

Nenagh College

2025/2026

Transition Workbook





Hello
&
Welcome !

The big move from Primary to Secondary School should be exciting but you might also feel a bit nervous. It will involve a lot of changes and new experiences.

This is Nenagh College's Transition Workbook and you can use it in your primary school, at home and also in our school.

It will hopefully explain a lot about Secondary School and answer some of your questions, as well as help to prepare you for all the changes.

Please do not feel you have to complete this workbook for your first day but the Support Team would like you to bring this book with you, as it will be informative for us!!!

We hope that you will enjoy all the different activities in the book. Once you've finished, you should be well prepared to start in Nenagh College.

Good luck!

All about me.....

Find a photo of yourself in
your primary school uniform
and stick it here!!



My name is _____



The name of my Primary School is _____



My birthday is on _____



I am good at _____



My favourite sports are



My favourite foods are



My favourite TV programmes are

When I start in Nenagh College,



(a) the names of the students that I will know from my
primary school are:

(b) the names of other students or staff who I
already know are:



Finding out about my new school



Check out the Nenagh College website and use the information you have found to fill in this fact sheet..... www.nenaghcollege.ie

The name of my new school is _____



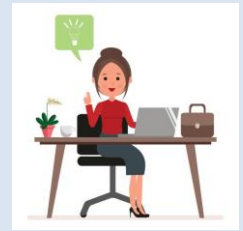
The address of the new school is



The telephone number is



The name of the Nenagh College Principal is



The name of Nenagh College's Deputy Principal is



Secondary school starts at _____ and finishes at _____

Circle the right one!

I will travel to secondary school by car / bus / bike / train.



I will need to leave my house at _____, so I will

be in school on time



for 8:50

My first day in Nenagh College will be on the _____ of

August 202 .

AUGUST 2013						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Homeroom/ ASD special classroom

The Homeroom will be based in Room 04.

- Room 03/ 04 is another ASD classroom in Nenagh College.
- This area has two classrooms and a sensory room and break / lunch time area.
- The name of my Support Teachers are

- The name of the SNA's that work in Room 03/04 are

Post Primary Questionnaire



1. What do you think it will be like at your new school?

2. What things would you like to find out about your new school?

3. List three things you are looking forward to:

1) _____

2) _____

3) _____

4. List three things you think you might need help with

1) _____

2) _____

3) _____

Daily School Routine

*You will hear a bell for the start and end of each class!

TIMES	
8:50 Approx	<ul style="list-style-type: none"> • Going to Locker. • Getting books for the classes before 11 o'clock. • Meeting Friends • Going to Registration
9:05	1st Class of the day
10:05	2nd Class of the day
11:05	Break
11:05 to 11:20	Small Break
11:20	3rd Class
12:20	4th Class
1:20 to 2:00	Big Lunch
2:00	5 th Class
3:00	6 th Class
4:00	Home Time!! <ul style="list-style-type: none"> • Go to locker to get books needed for homework Meeting friends & going home.

The School Day



When reading this information below, have a look at the daily school routine image. <<

8:50 to 9:00



- Locker
- Getting books for classes
- Meeting friends
- Registration

What happens in Registration??

8:50 to 9:00

Every morning you will go to a classroom with your class group to meet your class tutor.

Your class tutor will:

- take your attendance
- checks and signs journals
- collects notes, for example absences or permission to leave school early.
- updates you with news or current events within the school.

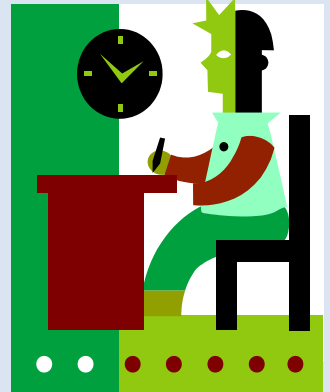
CLASS TIME

In the daily school routine image, you will see that Class time is broken down, there are 3 parts to the school day.

1. Morning Classes (x2)
2. After Break Classes (X2)
3. After Lunch Classes (X2)

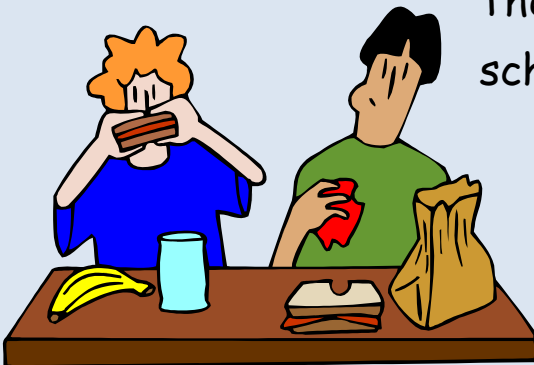
Each Class lasts 1 Hour.

****A Bell rings or beeps when the class starts and finishes.



BREAK / LUNCH TIME'S

There are 2 break times in secondary school.



- | | | | |
|----|---------------|-------|-----------|
| 1. | 11:05 - 11:20 | Break | (15 mins) |
| 2. | 1:20 - 2.00 | Lunch | (40 mins) |

At this time you will have your lunch or snack.

You can bring in your own lunch or get your lunch from the canteen or shop (see School Map) in the school or you can bring in a packed lunch.

During the Break / Lunch Times are an ideal time for you to go to your locker and to use the toilet



After 4:00



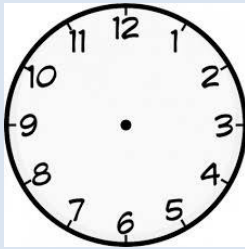
After finishing your last class, you should:

- **go your locker** to get whatever books needed for homework (*homework should be recorded in your school journal*).
- **Meet friends and staff**



Home Time!!!!!!

QUESTION TIME!!!!



1. How long are the classes at Nenagh College?

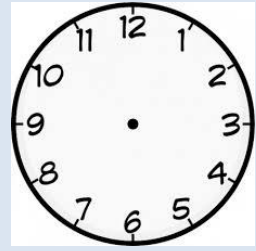
2. How will you know when a class is starting or finishing?



3. What time does Nenagh College finish at?



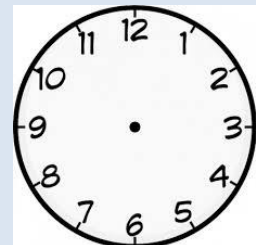
3. How many minutes are in big lunch?





4. What do you need to do at 8:50?

5. How many minutes are in a class?

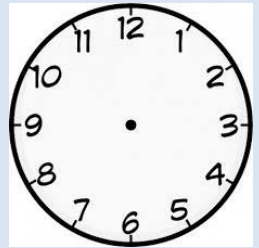


6. What do you need to do at 4:00?



7. What should you remember to go and do during the breaks times, rather than class time?

9. What time does secondary school start?



10. What are the two times that you can go to the school canteen?



11. What happens during Registration?



Lockers

In Nenagh College, you will have your **own** locker.

(Your locker will be given to you within the first month.) You will also have a locker in the Homeroom

Having your own locker helps you to store:

Books, PE Gear, School Projects etc...



This will help you:

- from carrying the books and other items around the school all day
- it allows you to get your books and other items at Break and Lunch Times when needed.

*** TIP**

Stick your School Timetable in the door of your locker:

- So you can see what classes you have next
- what books you may need for class
- what books you may need for homework.

Locker's – Keeping it tidy!

Imagine it's just 8:50!

You have 5 minutes to get your books for class.

LOCKER A



LOCKER B



a. Which locker will you quickly and easily get all your books? _____

Why? _____

b. Which locker will keep you more organised? _____

Why? _____

c. Which locker will help you to stay in good form? _____

Why? _____

Finding your way around.....

Most 6th class pupils feel a little scared about going to a new school, which is so much bigger than their Primary School.

They feel worried about getting lost, or being late for a class because they're not sure of where the room is.

A map can help because it shows where all the different rooms are and you can easily see the quickest way to get there.

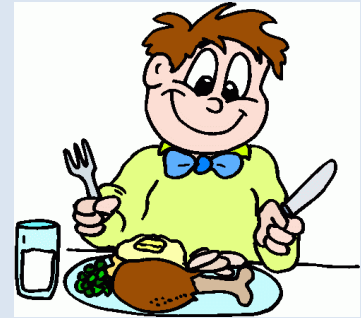


You will find your School Map on the last page of this booklet.



If you like science you could look to see where the science labs are.

Or if you think lunchtime is the best thing about school then you can look to see where the school shop or canteen is!

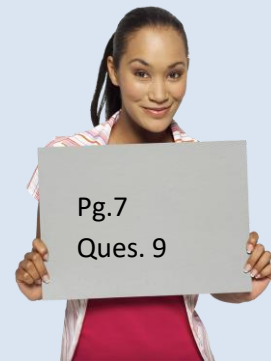


Your first day will only be first years attending the school. We do this so first years familiarise themselves with the building, the school environment, the noises, and maybe some of the people.

On your first day bring this workbook and have a look at the school map and try and locate these rooms. Help will be provided if you need it. !!!

When you find the rooms take a note of the rooms by highlighting them with a colour or by labelling the rooms.

Homework!



Homework - ugh!

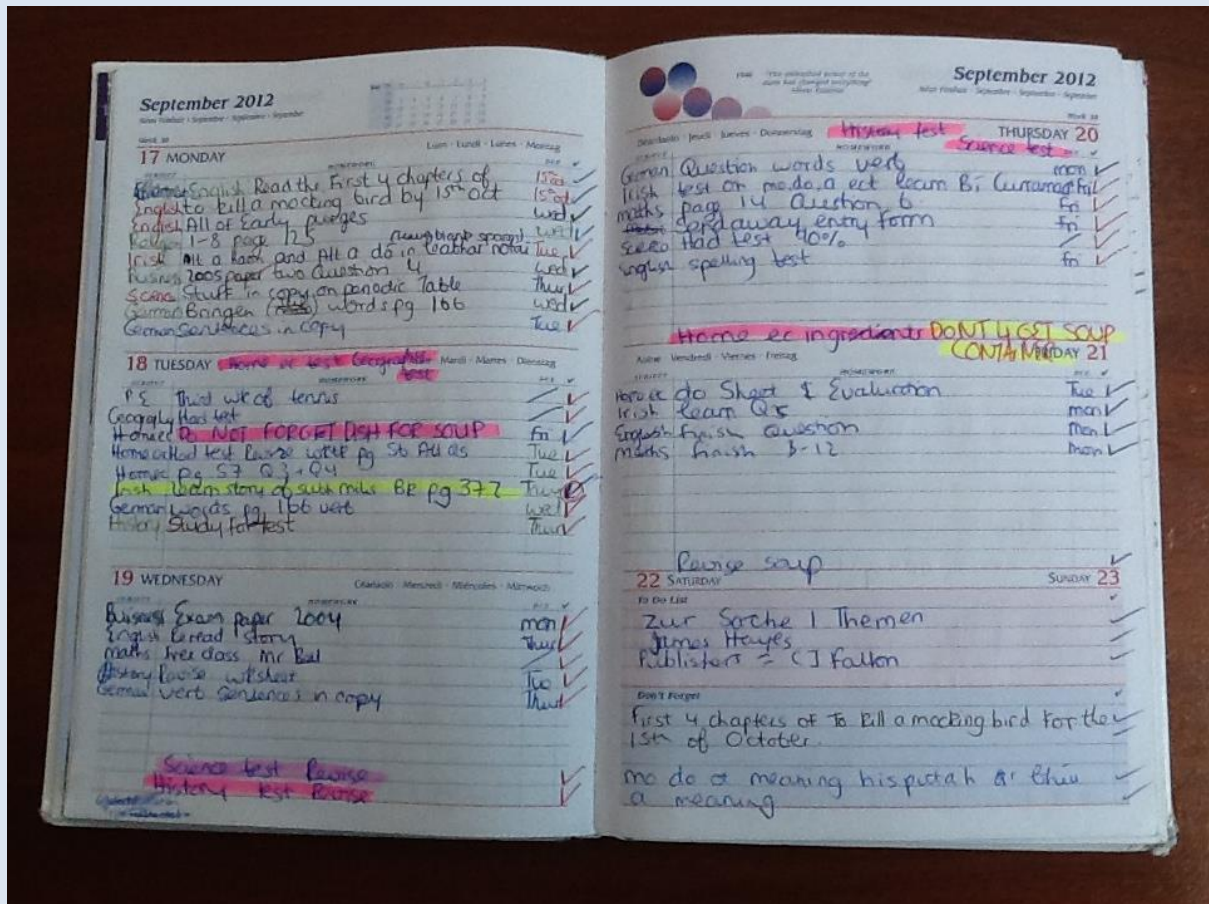
No one likes it but it's just one of those things that you have to do. The more organised you are, the less amount of time you'll have to spend doing it.

In 1st Year you may start to get a lot of homework than you have been used to. Teachers will be stricter about getting it done and handed in on time too.

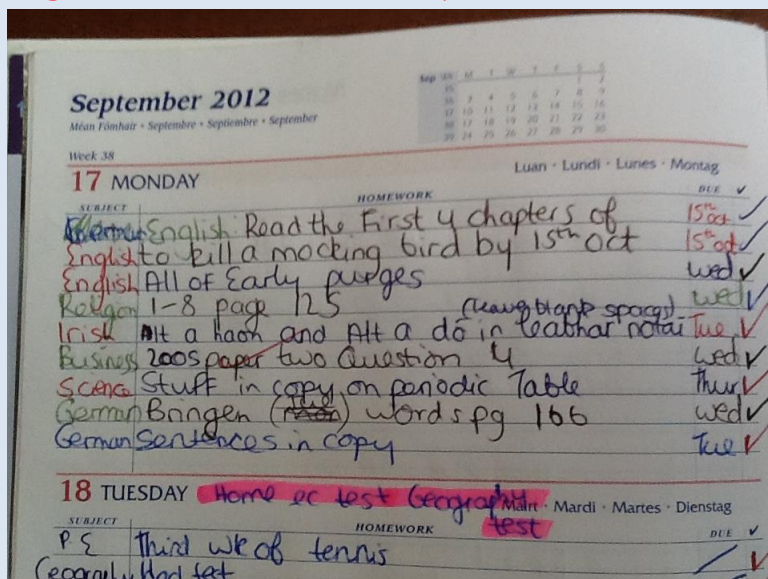
To help you do this, you will have to purchase a homework diary where you can write down what you have to do and when it has to be finished by.

School Journal

This is an example of how a student uses their journal.



Pages are set out week by week in each month.



See the 26th of
February
>>>>>>>>>>>> This
student has only been
given 3 pieces of
homework.

In red they have written in the subjects and aside each subject in blue are the details of the homework given.

Why is homework important?

Homework is really important because:

- it shows the teacher whether you've understood the work or not.
- it also means that you can cover more work than the time allowed by the class in the school

Questions to ask....

You need to make sure that you really understand all the rules about homework. On the next page there are some questions you could ask your support or class teacher. You could add a few more of your own if you'd like.

Homework Questionnaire



This is your chance to ask your support or class teacher everything you can think about homework!

1. How long will I be expected to spend on homework each night?

2. How will I know what to do?

3. How long will I have to complete it?

4. What should I do if I get confused when I'm writing the homework instructions in my diary?

5. What will happen if I forget to do it forget to bring it in?

6. What should I do if I find the homework is too difficult?

7.

If you have any other questions, you can add them in above.

^^

Equipment



In Primary School, most of the equipment you need is kept in the classroom. But at Secondary School, you will be expected to have your own pencils and pens and you will have to carry them all around with you. There are lots of other things you might need too!

*Circle the equipment you will probably need and draw in any more you can think of:



It might seem like an awful lot to remember but try not to worry about it. You can get your parents or support staff to write a list of the things you need for each day. You could then tick each item off as you pack your bag. Make sure you pack your bag the night before!!

Uniform, Books and Equipment

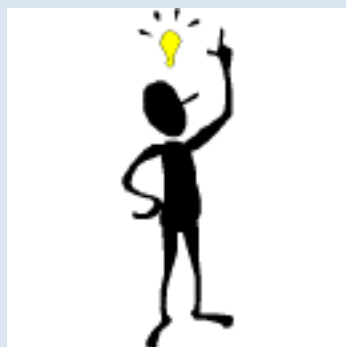
**** TIP ****

Make sure all your equipment, uniform and books have your name clearly marked on them.

School Rules

Why do we have them?

Every school will have some rules for the classroom, corridors and assembly as well as rules about homework, break-times and uniform. You might not like them or even agree with them but they are there to make life easier for everyone in school.



Can you think of the reasons why schools need rules?

Breaking the Rules!

There will always be consequences for breaking rules too. So it's not only important to know what the rules are but also what will happen if you don't follow them.



Apologising

If you break a rule, it is usually a good idea to admit that you got it wrong and to say sorry.

Try this.....

It might be useful to practice apologising. Look at the scenarios on the next page. In each one a rule has been broken. With a partner take it in turns to be the annoyed teacher and the pupil who says sorry. It can be hard to keep your cool if you're being told off. Try to remember things will only get worse if you are angry!

Write down as many Secondary School rules as you know:

What might happen if you break the rules?

What should you do in these situations?

1. You have not done your homework because you didn't write the instructions down properly



2. A teacher tells you off for talking in class but you were just answering your classmate's question....



3. You have forgotten a textbook you need for a class.....

KEY SCHOOL STAFF

This is a list of key people that work in the school.

They are listed in an order.

	Explanation of their Role
S.N.A.	Special Needs Assistant
Support & Care Teacher's	Resource/Learning Support/Counsellor Teacher's
Subject Teacher	Class Subject Teacher eg. Maths
Class Teacher	Oversees a class group of x30 in one year. (There tends to be 4 class groups in one year)
Year Head	Oversees a complete year group.
Deputy Principal	School Operations Manager
Principal	School Leader & Manager

If you feel the need to speak to someone,
you should talk to the person who feel most
comfortable to talk to.



Rumours!

Most people in your class will probably want to talk about going to Secondary School because it's a big step for you all. It's good to talk about all the exciting things ahead of you and it's also good to tell each other about the things you're a bit worried about.



Sometimes pupils can scare each other unnecessarily because they have listened to **rumours** about what school is like.

Look up the word "rumour" in the dictionary and write the definition here:

Very often rumours are exaggerated stories.

For example, a story that there are gangs of older students taking money from the new 1st

Year pupils could be an exaggeration of a one-off incident where a 6th Year boy ran off with €5 when a 1st Year girl dropped it.



Rumours may have an element of truth in them but usually they contain a lot of things which aren't true. It's best to listen to the **facts** that members of staff tell you rather than the

rumours pupils from the school might tell you.



Write down some of the rumours you have heard, if any:



Meeting New People

How many people are in 6 th Class?	
How many years have you known them?	



Most students in your class will feel comfortable and happy because they know everyone very well and feel like they belong. Just having one teacher can make you feel safe too. Going to Secondary School can be different because you won't know everyone and it may take a bit of time to feel like you 'belong' in your new school.

The important thing is to remember is that **EVERYONE** will feel the same way and that you're not alone. It's actually a

good opportunity to make new friends and learn from adults who have specialised in their particular subject.



Who are you looking forward to meeting in your new school ...

Who are you not sure about meeting...

and why?

Making Friends

Everyone has strengths and weaknesses. Some pupils find it really easy to get to the top level on a computer game whilst others never get past Level 1. Some pupils have no problems drawing amazing life-like pictures whilst others find it difficult to draw a good stick-man.

It's the same with making friends. Some pupils love meeting new people. They are very chatty and make lots of friends easily. Others don't know how to begin to make even one new friend.

Where do you think you are on the friendship scale?



0 1 2 3 4 5 6 7 8 9 10

Below are a few hints and tips to help you make new friends.

Why don't you practice with a classmate?

- Smile
- Tell them your name and ask what their name is
- Find out what they are interested in
- Talk about shared interests - for example: you both might like computers
- Ask them if they want to do something at break-time

Transition Workbook Evaluation

NAME: _____

PRIMARY SCHOOL: _____

Please fill in this evaluation. There is no right of wrong answers. Just be honest!

1. Did the questionnaire help you to think about which things you might need help at Secondary School?
YES / NO (circle your answers)
2. Did you like filling in the worksheets? YES / NO
3. Did you have enough time to complete the worksheets?
YES / NO

The worksheets were meant to prepare you for Secondary School. They told you what to expect and gave you information about Secondary School.

Give a score for each worksheet

1=didn't help me

2=quite helpful

3=very helpful

	1	2	3
Daily School Routine			
Lockers			
Finding you way around...			
School map			
School Visits			
The Timetable			
School Subjects			
Homework			
Equipment			
School Rules			
Rumours			
Meeting new people			
Meeting new friends			

List other things you would have liked a worksheet on:
