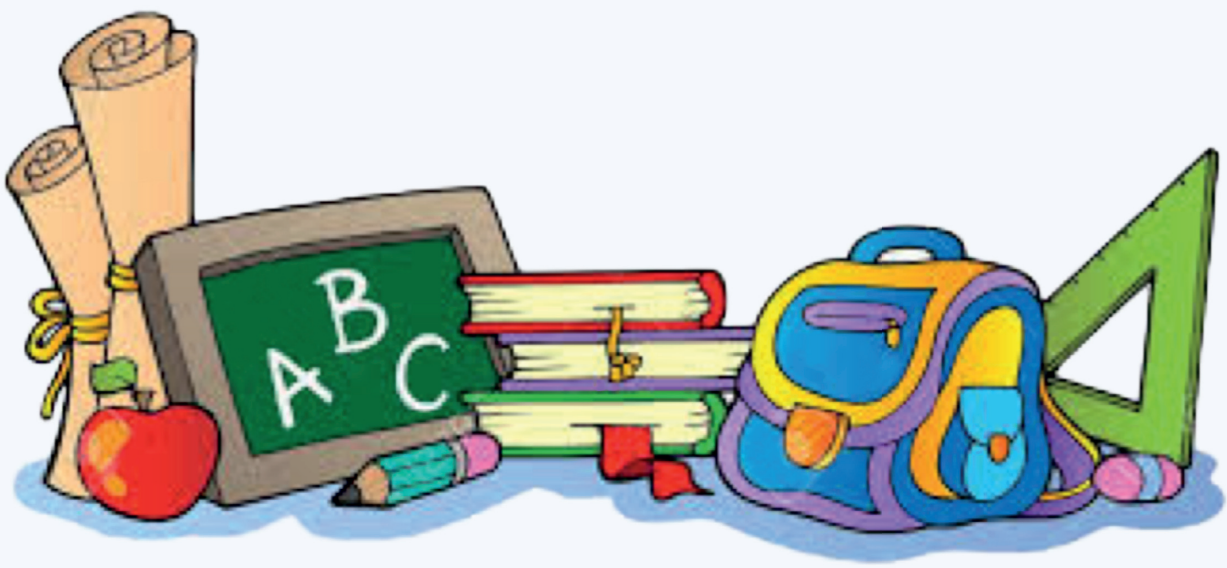
Down Syndrome Ireland

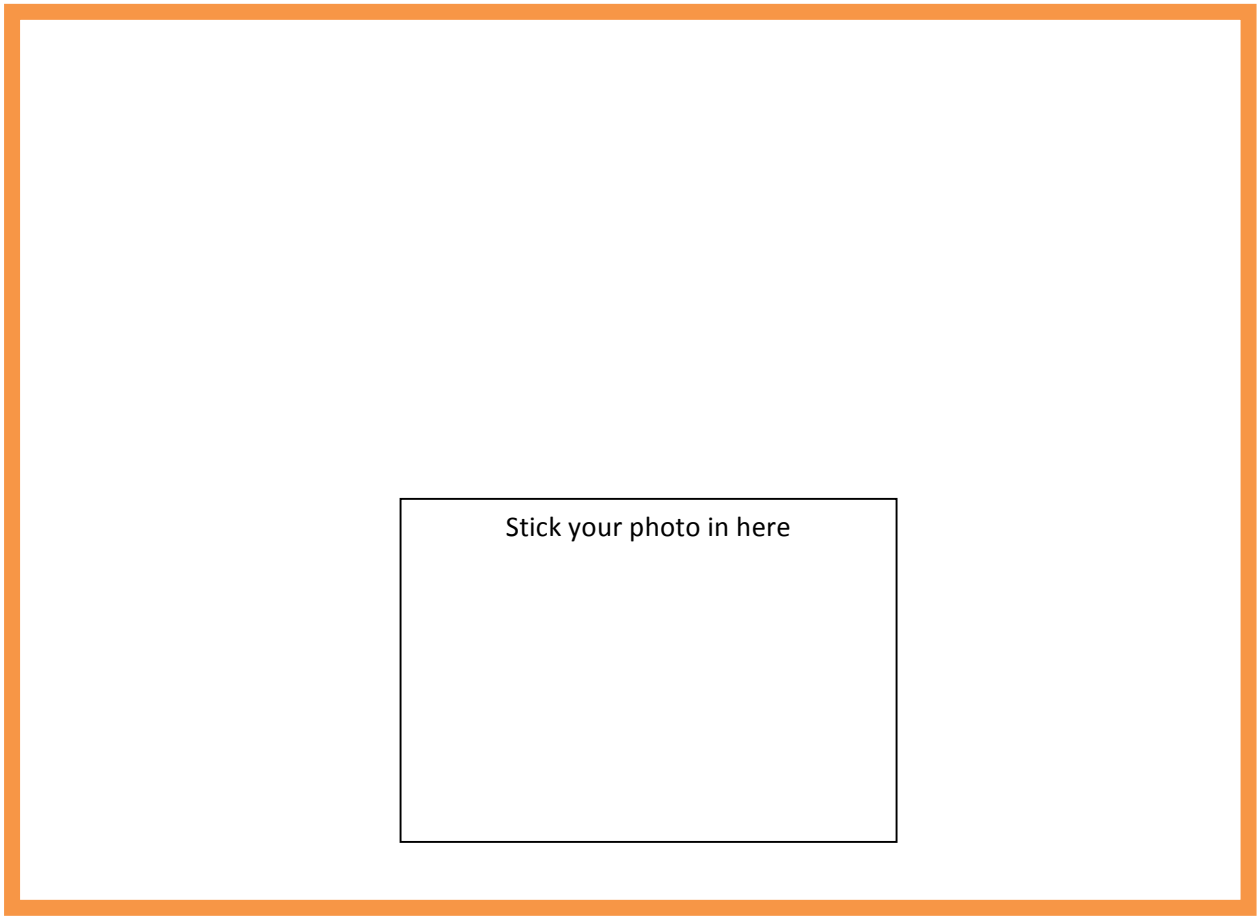
Getting Ready
for Post Primary School

My Workbook



Name: _____

Name of my Primary School:



Here is a picture of me wearing my Primary School Uniform

I will be starting in a new school in September.

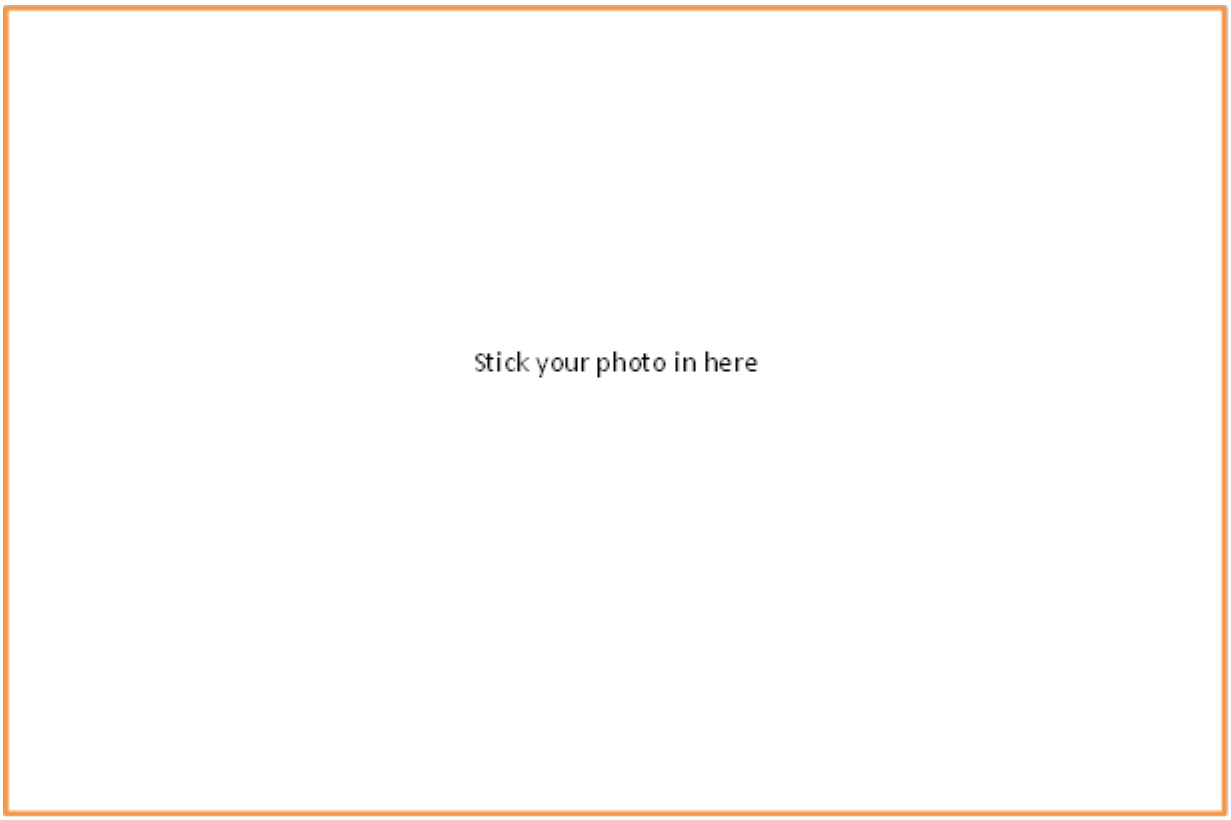
It is a Post-Primary School

The name of my new school is:

The address is:

The telephone number is:

The name of the Principal is:



Here is a picture of my new Post-Primary school

My New School

My first day in my new school will be on:

School will start at:

School will finish at:

I will travel to school by:

To get to school on time, I will need to leave my house at about:

I think my new school will be:	How I feel about moving to a new school:
Things I know about my new school:	Things I would like find out about my new school:

My Friends

Some of my friends from Primary school will be at my new school with me.

(Stick pictures on this page; write your friend's name under each picture)

Helping Me at my New School

These are the names of people who will help me to settle into my new school

School Uniform

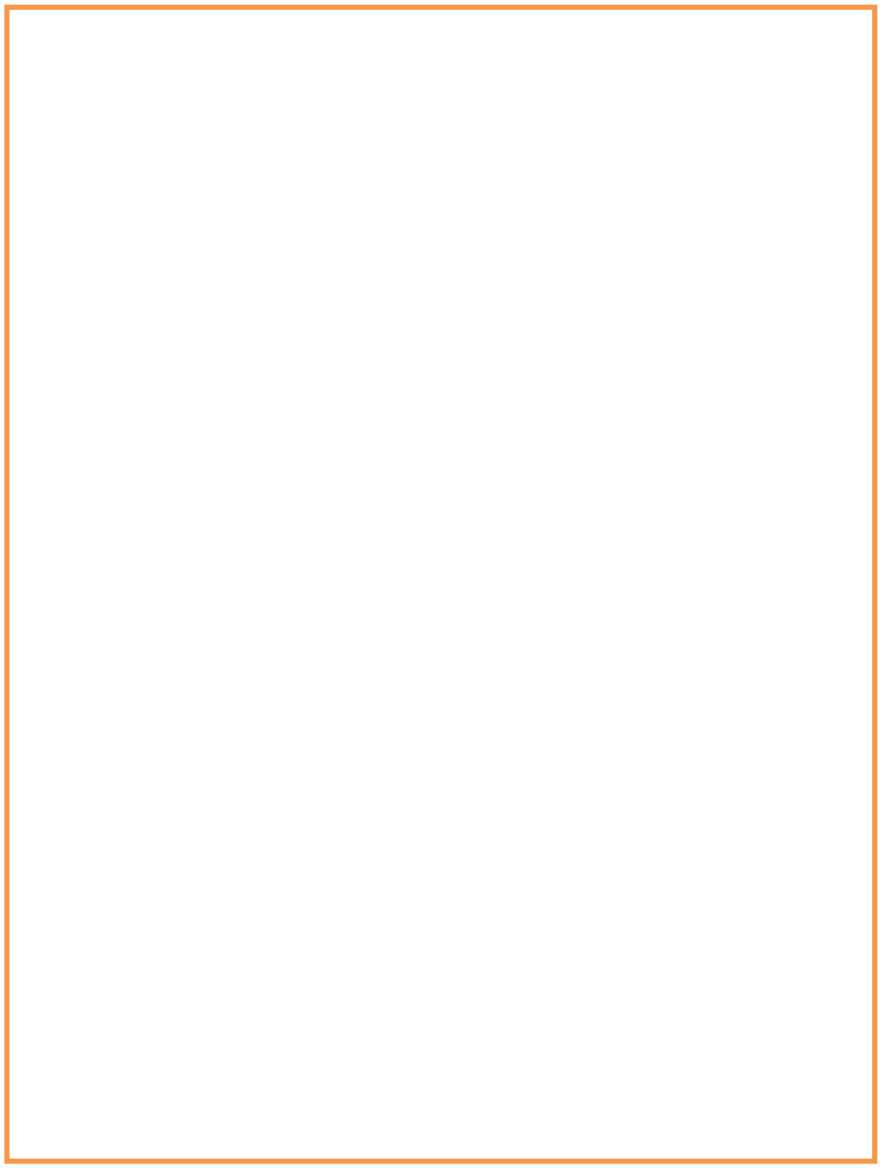
I will have a school uniform

It will be different to the one I am wearing now

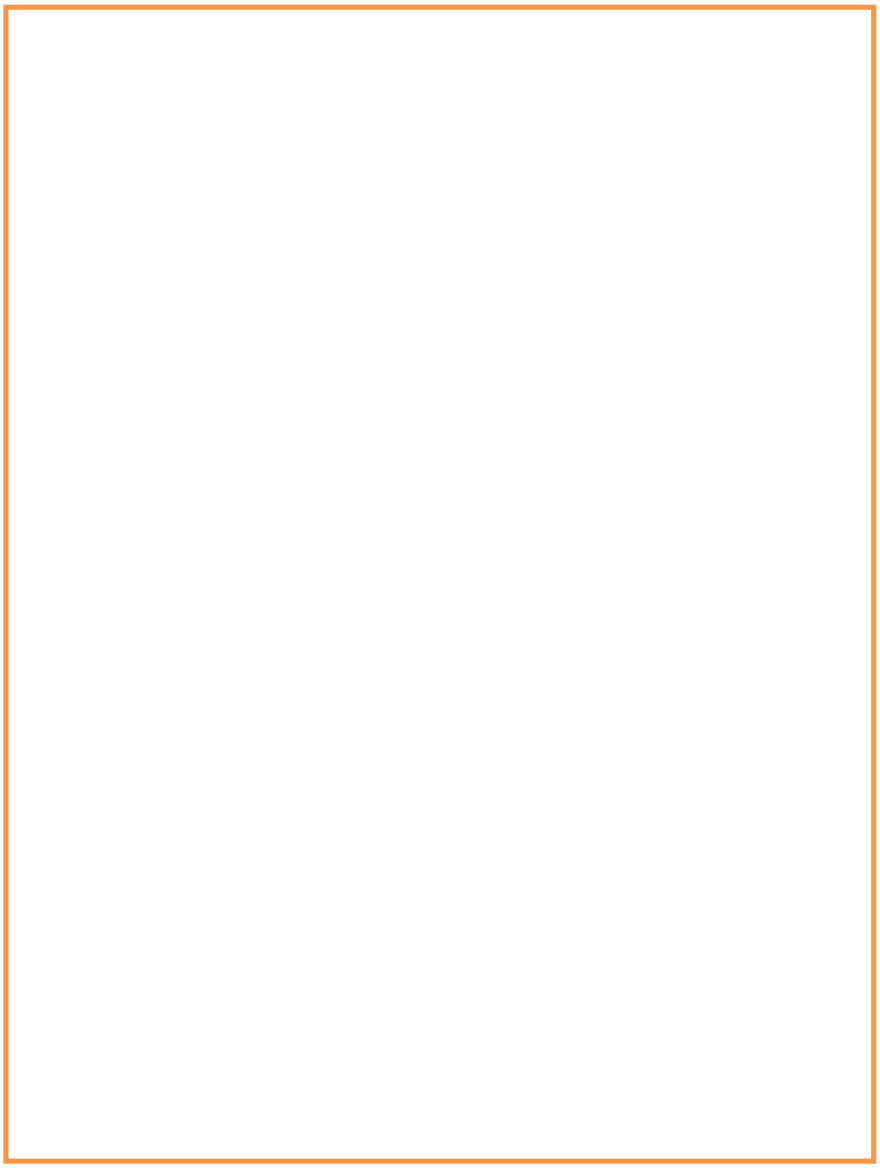
There will be a uniform for P.E.

There will also be clothes that I will not be allowed to wear

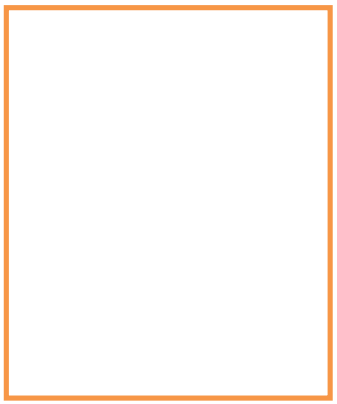
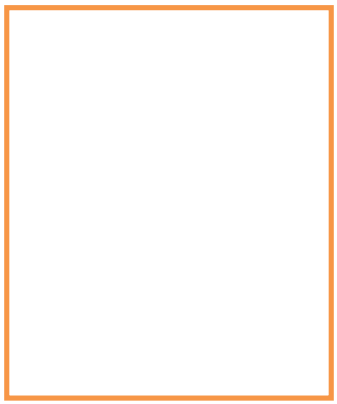
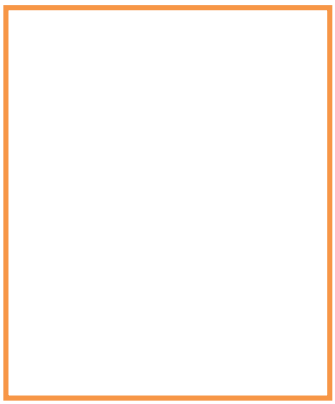
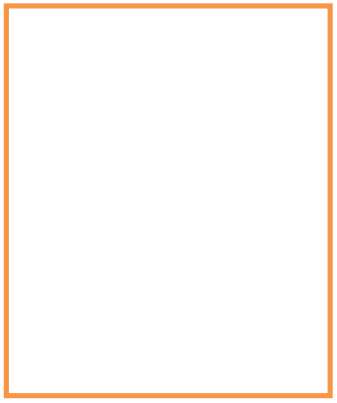
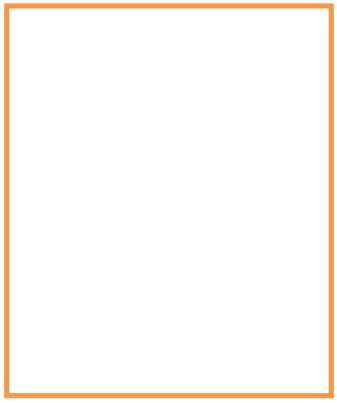
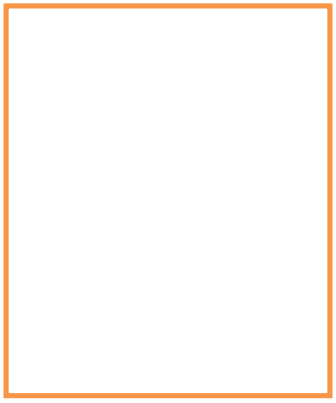
Here is a picture of my new school uniform



Here is a picture of my new P.E. uniform

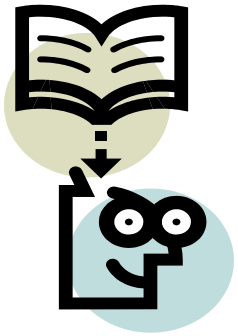


Here are some pictures of clothes I cannot wear at my new school

Subjects at my New School

I will be doing lots of subjects



Timetable

I will have a timetable for everyday

This is what my timetable might look like

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00-9.45	English	Gaeilge	History	Metalwork	P.E.
9.45-10.25	Science	Religion	Science	Metalwork	Art
10.25-11.00	History	Maths	Music	Gaeilge	Maths
11.00-11.15	Break	Break	Break	Break	Break
11.15-11.50	Gaeilge	English	Maths	Geography	Religion
11.50-12.25	Music	French	English	English	Music
12.25-13.00	SPHE	P.E.	C.S.P.E.	Maths	English
13.00-13.45	Lunch	Lunch	Lunch	Lunch	Lunch
13.45-14.25	Maths	Business	French	Art	French
14.25-15.05	French	Art	Business	Business	Geography
15.05-15.45	Geography	History	Religion	Science	Gaeilge

Some Questions:

How many days does the pupil have Gaeilge?

What day must the pupil bring their PE uniform?

Which subject has a double class?

How long is Break time?

How long is Lunch time?

It is time for the Summer Holidays

I will finish this workbook when I start my new school in September

Back to School I Go!!

Times to Remember

These are the times I will really need to remember

School starts at:
School finishes at:
I will arrive in school at:
Break starts at and finishes at:
Lunch starts at and finishes at:

My Timetable

My timetable is very important

- ✓ It tells me what classes I will have each day
- ✓ It tells me which books and equipment I need to pack in my bag the night before
- ✓ It tells me which books and equipment I need to take from my locker
- ✓ It tells me what time each class starts and finishes
- ✓ It tells me where each class will be

This is my new timetable

(Stick in a copy of your new timetable on this page)

Each class is written in a different colour. This will help me to pick the right book for each class

My Teachers & Subjects

I am doing ☐ subjects

Each subject is written in a different colour, just like my timetable. This will help me to pick the right book for each class

Subject	Teacher

What do I need?

Each subject is written in a different colour, just like my timetable. The same colour stickers are on books for each subect.This will help me to pick the right book for each class.

Subject	Name of Book or Workbook	Other Things I need for this Class

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Subject	Name of Book or Workbook	Other Things I need for this Class

My Thinking Time

I am excited about:

I am worried about:

Pictures of my Teachers

(Stick pictures on this page; write the name and subject under each picture)

Pictures of my Teachers

(Stick pictures on this page; write the name & subject under each picture)

Pictures of my Teachers

(Stick pictures on this page; write the name and subject under each picture)

Pictures of Other People in my School

(Stick pictures on this page & write the name under each picture)

Pictures of Other People in my School

(Stick pictures on this page & write the name under each picture)

Getting Organised

It is important to be organised. This list will help me

Is my name on all my books, copies and equipment?

Is my name on my uniform and P. E. gear?

Do I fill in my homework journal every day?

Do I check my homework journal every night?

Remember

Check my timetable every evening

Make sure I have everything I will need for the next day packed in my school bag

I don’t have to bring in all my books everyday – just the ones I will need for my subjects that day

What to do if …….

Over the next four pages, I will have a chance to talk about some problems that might happen.

I can chat about the problems with my teacher, my family and my friends

Even Better!

This can also be made into a game to play with my teacher, my family and my friends.

See how to do this on the next page!

Instructions – Making a Game

- ✓ Photocopy the next three pages
- ✓ Laminate the pages you have copied
- ✓ Cut the strips into pieces to be shuffled
- ✓ Pick one strip and put it on the top shape
- ✓ Use a whiteboard marker to write a solution into each of the other shapes
- ✓ Keep score

Who will get 3/3?

I forget my lunch

I forget my PE kit

I lose my money

I want to talk to someone

I get lost

My bus doesn't turn up

I need help in class

I feel sick in class

I spill my drink

Someone is mean to me

I forget which lesson is next

I can’t find the bathroom

I forget my Home Ec. Ingredients

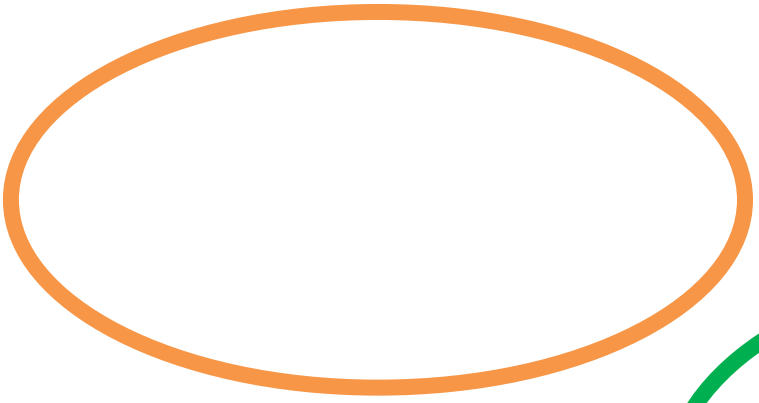
There's no milk for breakfast

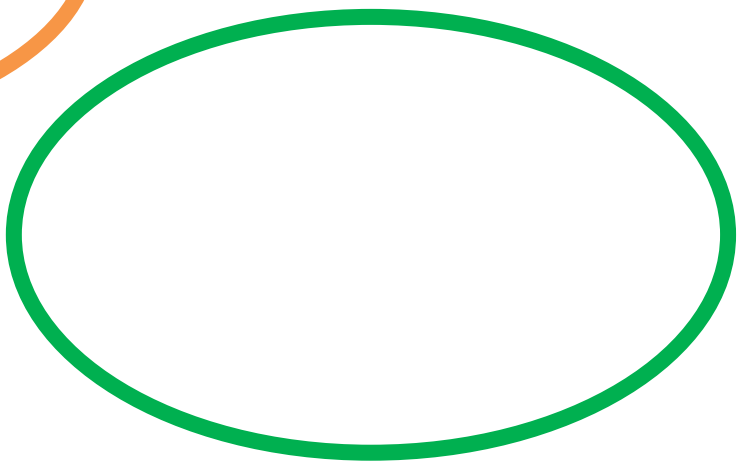
There's no bread for sandwiches

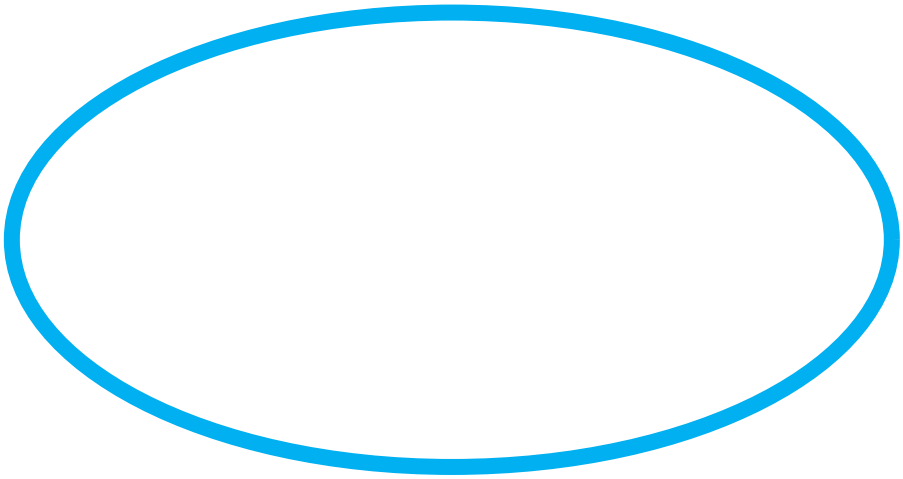
I need help

Three things I could try if …..

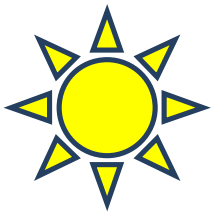
(Put the strip you picked here)







All Done!



I finished this workbook on:

I did a great job

Signed:

Teacher:

My Notes:

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Down Syndrome Ireland

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