



Kings Langley
Secondary



Bedmond
Primary



Bovingdon
Primary Academy



Kings Langley
Primary



Nash Mills
Church of England
Primary



Sarratt
Church of England
Primary



St Pauls Chipperfield
Church of England
Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow



Top Tips for Getting a Good School Routine A Guide for Students



Starting secondary school is a significant milestone in your life. It marks a passage into adolescence and brings about several significant changes. You will go from being the oldest in school to being the youngest, having to find your way around a large new school with different teachers for different subjects. You will also have to take more responsibility, such as:

- Taking a new and unfamiliar route
- Planning for each day's timetable
- Making sure you have the right books and equipment
- Doing homework most evenings, which has to fit into your routine alongside other interests
- Being responsible for communicating with friends and teachers and not having your parents around to speak for you all the time

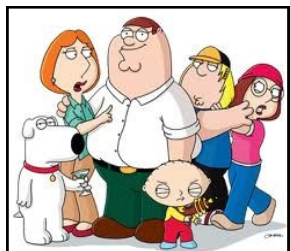
All of this will have to fit into your new routine, alongside your other interests and the often daunting prospect of becoming a teenager. It can take time for you to adjust to these new responsibilities.

Communication is Key

Communication is important at this stage and many young people find that they become less willing to communicate with their parents. You may want a bit more of your own space to talk and you may find it hard to put your feelings into words. Remember your parents want to listen to you and they want to help.

How to get the Best out of School Life

- Be realistic about what you can achieve. Don't put yourself under pressure by having over-high expectations
- Get involved in after school clubs or other school activities as this will help you to make new friends and new interests
- Talk to your teachers and school staff about ANY worry you may have.
- Talk to you parents



Top Tips for Getting a Good School Routine

Once at Secondary School



- Get organised for school the evening before. This can save you a lot of undue stress in the morning. Check your timetable for the following day, pack your bag and lay out your uniform if necessary.
- Start to manage your time efficiently and start to take responsibility for getting your equipment together, don't rely on your parents.
- You will probably have several homework tasks to complete each night and many schools have a homework timetable. Make sure you have a copy of your timetable and ensure you get your parents to read and sign your diary regularly so they can keep up with any notes from teachers.
- Have a calendar on display at home clearly marked with different equipment needed for different days (sports kit, music, projects etc.)
- If you are getting to school on public transport for the first time, find out if any friends live nearby so you can travel together.
- Friendships are always a concern. Be confident in making new friends and talk to your parents about your new friends. Where you can, take the opportunity for your parents to meet your new friends and keep involved.
- Make sure your parents check the schools web site regularly, and other communication tools they may use, for information updates and news.



Supporting Yourself

- Talk to your parents about any worries and challenges you think you may come up against ask for their help and advice. You can also talk to your friends or teachers at school.
- The pressures teenagers face can be difficult. Ask your parents for practical ways to help you stay safe so you don't have to learn through mistakes.
- Say 'NO' to pressure. You can have a mind of your own.
- Talk to your parents about what is and isn't allowed in your house. Have an understanding of your family rules with your parents
- Sometimes the best way to resolve a problem is to get help and support. Don't be afraid to ask for it.



Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For more information visit www.familylives.org.uk or contact Student and Family Services on 01923 271744 or 01442 278793