

# Getting Ready for Secondary School

## Choosing a School (Year 5)

- ◆ I've visited schools and I know which one is right for me
- ◆ I know that I can get around the campus
- ◆ The school is wheelchair friendly if this is something I might need

## Before School Starts...

### Getting to know my school

- I've practised my route to school
- I know which entrance/exit to use
- I've gone to some transition taster days if offered

### Getting ready for my 1st week

- I have a plan for getting up on time, eating breakfast, taking my meds, brushing teeth & getting dressed. I've practised my morning routine a few times to cover my varying degrees of energy levels
- I can tie my tie/shoelaces
- I have a Pack My Bag Checklist and I know what to take to school on my first day
- I've downloaded 'Find my Friends' or Life 360 on my phone
- I know what I will do about school lunches/snacks/PEG feeding at school

### Talking about Barth syndrome

- I can tell people about how Barth syndrome affects me or I have a card or leaflet that explains it for me
- I have a plan for how much I want to share about my condition

## When School Starts...

### Spaces for work & rest

- I have a space at home where I can do my homework
- I have somewhere at home to keep my books
- I have arranged for somewhere quiet and safe to rest at school if I'm feeling very tired or unwell

### At School

- I have a locker that's easy to get to. I have an extra set of textbooks at school so that I don't have to carry books home.
- I know which member of staff has a spare locker key in case I lose or forget mine
- I know where to collect, charge and leave my electric wheelchair if I use one, so I don't have to take it home every day
- I have a plan for spending lunchtimes, PE lessons and breaks

### Schoolwork & Homework

- I understand the homework policy and I think it's manageable for me. I know I can agree changes with the school so that I am able to cope with the homework if it ever gets too much
- I've arranged for a laptop to use for some of my work. I can do my homework on this and either print it at home or have a plan to take the memory card to school where someone can print it off. This saves me carrying heavy books.

## Anxiety & Bullying

Be awesome,

Be amazing,

Be you.

New situations can make us anxious. We each have our own signals from the brain and the body to tell us that we are feeling anxious. This is really helpful as then we can take action to help ourselves feel better.

What signals do I get?

Actions to take when I recognise I am getting anxious:

**Bullying is not acceptable behaviour.**

What is bullying?

If I ever feel bullied, who will I tell?