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Welcome to Moving on Up: Top Tips for Primary 7 pupils to ensure a smooth Transfer from Primary to Post Primary School.

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My name is Brad and this is Diana. If you are watching this, you are probably, like us, a P7 pupil about to leave primary school and preparing to move to post-primary school.

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We hope to share some 'Top Tips' with you to help you with this move.

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Moving to Post Primary can be a time of mixed emotions. You might feel worried about leaving the primary school you know so well or you might feel nervous about change and having to get used to something new. You might also feel excited about learning new subjects and growing up. Whatever you are feeling, do not worry. It is normal to feel mixed emotions, especially at times of change.

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At first, things will seem different at Post-Primary school. For example, in Primary School we usually stayed in the same classroom with the same teacher.

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In your new school the school bell rings lots of times in the school day. The school day is divided into periods and usually when the school bell rings it is the start of a new period. When the school bell rings you will probably have to move to a different classroom, teacher and subject.

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In your new school, you will learn lots of different subjects and you will have lots of books to bring to each class.

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In your new school, you will also have lots of different teachers. At first, you might find it tricky to learn all their names but, with a bit of time, you will soon learn them all and know what each teacher expects from you.

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Post-Primary school is an exciting place to learn more subjects. In Post Primary you will have an opportunity to learn new subjects such as Technology, ICT, Home Economics, Languages and many more. It is also an exciting time to make new friends and to learn new hobbies too.

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Here are three top tips to get you started!

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Our first top tip is 'Be prepared!'

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You might have already had an opportunity to visit your post-primary school at an open day, open evening or other event and may have had an opportunity to look around some of the classes and even meet some of the teachers.

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It is also useful to look at the post-primary school website. Lots of schools will have a virtual tour of the school uploaded and useful information on after school clubs, activities and sports.

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Instead of one class teacher, you will now have lots of teachers. Each teacher has a special role in looking after you and keeping you safe. Your Form Teacher is a little like your primary school teacher. If something is bothering you and you cannot sort it out, it is really important to speak to your Form Teacher who looks after your class.

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Our second 'top Tip' is 'Be visual!'

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Colour coding your timetable and books will help you organize your belongings. Colour coding helps you easily see what subjects you have each day. You can then use coloured stickers to match your books to each subject. Sometimes, if you have more than one book for each subject, it is useful to use coloured plastic folders. This is also useful to keep loose paper and booklets in. Templates for colour-coding are available in the AAIS Transfer Pack.

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On the school website, there may be a map of the school. This can help you familiarize yourself with the school and find your way around. You can colour code this to your timetable. For example, if ICT is yellow in your timetable, then you can colour ICT on the map yellow too.

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An organisational checklist can be very helpful to help you remember what to bring to school each day. For example, if you have Home Economics you may need to bring ingredients or you may need your PE Kit if you have games.

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It is also helpful to have some 'What if cards' as a helpful reminder and prompt if you are stuck.

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Our third 'Top Tip' is to 'Be in Touch'.

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It is important that the teachers have an opportunity to learn all about YOU! In the AAIS Transfer Pack there is a Pupil Passport which you should complete and send to your school SENCo.

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This will let your teachers know all about you! What you like, your interests and strengths.

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It will also let your new teachers know what you find challenging.

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Sometimes you may need a break when you get overwhelmed or anxious. It is important your teachers know what helps you calm down when you are feeling anxious.

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You may feel overwhelmed in crowds and having extra time to get to the canteen could help you. If your teachers know this, they can help you.

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Your P7 teacher may also complete a form called the Individual Pupil Profile (IPP). This will help pass on useful information from your primary school to your new post-primary teachers.

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For example, your P7 teacher may want to let the post-primary teachers know strategies that help you, such as writing instructions on the board or written reminders on a post-it note. It is important that the post-primary school staff know what helps you so that all the things that helped you at primary can continue at post-primary school.

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It is important that we all work together and keep in touch. Your parents can use your homework diary to send notes into school and if you need help it is important to tell an assistant, the school SENCo or your Form Teacher.

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Moving to post-primary school is an exciting time and we know you quickly get used to it and enjoy it. Good luck everyone!