SOCIAL STORIES

Social Story: Starting a New School

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A simple, adaptable social story about starting a new school, with space to add the child's real details.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Who this is for

Children and young people preparing for a new school, and the adults supporting them.

What is inside

- How to use the story
- Story pages you can personalise
- A notes page for adults

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Add the real school name, the real way in, and the real key adult. Cross out any page that is not true. You can read a little at a time.

STARTING A NEW SCHOOL

A new school

Soon I am starting a new school. A new school can feel exciting and also strange. It is okay to have both feelings.

The school has a name, a building, and people who work there to help children learn and stay safe.

The name of my new school is

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Getting there and going in

I will go to school in a way my family has planned. I might walk, go in a car, or use another kind of travel.

When I arrive, I will go in at the place we have practised, if we have been able to practise. If I feel unsure, I can stay with an adult and ask for help.

How I will get to school, and who I can stay with at the start

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People who can help me

There will be teachers and other adults at the school. I do not have to remember every name on the first day.

My family can tell me the name of a key adult, if there is one. If I need help, I can tell an adult, show a card, or go to the place we have agreed.

An adult at school who can help me is

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The school day

The school day has parts. There will be learning time, and there will be times to eat, play, or rest, depending on my school.

I may not know the whole timetable on the first day. That is okay. I can look at a visual, a planner, or ask an adult what is happening next.

One thing I would like my new school to know about me is

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If I feel wobbly

If the new school feels too much, I can ask for help or a break in the way that works for me.

Feeling wobbly in a new place is common. It does not mean I have done something wrong. Adults are there to help me settle, at my pace.

If I feel wobbly, I can

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The end of the day

At the end of the day I will go home, or to the place my family has arranged. An adult will know the plan.

I can do the first days one at a time. I do not have to know everything yet.



How I will know it is time to go home

Notes for the adult supporting this story

Details I will add, and anything I will change so this story stays true

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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