

A Guide for Patients

How to make a move to secondary school

Tips for helping you to settle into secondary school life



Moving to secondary school is both exciting and a bit scary for everyone, but especially if you have ADHD. Secondary school is so much bigger, with lots more subjects, teachers and kids. However, there are 11 things to consider that can make life a whole lot easier:

- 1 Have a spare set of pencils and pens in your locker in case you lose them.
- 2 Be organised! Make sure you treat your lesson planner like gold dust. Make sure you have two copies, one in your bag and one taped to your locker as well.
- 3 Make sure your parents have explained to the school that you have ADHD.
- 4 Ask your teachers if it is OK to fiddle with something like a tangle tool, or doodle when you are sitting in class.
- 5 Keep a second set of sports or PE kit at school in case you forget to bring it in.
- 6 Ask your teacher if you can complete parts of your homework at school. You could also ask for assignments to be emailed to you, in case you lose them. Ask if you can submit homework by email to avoid forgetting.
- 7 Try not to butt into conversations with other students. Try to wait your turn. Remember your true friends will like you for the way you are.
- 8 Other students may try and wind you up so you react. Try and ignore them so you don't get into trouble. If they continue winding you up, tell your form tutor your concerns.
- 9 Make sure you and your parents have practiced the route to, and from, school.
- 10 Agree an appropriate bedtime routine for Sunday to Thursday so that you get enough sleep, and are not tired at school.
- 11 Have fun, secondary school means that there will be loads of opportunities in terms of new exciting lessons in Science, Drama etc... and options of school trips and of course, lots of new friends. Having ADHD is no barrier to enjoying secondary school, but the more organised you can make your life, the more you will get out of it.

This article has been adapted from an original resource by Fintan O'Regan – (MA, PGCE, BSc Hons) Behaviour and Management Consultant and former Headmaster of the Centre Academy School, Battersea, London.