

**Cystic
Fibrosis**
supporting
students

STARTING SECONDARY SCHOOL



MAKING NEW
FRIENDS

TRUE OR
FALSE?

STRESS
BUSTERS

Fighting for a Life Unlimited

WELCOME



Hi readers!

We hope that you get loads of fun ideas for starting secondary school from this mag. We'll cover everything you need to know about starting secondary school as well as some funny stories, tips and hacks, quizzes and games. We hope that it gets you excited for this new adventure and that you'll have a fantastic time come September!

Did you know



The largest school in the world is the City Montessori School in India with over 32,000 students. That's a lot of names to remember!

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SO LONG!

TRUE OR FALSE

Starting a new school is really exciting but the rumours that you hear about 'big school' can sometimes be a bit intimidating! We're here to sort fact from fiction and set the school record straight! Look at the following statements and see whether you think they are true or false.

There will be SO much homework, I won't be able to do it!

FALSE

Schools gradually increase the amount of homework that you get over a long period of time, so you should be able to get it all done. If you're worried about missing homework when you're in hospital, check out our hacks on page 18.

The school is so confusing, I'll get lost!

FALSE


The school may be bigger than your old school but in the first few weeks new pupils are often shown around by teachers or older pupils so that they don't get lost. When you are given a tour, make a note of where your form room, your locker and the toilets are. If you're unsure, find a couple of people to go exploring with at lunchtime or break!



I'll make
new friends

TRUE


Whether they are people in your form, from a lunchtime club, or just from hanging around during breaks, you will definitely find like-minded people. We've got more advice on making new friends on page 8.



The teachers are
really strict

FALSE

You'll have different teachers for different subjects and all of them will be unique! Ms Sandhu in English might wear bright colours and make lots of jokes, Mr McGinty might be a bit boring, and Miss Burton might be a little bit strict – but all of them want to help you reach your full potential and help you settle in.



I can eat whatever
I want at
lunchtime!


TRUE

Sort of. You may find that there is a much bigger selection of food and drinks available at break and lunchtime than at your old school. However, nutrition is really important for helping to keep your energy levels up throughout the day. Pepperoni pizza every day is very tempting but try switching it up with other high-calorie meals (like spaghetti bolognese with garlic bread and salad, or a jacket potato with veggies and lots of filling) so you get all of the nutrients you need!

I'll have to remember
my own Creon

TRUE

This is an opportunity to build your confidence and start taking ownership of your own treatments. You will probably find that there is no nurse or specific teacher to remind you to take your Creon, but you've got this! Different schools have different rules about medication storage, so you or your parents or guardian will have to ask so you know what to do on your first day.



Dommie's Day

Starting secondary school is an opportunity to take more responsibility for your daily schedule and how you manage your time. Below is a real life example of a school day with Dommie.



6:40
Alarm goes off.

6:43

Ponder whether I can get away with a 17 minute lie-in without being late.

6.45

Decide no, I can't! Especially after the lost PE kit fiasco two weeks ago (no time to look for PE kit = using the smelly lost property kit instead!)

6.46

Get up, find dressing gown and put contact lenses in.

7:00 Shower and get dressed. Look everywhere for my school tie.

7.32

Physio and meds followed by a bowl of cereal.



8.05

Get bag ready, make sure I have Creon and all books for today.

8:35

Lift arrives, late. We're going to have to sneak into the back of assembly.

8.48

Mission incognito fails. The entire year saw me swiftly fall to the floor after not properly opening the fold-out chair and taking a seat. Cringe.

9.00-11.00

Keep head down during lessons and laugh off all banterous exchanges about earlier blunder.

11.02

Stuff face with chocolate to hide shame.

11.17

Make way to English, remembering on my walk I forgot to take Creon for the copious amount of chocolate ingested - down them as fast as I can.

13.23

Run to lunch without knocking over any older years. Will take down a few of my own year to ensure a good place in the lunch queue though!

Did you know?

Think you get a lot of homework? Teenagers in Shanghai do a staggering 14 hours a week!

15:09

I smell freedom... and also the Greggs sausage roll calling my name in town.

MAKING NEW FRIENDS

A new school is a fantastic place to make loads of life-long friends and hilarious memories. Here are our top tips for meeting new people when you start!

"I enjoyed starting school because all my old friends gave me a lot of attention and were eagerly introducing me to people they knew through football, but they didn't say anything about my CF. I asked my friends from primary not to tell any of my new friends."

Lewis age 11

1 Smile! It seems simple but everyone will be nervous so a small smile or a couple of jokes will break the ice.

4 If someone looks lonely or left out, go and talk to them!

2 Ask questions to get to know the people in your class. You'll probably find people with loads in common with you or learn about something totally new.

5 Join a lunchtime club to find people with similar interests. Bonus: sports clubs, wind instruments, choir or drumming can be great physio as well!

3 Introduce yourself and ask what people's names are. If you forget, don't be embarrassed about asking again but try to repeat it to yourself so you can remember!

6 When you get home, write down the names of all the people you have met and one thing that you like about them – after just one week, you might surprise yourself with how many cool new people you've met!

Did you know?

The fear of going to school is called Didaskaleinophobia.

"When I first started at secondary school, I didn't know anyone because I went to a school outside my catchment area. I didn't like to tell people about my CF and only did if I felt obligated to, like if they were going to inadvertently put me at risk, I'd tell them about my CF so they didn't feel bad. I really just didn't want to be treated differently."

Ashley age 16

Should I tell friends about my CF?

If you want to. There's no right or wrong answer and everyone is different. Some people are very outgoing when talking about their CF, while others would rather not talk about it at all. It's totally up to you and depends on what you feel comfortable with. Many people starting school decide to wait until they are more settled in before talking about CF in depth with friends. If you're unsure, talk to a trusted adult about it and they can help you.

Sometimes CF might come up unexpectedly in conversation – when you have a persistent cough or need to take your Creon for example. If this happens, it may be helpful for you to think of a short and simple explanation of your CF and how it affects you. This way, you are prepared in case someone asks a question. For example, "I have something called cystic fibrosis, which gives me a bad cough" or "I have to take these pills to help me digest my food properly". This way, you'll always know what to say.

If your friends would like to know more about CF, you can direct them to our online resource

www.cysticfibrosis.org.uk/friend.

There they can find information about what it's like living with CF and the answers to some questions they may have. This link is printed on the stickers that come with this magazine, so you can share it if you wish.

"My close friends just gradually began to know about CF as they got to know me, and my friend from primary also told them a bit as well, other friends just don't know."

Dylan age 12





STARTING SCHOOL TIPS YOU NEED TO KNOW!

1

Practice tying your tie loads over the Summer holidays. You'll thank yourself when you can do it quickly and under pressure after PE lessons and first thing in the morning!

2

Work out your route to school and practice it a few times with an adult or older sibling and eventually on your own so you'll feel confident on your first day.

3

Put your alarm across the room so you can't hit snooze, that way you will definitely have time to get ready and do your treatments.

4

Always eat breakfast to keep your energy levels up throughout the day. Remember to pack some high-calorie snacks and enough Creon to see you through.

Did you know?

Due to the risk of flooding, Bangladesh has a fleet of more than 100 boat schools. Each one has internet access, a library and solar power.

5

Find out what your school's mobile phone policy is before your phone goes off during a History lesson and it gets confiscated! Phones are useful for setting reminders but leave the Snapchatting until after school.

6

Use the lesson plan in this mag on page 22 to keep track of your schedule. Take a photo of it on your phone so that it's always with you and you know what books you have to pack.

7

Pack your bag the night before. Consider having a dedicated Creon tub in there all the time so you won't forget them.

8

Ask your teacher about early lunch passes (which let you skip the lunch queue) and toilet passes (which give you permission to be out of class to use the toilet). They might be able to give you one to make your life a lot easier!

9

Ask someone for help if you're not sure where to go, or what to do. The older pupils know what it's like to be new, so most will be very happy to help.

10

Relax and enjoy it! Before you know it, your new school will feel like home and a new bunch of newbies will be starting!

BONUS HACK:

Talking to teachers about CF

At secondary school, teachers are there to help you out. To help them help you, you might like to talk to them about your CF and how it affects you. You can bring a parent or guardian along as well if you think you might forget something or would prefer them to do the talking! We know that talking to teachers can be daunting (especially if you don't know them very well) so we've created an information sheet for teachers and staff to help get the conversation started.

The sheet contains general information about CF that you can use as a starting point for your own discussion. You can download or order this resource at www.cysticfibrosis.org.uk/teachers.

You can use this resource in lots of different ways to suit you. You could:



Use it as a template to make your own personalised information sheet to share.



Hand it to your teacher with a note that explains how CF affects you personally.

Did you know?



The average school pencil can write approximately 45,000 words



3

Talk through it with your teacher during a break or after school.

4

Use it as the base of a presentation to your class! Totally optional, but some pupils with CF like to do some awareness raising in their class by talking about it.

Oh nose!

“When my brother was little he used to pretend he was ill so he could get Calpol. My mum told him that if you take it when you don’t need it, your nose will go green. He insisted so she grabbed one of my syringes and filled it with Calpol and at the same time put green felt tip on her finger. As she gave him the medicine she stroked his nose! Later, I heard him shriek “Mum my nose is green, I didn’t mean to lie!” He believed it for YEARS and only found out when his friends at secondary school laughed at him when he told them Calpol can turn your nose green! So I guess the lesson is make sure your mum comes clean about playing jokes on you before you start secondary school!”

Oli aged 18

What's your

HOSPITAL HOBBY?

Let's face it: hospital stays can be a bit dull... but they don't have to be! If you have to spend time away from school, starting a hobby can make the experience much more fun and, who knows, could lead you down exciting paths in the future! Take the quiz to find out what hobby you could try.

It's Saturday! What are you most likely to be doing?

- A** Hanging out with friends watching TV ☐
- B** In the bookshop or library, looking for something new to read ☐
- C** Making something for my BFF ☐
- D** Playing football in the park ☐

Did you know

There is a school in California, USA named Millennium High School. Their mascot is a Falcon. They are the Millennium Falcons.

What's your dream job?

- A** Vlogger ☐
- B** Author ☐
- C** Artist ☐
- D** Athlete ☐

Water woes

"Everyone at my old school knew that I didn't go swimming. It was just something that people accepted because it could make me ill (due to the Pseudomonas risk). No big deal.

But when I got to secondary school no one knew about my CF in the beginning. No one asked me why I didn't swim and I didn't tell anyone, so my classmates concluded the only possible explanation: I must be allergic to water! I should have told them the truth straight away but it was just too funny when they asked me how I showered for school!"



What's your favourite school subject?

- A** IT, I love learning new skills ☐
- B** English, I find the words of other people very inspiring ☐
- C** Art, it's a chance to let my creative side go wild ☐
- D** PE, nothing beats playing a game with friends ☐

What would you take to a desert island?

- A** A camera ☐
- B** Your diary ☐
- C** An inflatable toy ☐
- D** Frisbee ☐

You're at a cafe, what do you choose to drink?

- A** A brightly coloured milkshake ☐
- B** A nice cup of tea to chill out with ☐
- C** A big hot chocolate with cream ☐
- D** An energy drink to keep you going ☐



Mostly **A**'s

You are a Techy Tia

Whether it's the latest app on your smartphone or a new TV series, you're ahead of the curve and can't wait to share your finds with your followers. If you have to go into hospital, you could record your experiences in a vlog or snapchat story to share with your friends and family. This way, you'll stay connected, raise awareness about your story and start building your social media empire!



Mostly **B**'s

You are a Literary Liam

With your nose in a book and a brilliant imagination, you know that you're always just a page turn away from a new adventure. You can get loads of reading done in hospital but why stop there? Use this opportunity to write your own story! You can use the people you meet as inspiration for a cast of characters that could make a best-seller



Mostly **C**'s

You are a Crafty Connie

You're a free spirit and love to experiment with new ideas. Why not put together a small box of supplies that can come with you to hospital? Fill it with pens, colouring books, origami paper, glue and make some art to brighten up your hospital room! Lots of artists with CF have started their careers in hospital and you could be the next big thing!



Mostly **D**'s

You are an Active Adam

You like to stay active and are happiest when you're moving. If you're feeling itchy sitting around in hospital – get up and have a dance to your favourite song or do some gentle stretching. You could also imagine you're a sports manager by creating your dream team of athletes or thinking up new strategies to help your team win when you're back at home!



HOSPITAL

homework hack:

Homework may be a pain but it's a great way to beat the boredom of being off school! Here are some tips that other young people who have CF use to keep up to date.

- Make a plan with your teacher and stick to it! When you or your parents talk to your teacher about CF (see page 12 for advice) make a plan of action for how you're going to keep up with school work during absences. This may mean that your form tutor needs to coordinate with other staff members to send you your homework. You might not need to use it but it is good to have just in case. This way you both know what you need to do. Write the agreed plan and make sure that both you and your teacher have a copy.

- Use online resources to help if you get stuck. There are loads of free online tutoring sites that you can find help on if you're stuck and, of course, YouTube!

- Ask your parent or guardian to collect worksheets and lesson plans from school so you always know what's going on and what you need to do.

Did you know?

The world's largest backpack was made in Saudi Arabia in 2012. It measured 10.37m tall, 7.8m wide and 2.8m deep!

- Make sure that you tell an adult if you start to feel as though you are falling behind or are getting stressed with homework. The sooner you let someone know, the sooner they can help you get back on track.

● Start a group chat with your friends so you can talk to them every day. You'll stay in the loop and they can help if you have any questions about the maths problem on page three!

● Enjoy it! No, really! An hour of an interesting science formula is a great way to pass the time and stretch your brain!



School bag scramble

Can you find all 12 objects that need to be packed in Liam's school bag before he has to leave for school?

C	A	H	P	S	N	A	C	K	S
F	A	K	E	L	P	H	O	N	E
O	B	L	N	E	J	B	T	P	I
L	U	N	C	H	M	O	N	E	Y
D	S	U	I	U	B	O	O	K	S
E	P	N	L	O	L	S	O	I	F
R	A	E	C	U	G	A	V	T	Q
S	S	C	A	B	O	T	T	L	E
U	S	W	S	K	E	Y	S	O	V
D	C	R	E	O	N	R	O	X	R

PE KIT

BOOKS

BUS PASS

PHONE

CREON

FOLDERS

CALCULATOR

PENCIL CASE

BOTTLE

LUNCH MONEY

KEYS

SNACKS

STRESS BUSTERS

Moving up to secondary school can have its challenges. Exams, homework and a longer day might make you feel overwhelmed at times. If you're feeling stressed, here are some activities you can try to bust those negative feelings.




Did you know?

There is a girl in Colombia who rides from her home to school on a zipwire that is 800m long and over a gorge 400m deep! I think I'll stick to the bus...

"If stress is getting you down, check out some stress management apps or if you want to chat about it you could speak to someone at school, your CF team or have a look at www.youngminds.org.uk"





■ Take a piece of paper and fold it in half. Write down all of your worries on one half of the paper. Look them over and imagine that someone you love very much had come to you with those concerns (could be a friend, a sibling, a celebrity – anyone!). What advice would you give that person to make them feel better? Are they being too hard on themselves? What qualities do they have that will help them get through these problems? Write that advice down on the other half of the paper and look it over. Have you answered your problems with your own advice?

■ Exams coming up? Make a revision plan to help you stay on top of your studies so you have plenty of time to prepare. Make sure that you're eating and drinking well during exam season to keep your energy levels high.

■ Get active! Moving around is really good for clearing your head. Running, playing a sport with mates or going for a long walk with an adult are all great options. If you can't get outside, even dancing around for 10 minutes can help to shake off stress.

■ Try this if you feel nervous about an exam, performance or even a hospital check-up – find a quiet space and take five minutes to close your eyes and just focus on your natural breathing. Every time a thought enters your head, silently tell it to go away and go back to focusing on your breathing. You might feel silly at first but eventually you'll get the hang of it. This is called mindfulness and is a really useful tool for banishing worries and nerves!

■ Remember that you can always talk to a trusted adult about your worries. This could be a parent or member of your family, a teacher that you like, a leader of a club you attend or a member of your clinical team. Even if you think that it's a small or silly worry, they will listen and can try to help.



Weekly Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Treatments					
1st Period					
2nd Period					
Break					
3rd Period					
4th Period					
Lunch					
5th Period					
6th Period					
After school clubs					
Homework					
Treatments					

SO LONG!

Thanks for taking the time to read this mag. All of the content and advice was suggested by other young people with CF who are either at secondary school or have already graduated. They are all different but all of them wanted you to know that you can handle whatever life throws at you - you've got this!



Cystic Fibrosis supporting students

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