Moving Up!
Supporting Year 6 Young Carers with moving up to Secondary School

About me

My name is...

My birthday is...

My Primary School is...

My Secondary School will be...

I like...

I dislike...
About my caring role

I help to care for my...

I care for my _______ because...

Draw or write inside 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
- I won't know anyone at my new school but I feel ok about that
- I won't know anyone at my new school and I feel nervous about that
- I will know some from my class moving to my new school but we're not friends so I'm nervous
- I have a brother or sister at my new school
- I will know people from other year groups

My Year 7 Goals...

Think about how you'd like to start a new year. 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.
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.

I can do this
I am kind
I am brave
I matter
I believe in me
I am loved
I can do anything

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Developed by Jo Rickword Workforce Development Manager at Imago Community 2023
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
☐ (If using a bus) My free bus pass will be ready to collect 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
☐

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

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Contacts

Here is a space to add useful contacts for your new school.

The top box is for the person responsible for Young Carers, the second is for you to add anyone else that you might like to speak to.

<table>
<thead>
<tr>
<th>Name</th>
<th>Where you can find them</th>
<th>Email address</th>
<th>Details of Young Carer Group</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

Other useful contacts

- [Line]
- [Line]
- [Line]
- [Line]
- [Line]

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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?

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