

## **Moving Up! For Leaders**

*Moving Up!* is all about making the transition from primary school to secondary school. This leaders resource has been provided to encourage and resource you as you seek to get alongside any children in your corps who are about to move up. We have drawn together some practical suggestions that we trust will help you in supporting any young people facing this big change in their lives.

One of these ideas is to gather those who are leaving primary school in your corps together and run a short group session to discuss some of the changes that will be taking place for them and offer encouragement and support. A sample session plan has been provided with a variety of activities that you can choose from as applicable to your group. You can also use this time to encourage the young people into the youth programme within your corps.

This resource is designed to work alongside the *Moving Up!* booklet for young people. *Moving Up!* is packed full of information, advice and stories to help young people make the move to secondary school. We've even got some young people who have recently moved up to share their thoughts and encouragement. And importantly, we've included a series of simple and short Bible verses/activities – *Fine-Minute Moves* – that we know will really help each person keep close to God and know that he is with them during this year of change.



Think back to the time when you moved from primary/junior school to secondary school. Can you remember how you felt? Did the change go smoothly or did you struggle to settle in? It's probably one of those life experiences that many of us never forget!

Making the transition to secondary school is a challenging time for young people, and they will likely experience a huge range of complex emotions. It is a time of great change for the young person themselves and for the family as a whole; a period of emotional and physical growth, learning and independence.



Moving from the top class of primary school, where they have been the oldest, biggest and with certain responsibilities, to the youngest year in secondary school is probably one of the biggest changes these young people will have ever known. Most of them will be worried, concerned or nervous, even if they won't admit it!

There are some big differences between primary and secondary schools. At primary school the classes are smaller and the teachers get to know the children well. The same twenty or thirty children have the same teacher every day, all day so manage to build a close relationship with each other and with their teacher.

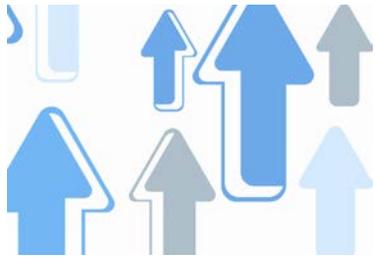
In secondary school classes are much bigger and the children have a different teacher for each subject and often different classmates too. The sheer size of the school can be overwhelming. There is more independence for the young people but with that comes more responsibility – and the daunting task of keeping oneself organised!

Physically too those first few weeks in a new secondary school can be exhausting. The continual transfer between classrooms, being jostled down busy corridors carrying a huge backpack, PE kit, musical instrument and cookery ingredients is extremely draining.

Scripture Union carried out a survey with 781 children in the UK who were about to move onto secondary schools. They were asked the following three questions and their answers give an insight into what the main worries are for young people making this change. (*It's Your Move!* Scripture Union 2010)

### **What is the most scary thing about your new school?**

Older children, being bullied	29%
Getting lost	19%
Fear of not making friends, not knowing anyone	11%
Amount of work and homework	10%
The size of the school	10%
Teachers	9%
Being the youngest/smallest in the school	5%
Getting told off, detention	4%
Bring left out	2%
The journey	1%



### What will you miss most about your old school?

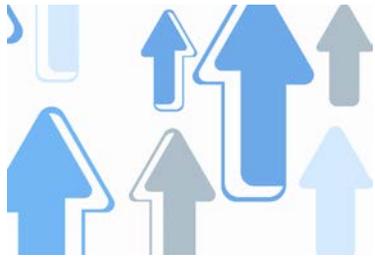
Friends	51%
Teachers and dinner ladies	31%
Sport	4%
Easy work	3%
Food	3%
Fun things, eg, discos, concerts	2%
Staying in the same class, the smallness of the school	2%
Being the oldest	2%
Responsibility	1%
Art/drama	1%

### What is the best thing about your new school?

Making new friends	43%
New subjects, with a different teacher for each one	19%
Sport	9%
Better food, canteen system, vending machines	8%
Better facilities	6%
Meeting up with old friends again	5%
Moving classes for different lessons	3%
A fresh start and challenge	3%
Being respected, with more freedom, being more grown-up	2%
More art, drama and music	2%



Primary school and secondary schools usually work closely together to make the transition between the schools as smooth as possible for their pupils. Your young people may already have a good deal of support from their teachers and/or family. The following are some additional ideas for ways you could get involved if appropriate.



## ***Moving Up!***

*Moving Up!* is a new resource from ALOVE specifically for young people who are moving to secondary school. As we said above, *Moving Up!* is packed full of information, advice and stories, including a series of simple and short Bible verses/activities – *Five-Minute Moves* – relevant to this year of change.

Please get hold of a copy of *Moving Up!* from ALOVE for each of your young people in this age group. Encourage each person to read the booklet and discuss any thoughts or questions that may arise with you or another trusted adult. In addition encourage them to get stuck into the *Five-Minute Moves* Bible reflections and steep themselves in God's word throughout this year.

You can get hold of copies of this resource by emailing [alove@salvationarmy.org.uk](mailto:alove@salvationarmy.org.uk) or calling 0207367 4555

## ***Moving Up! group session***

Gather all those leaving primary school in your corps together and run a short group session to share, prepare and have some fun! See ***Moving Up! Group Session*** below for a suggested session plan.

## **Family support**

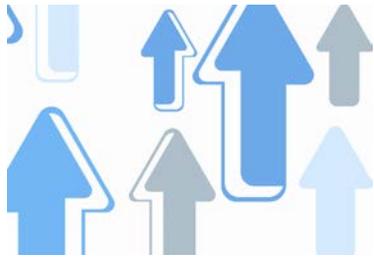
Talk to the young person's parents/carers and ask if there is any support that they need as a family at this time, or if there is any specific way that you can help and get alongside the young person.

## **Buddies**

If you have any older young people who would be willing you could ask some of them to 'buddy up' with some of your 11/12 years olds approaching secondary school. They will probably clearly remember how it feels to make this transition and can answer any questions the younger person may have. This would be especially helpful if they already go to the same secondary school as they could look out for the new student in the first few days/weeks, but would still work even if they didn't.

## **Talk it out**

Encourage your young people to talk about their worries/concerns with someone who will listen. That may be their parents, their teacher... or even you! Reassure them that no question is too insignificant to be asked and sharing any fears can really help reduce anxiety and give them strategies for coping with this big change.



### **Which schools?**

Find out which school each young person is going to, and whether it was their first or second choice. (This may have an impact on how the young person feels about the move.) Then get to know as much about the school as possible so that when you chat together you have some knowledge. You could find out which of their primary school friends are going to be in their tutor group and the name of their form tutor.

### **Scripture Union's *It's Your Move!***

Scripture Union have a brilliant booklet called *It's your Move!* This resource is designed to be distributed by local churches into the primary schools to support teachers as they prepare their top year pupils for their move to secondary school. Perhaps this is something that your corps might want to be involved in? You could also get hold of some of copies of this to give to your young movers. Go to <http://www.scriptureunion.org.uk/ItsYourMove> for more info.

### **School Chaplain**

Some schools will have a school chaplain so it could be worth finding out if there is someone in this role at your local secondary school. You could invite them along to one of your 'Moving Up' sessions so that they can share some information and advice with your young people. You could invite other young people from local churches along to this session too as that could be a good opportunity for your young people to meet others from the area that are going to the same school.

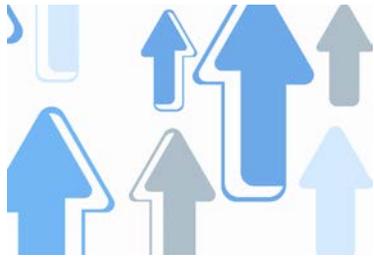
### **Pray!**

Arrange a Sunday morning during the summer where all the young people starting secondary school could be prayed for publically in your corps meeting. Each person could even say a little bit about the school they are moving to and how they are feeling about it.

There may be people in your corps who would be willing to pray for one of your young movers throughout the summer and during their first few weeks at secondary school. Give out prayer cards with your young people's names and prayer needs to these willing intercessors.

### **Continued support**

Continue to support each young person throughout the first year. It can often be after the initial excitement fades that any difficulties become apparent. Perhaps arrange to get your group together again half way through the year for a formal catch-up, and perhaps get them involved in helping your next group of young people prepare for secondary school.

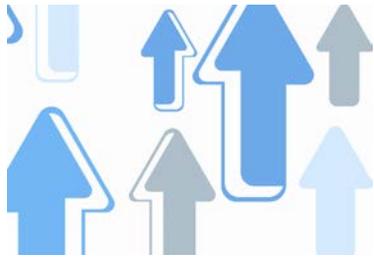


## **Making the transition from children's work to youth work**

**As well as starting secondary school this will probably be the time that your young people move from being a part of your corps children's activities and join the youth programme.**

ALOVE is The Salvation Army for a new generation. As The Salvation Army's national youth office, we are responsible for youth work in The Salvation Army across the UK and Republic of Ireland. We work with young people aged 12-25 and youth workers. There will be loads of things that your young people will be able to tap into from ALOVE, they might want to access our online resources, get copies of our selection of printed resources, look out for suitable events to come along to, get to know their divisional youth officer and find out what takes place in their division. The corps youth leader might use the ALOVE material in the corps cell group, or use other Bible study material that can be found on the ALOVE website. There are loads of different ways that you will be able to encourage your young people to connect with ALOVE and we are really excited about welcoming them into this new and exciting chapter.





## **Moving Up! Group Session**

The following six sections provide a variety of activities from which you can choose to create a group session for your young movers! It includes some icebreaker activities, Bible study questions and prayer ideas.

### **1. Icebreakers**

It is assumed that the young people in your group already know each other. If this is not the case then you may need to incorporate some of your tried and tested 'get to know each other' games!

#### **i. M&Ms Game**

Pass a bag of M&Ms (avoid nuts), Smarties or Skittles around and tell everyone to take a few. Before they eat them ask them to arrange their little pile of sweets into colours. Explain that for each different colour sweet they must share a thought with the group, as follows:

- Red: something they like about their primary school
- Green: favourite school subject
- Yellow: a worry or concern about moving to secondary school
- Orange: something they are looking forward to in secondary school
- Brown: the funniest name of a teacher they have had
- Purple: something they will miss about primary school
- Blue: a school joke

You can adapt the categories and the colours as applicable to your group and bag of sweets.

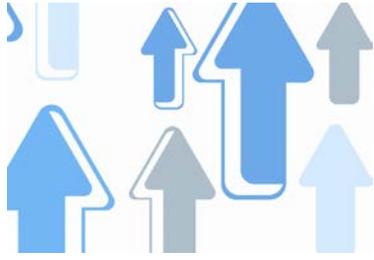
#### **ii. One item**

Before you get together ask each participant to bring one essential item that they think they will need at secondary school. Take some time for each person to show the rest of the group what they have brought and explain why.

#### **iii. Unusual objects**

Find some unusual objects that are used at secondary school, (if you can't get hold of the actual objects then have photos/pictures of them instead) and ask the group members to try to guess what they are and what school subject they are used in. For example, Bunsen burner, discus, lunch card, locker key, mouth guard, some tools from DT, an item of cookery equipment, some unusual art equipment.

(If you are stuck for ideas use familiar objects but those that group members would not have seen in a school setting, eg, cookery equipment, tools)



## **2. What we worry about**

i. Place a large piece of paper (flipchart paper or wallpaper) on the floor in the centre of the group. Ask group members to call out some of the worries/concerns that young people have about moving to secondary school. Write down anything you hear them say.

Then ask the group to discuss each worry/concern and try to rank in order from the most worrying to the least worrying. The group must reach a consensus of opinion!

Show them the statistics from the Scripture Union survey above and ask if they agree.

ii. It is likely that the most common worries will be about making friends, bullying and getting lost! Refer to *Moving Up!* and read any of the thoughts written by the young people that may help alleviate some of these worries. Look especially at the piece by Mrs Colwill.

## **3. Bible study**

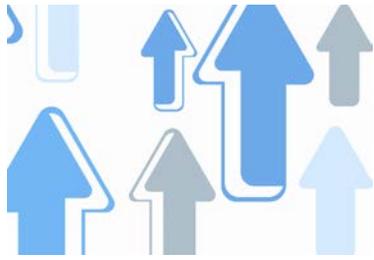
i. This Bible study is all about Joshua. If you have children's Bible story book you may wish to read some of Joshua's story from this before you delve into the following Bible passage. This will give a good overview of Joshua's life and where we find him in this Bible passage below.

ii. Read Joshua 1:1–9

(It may be good to have printed copies of this passage to give out)

*After Moses, the servant of the Lord, died, the Lord spoke to Joshua son of Nun, Moses' assistant. The Lord said, 'My servant Moses is dead. Now you and all these people go across the Jordan River into the land I am giving to the Israelites. I promised Moses I would give you this land, so I will give you every place you go in the land... Just as I was with Moses, so **I will be with you. I will not leave you or forget you.**'*

*'Joshua, be strong and brave! Always remember what is written in the Book of the Teachings. Study it day and night to be sure to obey everything that is written there. If you do this, you will be wise and successful in everything. Remember that I commanded you to be strong and brave. **Don't be afraid, because the Lord your God will be with you everywhere you go.**'*  
(New Century Version)



*iii. Use the following thoughts to introduce some questions about the Bible passage.*

What a great script for an action movie! The book of Joshua is packed with spies, surprise attacks and unusual battles. The main character is Joshua. Joshua is a guy who was a great leader and fearsome warrior who faced challenges and troubles with strength and bravery. But this hero does not just rely on his own skill or cleverness. Joshua is a man totally dependent on God, seeking only to follow God's commands. He is faithful to God and God kept his promise to never abandon or forget Joshua.

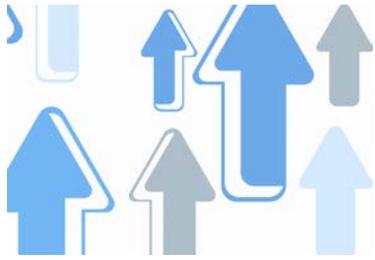
In the Bible passage we have just read we find Joshua on the brink of something new! Moses had been Joshua's best friend, leader and mentor for many years but now he was dead. Joshua had to continue the journey, and lead thousands of people into the Promised Land, without Moses beside him. No wonder he was feeling fearful and anxious. He probably felt pretty sad as well, and maybe even a bit of excitement at all the new experiences that lay before him. This big mix up of emotions is all normal to feel when big changes happen in our lives, such as starting a new school. The verses above tell us what God said to Joshua to reassure him that everything was going to be OK.

Facing big changes can be challenging, and Joshua certainly faced many challenges as he led the Israelites into the Promised Land and obeyed God's instructions. Without God challenging situations can be frightening. With God they can be seen as a great adventure. Just as God was with Joshua, he is with us as we face this new challenge of moving to secondary school. We may not have to conquer nations as Joshua did, but every day we may face tough situations, difficult people and temptations. However, God promises that he will never abandon us or fail to help us. His promises reassure us of his love and that he will be there beside us in our new adventure into secondary school!

iv. Questions:

Write/print out any of the following questions that you feel suitable for your group onto small pieces of card. (Add your own questions if you want to). Place the pile of cards face down in the centre of the group. Take it in turns for each person to pick a card from the top of the pile, read out the question and have a go at answering it. Then allow other in the group to share their thoughts too. Continue until all the questions have been discussed.

- Joshua had been trained and prepared for this new challenge by all the years that he spent working alongside Moses. In what ways do you feel that you have prepared for making the move to secondary school?
- What do you feel you will 'leave behind' at primary school?



- What sort of things could you get discouraged about during this time of change?
- What sort of things could you be afraid about during this time of change?
- What did God tell Joshua to do in order to be wise and successful on this new journey? (vs7&8)
- How can we be sure to 'always remember what is written in the Book of the Teachings' (v8) and why is this important?
- God encouraged Joshua to 'be strong and brave' (v9). In what ways will you need to be strong and brave in your first year at secondary school?
- What is your favourite verse or sentence from this Bible passage?
- How can you remind yourself regularly that God is always with you?

v. Set the group a challenge of memorising Joshua 1:9

*'I've commanded you to be strong and brave. Don't ever be afraid or discouraged! I am the Lord your God, and I will be there to help you wherever you go' (CEV).*

#### **4. Older students**

i. We mentioned above about the possibility of some of your older young people being a 'buddy' for those just about to move to secondary school. An additional idea would be to invite some of your young people already in secondary school into part of your group session to share their own stories about moving up. You could also allow a time for questions. (Prime your older young people beforehand that this is a time of encouragement, not a time for intimidating stories of secondary school life!)

ii. Similarly, if you have any secondary school teachers in your corps, they could be invited for a Q&A time.

#### **5. Prayer ideas**

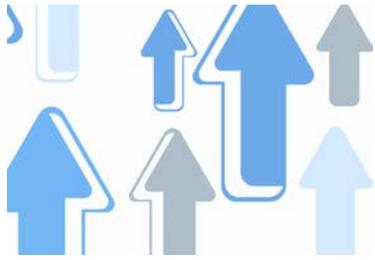
Pray for each other in whatever way your group are comfortable with. See ideas below:

i. Ask each person in turn into the middle of the group and have someone read Isaiah 41:10 out to them using their name, eg,

Hayley, God says to you...

*'Don't worry, because I am with you.  
Don't be afraid, because I am your God.  
I will make you strong and will help you;  
I will support you with my right hand that saves you.'*

Isaiah 41:10 (NCV)



ii. Ask the group to get into pairs and pray for each other. One sentence prayers will be fine, eg, *'Lord Jesus, please be with Hayley as she starts at her new school, give her strength to face all the new challenges, bring her some good friends and help her to settle in quickly. Amen.'*

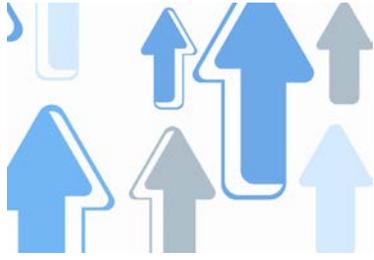
iii. Create prayer cards

Give each person a small piece of card and ask them to write their name on it and anything they would like others to pray about for them. (Decorate with coloured pens or stickers if your group would enjoy this.) Collect all the cards together and redistribute them around the group. Each person should now have someone else they can pray for over the summer.

If you meet as a group again you could ask each person to update their own prayer card and then swap them around again.

iv. Give out some encouraging Bible verses... see below.

Ask each person to consider which of the verses speak about something that is important to them at this time, eg, it may be to stop worrying, perhaps they need to sleep well, or it may be to trust in God more. Use these verses to pray for each other or encourage each person to stick them up on their wall at home and memorise it.



**ALOVE<sup>+</sup>**



The Salvation Army for a new generation

So don't worry, because I am with you.  
Don't be afraid, because I am your  
God.

I will make you strong and will help you;  
I will support you with my right hand  
that saves you.

Isaiah 41:10 (NCV)

I sleep and wake up refreshed because  
you, Lord, protect me. Psalm 3:5 (CEV)

You, Lord, give true peace to those who  
depend on you, because they trust you.

Isaiah 26:3 (NCV)

Trust the Lord with all your heart, and don't depend on your own understanding.

Remember the LORD in all you do, and he will give you success. Proverbs 3:5-6 (NCV)

I can do all things through  
Christ, because he gives me  
strength.

Philippians 4:13 (NCV)

Be cheerful no matter what; pray all the time;  
thank God no matter what happens. This is the way  
God wants you who belong to Christ Jesus to live.

1 Thessalonians 5:17 (MSG)

I give you peace, the  
kind of peace that only I  
can give. It isn't like the  
peace that this world can  
give. So don't be worried  
or afraid.

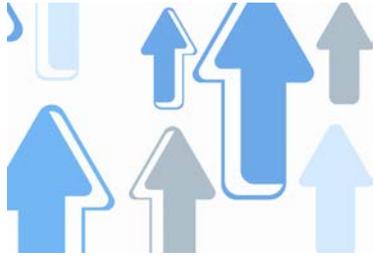
John 14:27 (CEV)

If any of you need  
wisdom, you should ask  
God, and it will be given to  
you. God is generous and  
won't correct you for  
asking.

James 1:5 (CEV)

'For I know the plans I  
have for you,' declares the  
Lord, 'plans to prosper you  
and not to harm you, plans  
to give you hope and a  
future.'

Jeremiah 29:11 (NIV)



**I can lie down and sleep soundly because you, Lord, will keep me safe. Psalm 4:8 (CEV)**

**Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel. Philippians 4:6-7 (CEV)**

**All wisdom comes from the Lord, and so do common sense and understanding. Proverbs 2:6 (CEV)**

**The Lord gives strength to those who are weary. Even young people get tired, then stumble and fall. But those who trust the Lord will find new strength. They will be strong like eagles soaring upward on wings; they will walk and run without getting tired. Isaiah 40:29-31 (CEV)**

**God cares for you, so turn all your worries over to him. 1 Peter 5:7 (CEV)**

**The lazy will not get what they want, but those who work hard will. Proverbs 13:4 (NCV)**