still in P7.

If you do get lost there are plenty of reliable people to ask for help.

I don’t want to see my older brother/sister at high school.

IDEAS

😊 Just keep away from them
😊 You will be with your own friends
😊 They may make fun of you but if you had a problem they would help you out
😊 They will have to behave more sensibly in school from the way they are at home
😊 If they are nasty, tell your parents.

If you have older brothers or sisters at high school you may be worried about meeting up with them at school. They might have told you to keep away from them. This doesn’t seem very supportive but the older ones want to look ‘cool’ in front of their friends. Most pupils say “If you were in trouble your brother/sister would help you out and deep down you know that.”
WHAT IF PEOPLE PUT PRESSURE ON ME TO SMOKE OR BREAK OTHER RULES?

IDEAS

😊 Just say NO – no-one can make you do anything
😊 If people smoke, keep away from the places where they smoke
😊 If you feel under pressure, tell your peer supporter, a teacher or someone at home.

You may worry about peer pressure to smoke or take drugs. Older pupils are very reassuring, saying if there was any trouble like that the pupils would be dealt with by school staff.

HOW CAN I MAKE NEW FRIENDS IN HIGH SCHOOL?

IDEAS

😊 Be yourself
😊 Don’t be shy – talk to people
😊 Smile at new people – be friendly!
😊 How did you make new friends at primary school?
😊 Be confident
😊 Don’t fight.

You may be anxious about making new friends, especially if your friends are going to a different high school. This is understandable. S6 pupils say that they felt the same but ended up making new friends.
I Don’t Want to Leave or Lose My Old Friends.

**Ideas**

😊 Stay in touch
😊 Swap phone numbers
😊 Visit them after school
😊 Visit at weekends
😊 Phone them
😊 You will make new friends.

Part of moving on in life involves some loss. It is natural to miss things about primary school, including friends. But apart from trying to keep in touch the advice is to focus on the future and enjoy making new friends.

I’m Worried About Travelling on a School Bus.

**Ideas**

😊 Sit with a friend
😊 Sit near the front or downstairs (if it’s a double-decker)
😊 Avoid fighting or getting involved in any trouble
😊 If you see trouble on the bus tell the driver or staff in the bus park
😊 The driver will report any trouble on the bus to school staff.

You may also worry about getting on the wrong school bus at home time. There is always a teacher on duty in the bus park to help you.
I'm worried about getting injections in S1.

You will be told ahead of time about any injections that you might need. If you do need one think about these ideas:

**IdeaS**

😊 Don't look
😊 Think about something nice
😊 It won't last for long
😊 Some people are diabetic and have injections every day
😊 It’s worth it if it will stop you getting ill.

You may worry about injections in S1. Older pupils say that problems are rare, that any injections don’t really hurt and it’s better to get it over with.

What if I don’t like one (or more) of my new subjects?

**IdeaS**

😊 Speak to your teacher
😊 Ask for help from teacher, friend or family
😊 You may enjoy the subject more when you learn more about it
😊 Everyone studies the same subjects in S1 and S2. After that you get to make some choices.
😊 What is it about the subject you don’t like?
😊 Practice more at the subject
😊 Get help as early as you can – it is better to ask than to pretend you understand
😊 There are different parts to some subjects and you may enjoy some parts more than others
😊 Getting on with your teacher can make a subject more enjoyable
😊 It may not be as hard as you think it’s going to be
😊 Not everyone will like every subject but you do get to change subjects often.

Starting new subjects can be exciting and worrying! Some pupils can be worried about PE (gym or sports) if they feel they are not very fit or athletic. You will do lots of different activities in PE like swimming, football, netball, hockey and gymnastics. You’ll probably enjoy some more than others and you don’t have to be good at it to enjoy it – plus, it’s good exercise!
Will we get too much homework?

**Ideas**

😊 Do homework with a friend
😊 Do homework before you do other things to get it out of the way
😊 You don’t get the same subjects every day. You will usually have a few days to do the homework
😊 You get a diary to organise your homework
😊 Any problems, speak to your teacher
😊 Ask if your high school runs homework classes.

If you have older brothers or sisters at high school you can ask them what homework was like in S1.

What if I don’t get on with some teachers?

**Ideas**

😊 You will have lots of teachers. You will get on with some better than others
😊 If you don’t get on with some of the teachers, you don’t have them for very long
😊 Behave well in class and the teacher will be more positive
😊 The teachers are all there to help you
😊 Some of the teachers will be very good
😊 You could discuss it with your support teacher, peer supporter or family.

It’s not unusual to feel sad at the thought of leaving your primary teachers. Older pupils in high school always say that they find teachers that they can get on with.