

Scoil Mhuire Trim



Transition Workbook

2026/2027

hello & welcome



Moving from Primary to Secondary School can be exciting, but it's normal to feel a little nervous too. There will be many changes and new experiences along the way.

This is the Transition Workbook for Scoil Mhuire Trim. You can use this workbook in your primary school, at home, and here at 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.

We hope you enjoy all the activities in this book. By the time you've completed it, you'll be fully prepared to begin your journey at Scoil Mhuire Trim.

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 _____



My hobbies are

When I start in Scoil Mhuire Trim,

(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:



All About My New School



Visit the Scoil Mhuire Trim website at scoilmuiretrim.info and use the details you find to complete this fact sheet.



The name of the Scoil Mhuire Trim Principal is _____

The name of Scoil Mhuire Trim Deputy Principals are:



1) _____ 2) _____



The school telephone number is _____

Circle the right one!

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



Secondary school starts at _____ and finishes at _____.



I will need to leave my house at _____, so I will be in school on time.

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

My first day in Scoil Mhuire Trim will be on the _____ of _____ 20 ____.



Scoil Mhuire Trim Questionnaire

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

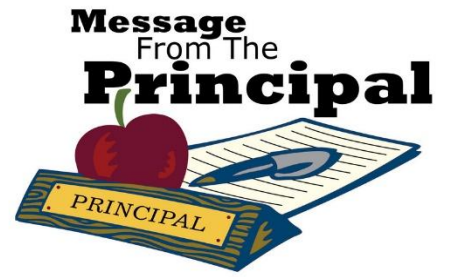
2. What would you like to learn about your new school?

3. List three things you are looking forward to:

- a) _____
- b) _____
- c) _____

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

- a) _____
- b) _____
- c) _____



Dear Students,

Welcome to secondary school! This is an exciting time as you move from primary school to a whole new world of learning and opportunities. The transition may feel a little daunting at first, but remember that everyone—teachers, staff, and your friends—are here to support you every step of the way.

Secondary school is a place where you can explore new subjects, join clubs, and make new friends. It's a time for you to grow, try new things, and discover what you are passionate about. Don't be afraid to ask questions, try your best, and most importantly, enjoy the journey!

We are all so excited to have you here and can't wait to see the amazing things you'll achieve.

Best wishes,

Jacqueline Maher



Message from your Year Head



Dear students,

My name is Ms.S.Byrne and I will be your Year Head when you start secondary school next year. I'm already busy preparing to welcome each one of you into Scoil Mhuire and I hope that I can guide and support you throughout your time with us.

Moving to secondary school is a *big* change — and it's perfectly normal to feel a mixture of excitement and nerves. You'll have new subjects, new teachers, and a new timetable. You will have many opportunities to make new friends, join various clubs, and begin to discover new things about yourself. It's a fresh start, full of opportunity and excitement but you will need to give yourselves time to get used to everything.

As Year Head, one of my jobs is to make sure that your transition is as smooth as possible and that you feel supported every step of the way. We know that the beginning can be a little overwhelming for some students — finding classrooms, remembering books, lockers, or connecting with classmates — but that's why we have form teachers, the Athrú group and a team of people ready to help you settle in.

We encourage you to approach this new chapter with a positive attitude. Work to the best of your ability, show respect to your teachers and fellow students, and take every opportunity to become involved in the many aspects of school life. Secondary school is not only a place for academic learning, but also a place

where lifelong friendships are formed, talents are discovered, and character is developed.

So, on behalf of the Scoil Mhuire community, I want to say how excited we are to see you take this next step. You've got everything you need — courage, kindness, and the support of those around you — to make the most of this new adventure.

Enjoy the rest of your time in 6th class, celebrate all your memories and achievements, and get ready for what comes next — a fresh, exciting chapter where you'll continue to shine.

Thank you, and we can't wait to welcome you soon!



Daily School Routine

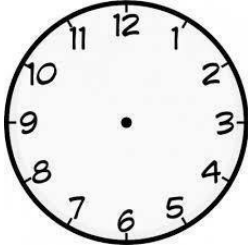


* You will hear a bell for the start and end of each class!

TIMES	
Before school	<ul style="list-style-type: none">• Go to your Locker• Get your books for the first 2 classes• Meet Friends• Start heading to your Form classroom
8:49	Form Time
9:00	1 st Class of the day
9:58	2 nd Class of the day
10:56 to 11:15	Small Break <ul style="list-style-type: none">• Go to your locker to get the books for your next 2 classes• Go to the bathroom
11:15	3 rd Class
12:13	4 th Class
13:11 to 13:55	Lunch <ul style="list-style-type: none">• Go to your locker to get the books for your next 2 classes• Go to the bathroom
13:55	5 th Class
14:53	6 th Class
15:51	Home Time!! <ul style="list-style-type: none">• Go to locker to get books needed for homework• Meeting friends & going home.



Scoil Mhuire Trim Questionnaire



1. How long are the classes at Scoil Mhuire Trim?

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



3. What time does Scoil Mhuire Trim finish at?

4. How many minutes are there in the big lunch?

5. What time does secondary school start?

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





Lockers

In Scoil Mhuire Trim, you will have your own locker.

(Your locker will be given to you within the first week. Bring your own lock and make sure you have at least one extra key.)

Having your own locker helps you to store:

- Books,
- School Projects,
- Coat,
- Lunch, etc...



This will help you:

- To avoid carrying all your books and other items around the school all day
- To get your books and other items at break and lunch times when needed.

*****TIP**** Stick a copy of your school timetable in the door of your locker and inside your journal so that you can see:

- What classes you have next
- What books you may need for class
- What books you may need for homework.

Imagine it's just 8:46!

You have 3 minutes to get your books for class.

LOCKER A



LOCKER B



a. Which locker will you quickly and easily be able to get your books from? _____

Why? _____

*find
your own
way*



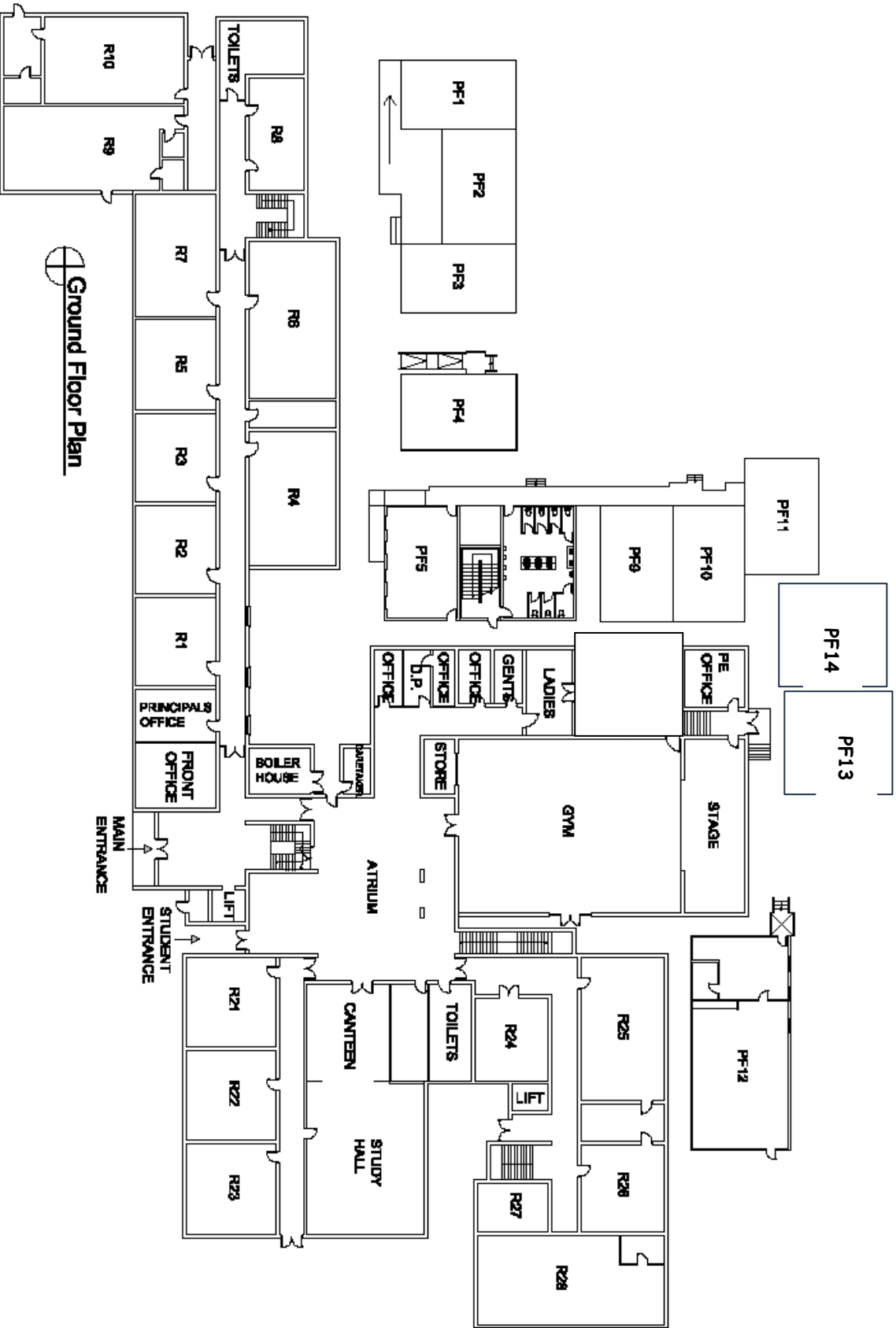
Many 6th class students often feel nervous about moving to a new school, especially since it's much larger than their primary school. They might worry about getting lost or being late to a class because they're not familiar with the layout of the building. Having a map can be really helpful in these situations, as it clearly shows where all the different classrooms are located, making it easier to find the quickest route to each one.

You can find the School Map on the next page of this booklet. If you like Sports, see if you can spot where the Gym is located.

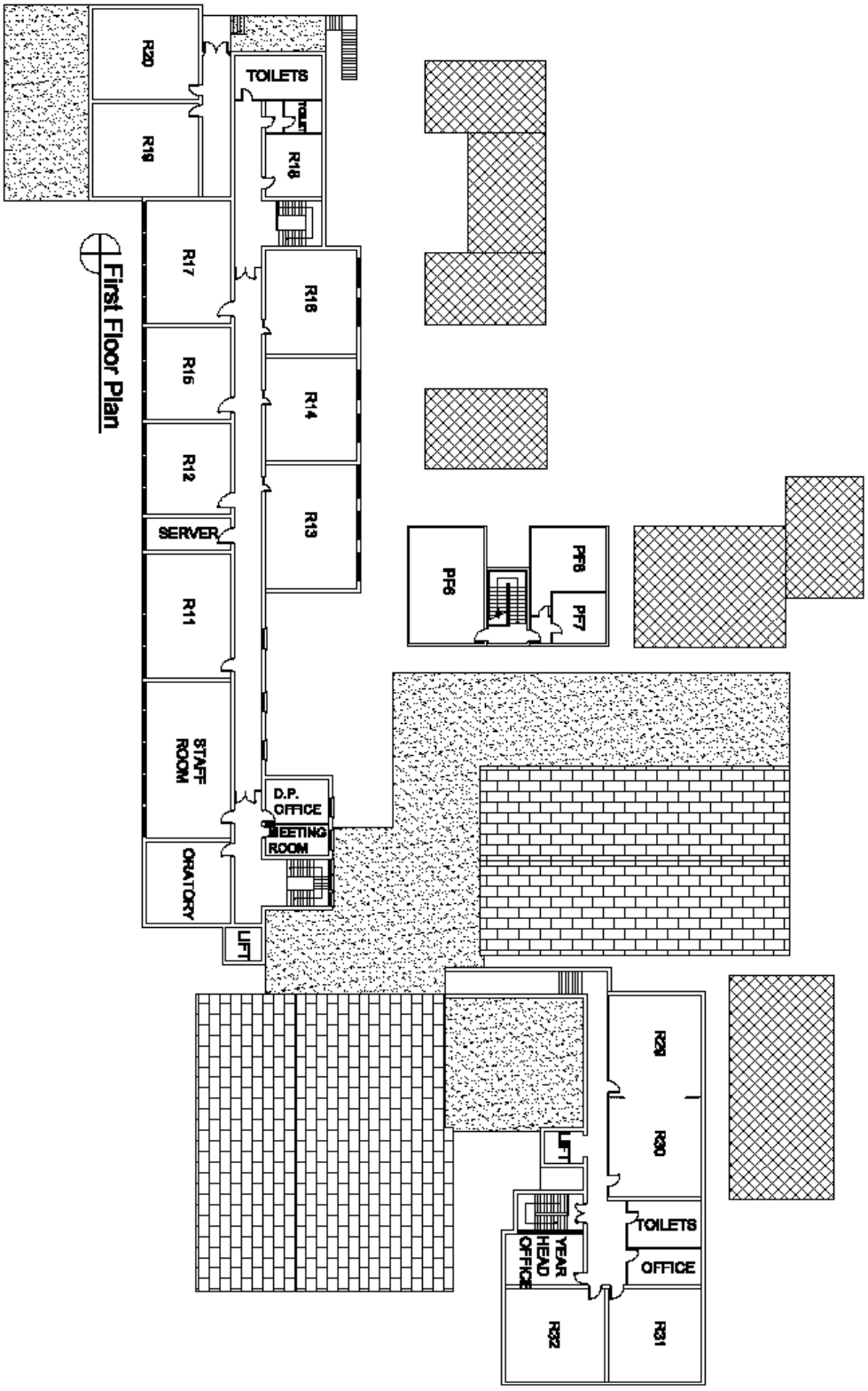


Canteen

Or if you think lunchtime is the best thing about school then you can look to see where the School Canteen is located.

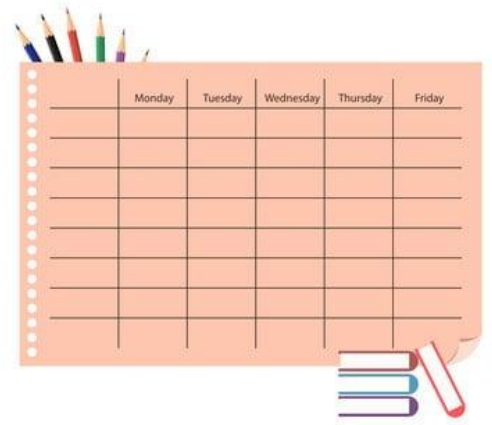


 **Ground Floor Plan**



First Floor Plan

Timetable



In August you will be able to view your timetable on the Scoil Mhuire Trim app (VShare).

It's important because it tells you:

- **which class** / subject you will have that day
- **what time** each lesson starts and finishes
- **which room** they will take place in
- **what teacher** you have for each subject
- **what day** you have P.E. on



Subjects



On Monday to Thursday you will have 6 different subjects.
On Friday, you will have 4 subjects.

Sample First Year Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Pastoral Care German R2 Mr Kajić 1Ger-C 09:00 - 09:58	Pastoral Care Careers/Information Technology R17 Ms Whelan 1Car/IT-C 09:00 - 09:58	Pastoral Care English PF10 Mr S. Barry 1Eng-C 09:00 - 09:58	Pastoral Care Home Economics R9 Kit Ms B. Casserly 1Hom-2.2 09:00 - 09:58	Pastoral Care Science R4 Lab Ms Carolan 1Sci-9.3 09:00 - 09:58 Additional Teacher(s):
10:00	Physical Education Gym Ms Shiels 1PE-C 09:58 - 10:56	Religious Education PF6 Ms M. Farrell 1Rel-C 09:58 - 10:56	Geography PF10 Ms S. Walsh 1Geo-C 09:58 - 10:56	German R2 Mr Kajić 1Ger-C 09:58 - 10:56	English PF10 Mr S. Barry 1Eng-C 09:58 - 10:56
11:00	CSPE PF10 Mr S. Barry 1CSPE-C 11:15 - 12:13	Mathematics R1 Mr Mulvihill 1Mat-C 11:15 - 12:13	Science R20 Ms Carolan 1Sci-9.3 11:15 - 12:13	Mathematics R1 Mr Mulvihill 1Mat-C 11:15 - 12:13	Visual Art R13 Ms C Connell 1VArt-6.1 11:15 - 12:13
12:00	English PF10 Mr S. Barry 1Eng-C 12:13 - 13:11	Geography PF10 Ms S. Walsh 1Geo-C 12:13 - 13:11	History R5 Mr Lynam 1His-C 12:13 - 13:11	Business Studies R29 Ms E. Bourke 1Bus-5.1 12:13 - 13:11	Religious Education PF6 Ms M. Farrell 1Rel-C 12:13 - 13:11
13:00					
14:00	Mathematics R1 Mr Mulvihill 1Mat-C 13:55 - 14:53	SPHE R15 Ms Finane 1SPHE-C 13:55 - 14:53	Music R3 Ms Kiernan 1Mus-7.3 13:55 - 14:53	Irish R3 Sarah Healy 1Iri-C 13:55 - 14:53	
15:00	Irish R5 Sarah Healy 1Iri-C 14:53 - 15:51	Irish R8 Sarah Healy 1Iri-C 14:53 - 15:51	Physical Education S. H. 1 Ms Shiels 1PE-C 14:53 - 15:51	History R5 Mr Lynam 1His-C 14:53 - 15:51	

This is an old timetable from a First Year student. To make life easier in school, we would recommend ***colour coding the subjects on your timetable and put colour stickers on your books.*** For example, colour English in red on your timetable and put red stickers on your English book and copy. Some students find using folders for each subject helps, putting all the class materials into the folder keeping them together.



**Students with Additional Needs
who use Assistive Technology in Primary School**

Some students use laptops, netbooks or tablets in primary school. If you use a laptop:

- Be sure to have it fully charged for school each day
- Save all of your work
- It's also a good idea to print out your homework and keep it in a Homework Folder in case you need to look over it again later



Timetable Practice

Study the sample First Year timetable from Scoil Mhuire Trim and try answer these questions:

1. What are the 1st, 2nd, 3rd classes on a Monday?

2. What day does P.E. take place?

3. What extra items would you need to pack for Tuesday's lessons?

4. Which room or rooms would you have English in?

5. What might be your favourite subject?

6. When and how often does your favourite subject happen in the week?

School Subjects



Here is a list of subjects that we offer the First Years

English	Irish	Mathematics	History
Geography	Science	French	German
Religion	Civic, Social & Political Education (C.S.P.E.)	Social, Personal & Health Education (S.P.H.E.)	Physical Education
Music	Art	Career Guidance/ Information & Communication Technology (ICT)	Home-Economics
Business			

Students are offered many new subjects in 1st year. It may seem like a lot but some subjects only take place once a week to give you a taste of the subject.

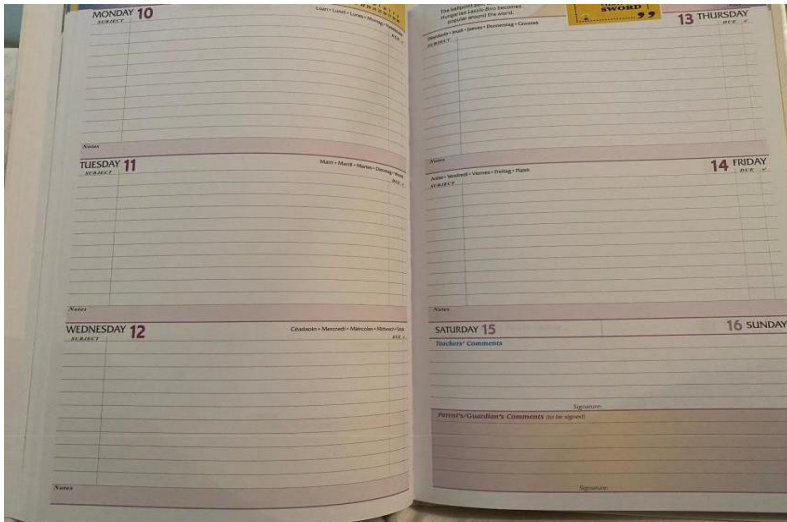
Students are required to select their foreign language (German or French) before starting at Scoil Mhuire Trim.



HOMEWORK

In First Year, you'll likely have more homework than you're used to and teachers will be stricter about ensuring it's completed and handed in on time.

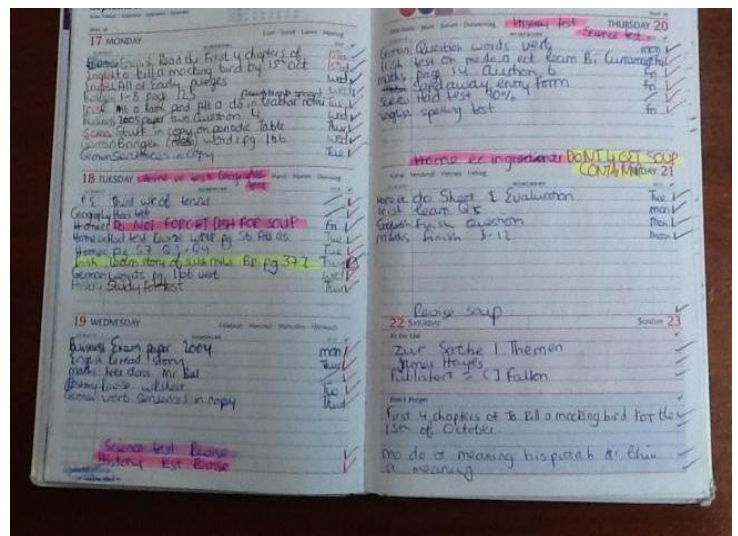
To help stay on top of this, you'll use your journal to record your homework and when assignments are due.



This is an example of our school journal.

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

set out week by week in each month.



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 at home as there is only a limited amount of time in class

This is your chance to ask your Class Teacher or the Support Team (See Page 42) 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 school journal?

5. What will happen if I forget to do it or 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.

Lunch Time Clubs

As the First Years are not allowed to go outside the school gates at lunch time, we have a variety of Lunch Time Clubs that they can join. Scoil Mhuire Trim offers:



Basketball	Student Council	Art Club
Rubric Club	Music Club	Club G (Irish Club)
German Club	Green Schools	Gardening Club
Lego/Robotics	Craft Club	Book Club

There are also many after school activities too!

What should you do in these situations?

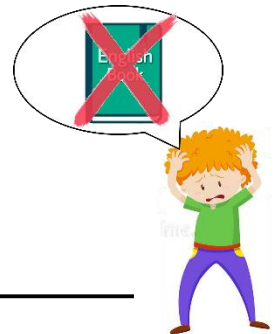


1. You have not done your homework because you didn't write the instructions down properly ...

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.

	<u>Explanation of their Role</u>
S.N.A Team	Special Needs Assistant
Support Team	Subject Teachers, Learning Support Teachers, SNAS, Year Head & Form Teacher
Care Team	Guidance Counsellors & School Management
Subject Teachers	Subject Teacher e.g. Maths Teacher / History Teacher
Class Teacher	Oversees a class group of students.
Year Head	Oversees a complete year group. E.g. The 1 st Yr. Year Head Teacher
Deputy Principals	We have 2 Deputy Principals
Principal	School Leader & Manager

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



Making New Friends...

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



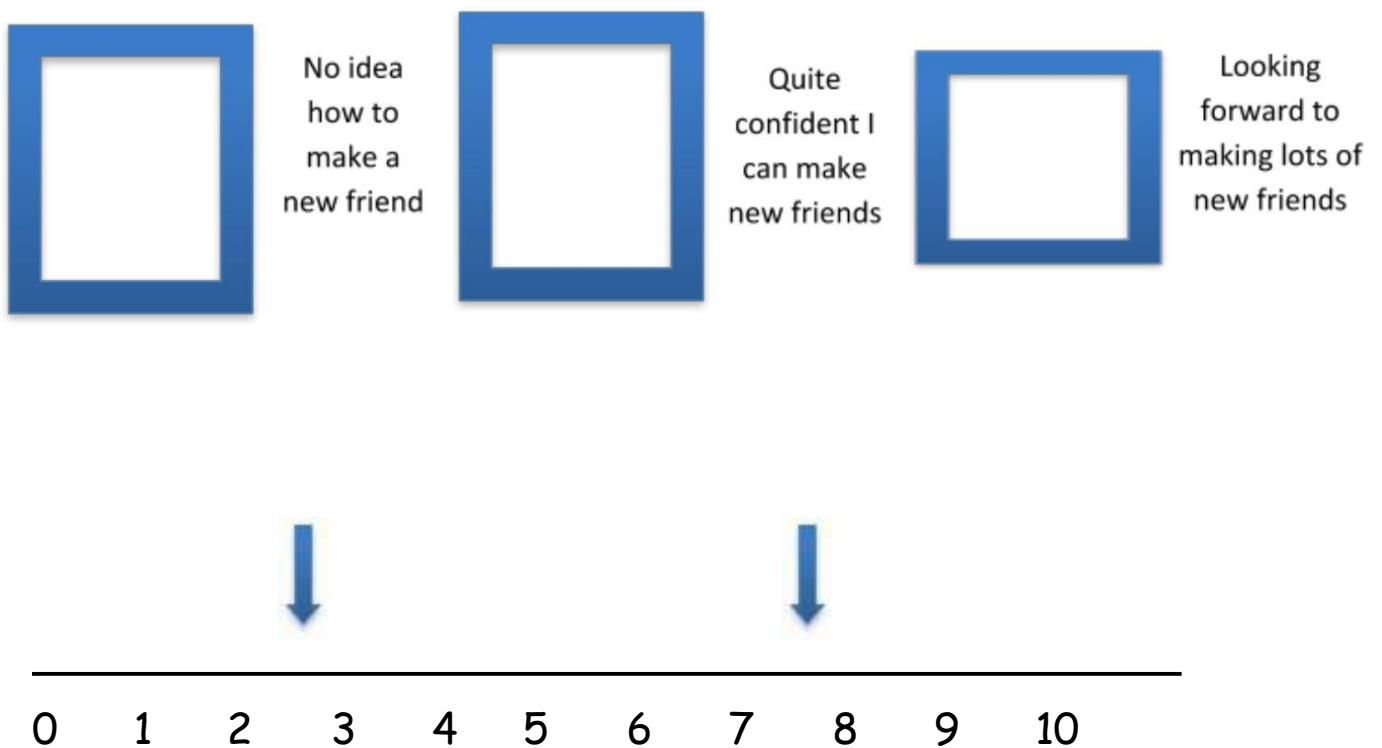
Most students in your class will feel comfortable and happy because they know everyone very well and feel like they belong. Just having one teacher can make you feel safe too. Going to Secondary School can be different because you won't know everyone and it may take a bit of time to feel like you "belong"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

The important thing 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 widen your circle of friends or bring new students into your group.

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?



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

You've finished the
Transition Workbook! I
hope it has given you a
sense of readiness for your
journey at Scoil Mhuire
Trim.



