

# TRANSITION TO SCHOOL WORKSHOP FINDINGS

COODANUP COLLEGE - 31 MARCH 2021

YEAR 7

## ACTIVITY ONE

We commenced the workshop with a relaxing meditation and yoga session. During the meditation they were encouraged to focus on their breathing and to let go of their stress.

## ACTIVITY TWO

Students were asked to think back to the start of the year and how they felt about heading to high school for the first time. Emojis representing excited, scared, uncertain and nervous were set up on a white board and children were asked to describe their feelings under each one.



### EXCITED

- New friends
- New start
- New opportunities
- I didn't like primary school
- Leaving people I didn't like
- New school
- Older brothers and sisters at the school.



### SAD

- Leaving our friends
- Going to a different school
- Losing friends
- Losing teachers that I felt comfortable with.



### UNCERTAIN

- Not sure what to think
- Not sure about the behaviors in high school
- New school
- Not sure if I will fit in



### NERVOUS

- Because of the bigger kids
- New school
- New people
- Going to a different school
- New teachers
- Harder schoolwork
- Will I fit in
- Not sure on what is yet to come

## ACTIVITY THREE

The students stood on a mat and worked together as a team to flip the mat over, ensuring that they were always touching the mat. After a couple of tries they started to ask questions, helping them to achieve their goal. (to encourage the children to ask questions for a smoother transition).

# ACTIVITY FOUR

We asked the students about orientation day - what they thought worked well, what didn't and their dream orientation day. We then asked students to give us an idea of what their dream orientation day would look like.

## WHAT WORKED

- 2 days to visit the school
- Sessions were good
- Having a primary and high school teacher with you
- Group work/activities/experience cooking class
- Map and tour of the school
- Did water play/water baseball
- Meeting different people
- Being able to see the year 7 area
- We got told what the school expects of us
- Meeting teachers
- Seeing the home room
- Meeting new friends
- Learnt about Vivo points (rewards points system)
- Told about bullying/phone policy and PBS(positive behavior support)
- Learning the school values



## WHAT DIDN'T

- Term 4 second session was chaotic as all 4 primary schools were there at once
- Some students didn't get a map
- Told incorrect information
- Only some students got to choose electives
- Not informed what areas to go to
- Not allowed to socialise with older students



## DREAM ORIENTATION

Not being so chaotic

Having a buddy from an older year

Having a tour of the whole school

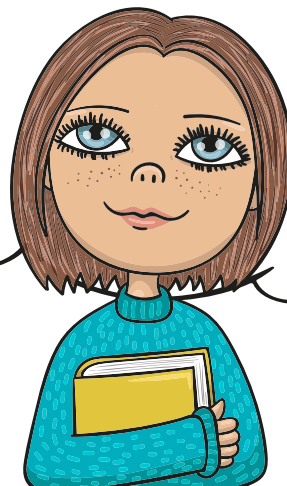
See where first aid and social services are located

Do a get to know everyone activity in our homerooms

Give everyone a map of the school

See where electives take place and have a go at them

Choose factions and electives at orientation



# ACTIVITY FIVE

We asked the students what advice they would give to future year 7 students.

DON'T BE AFRAID TO  
ASK QUESTIONS

IT'S NOT AS  
SCARY AS YOU  
THINK

IF YOU HAVE ANY  
PROBLEMS ASK A  
TEACHER

YOU WILL MAKE  
FRIENDS REALLY  
EASILY

BE KIND AND FRIENDLY TO  
EACH OTHER

BE CAREFUL  
OF THE OLDER  
KIDS

WALK AROUND AT  
RECESS & LUNCH SO  
YOU KNOW WHERE THE  
CLASSROOMS ARE

HAVE FUN!



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