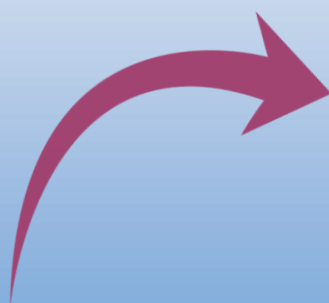


Moving Up

Activities to do with your family over
the transition to Secondary School

Part 1: Getting Ready

Name:





You are now on a journey into Secondary School!

For any journey you need to do lots of preparation — planning how you'll get there, what to wear and what to take.

It's also important:



It's a journey not just for you but for your family and it'll mean changes for them too.

This pack has some fun activities to do with them before you start your new school — the **"Getting Ready"** pack.

You'll get some more activities once you start at school all about **"Settling In"**.

Talk to your family about the activities.

Complete the activities and our journey into Secondary School and you can get a special certificate when you take your activity pack to show your new tutor in September.



Year 7



Year 6

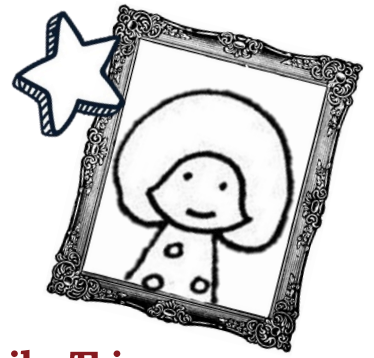


It's your pack — have fun colouring in the doodles!



Home Learning **1** Activities

Your Profile



You are going to complete your Profile together with your family. This activity will let you talk and think about what you would like your new form tutor to know about you! It also helps you to think positively about yourself which is important when you are about to start a new school.

Draw or find a picture you like of you and stick it into the middle of the sheet.

Now think about the **positive** aspects of your personality . . . the **good** things about you and what you like doing to show your new form tutor.

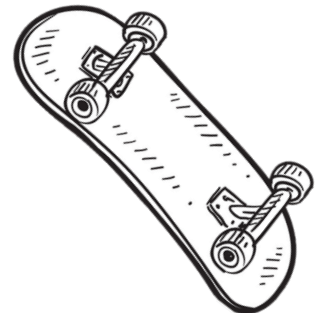
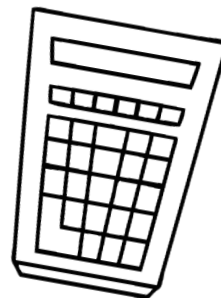
With help from your family write down on the Profile Sheet (overleaf) . . .



Use the
'Profile' sheet

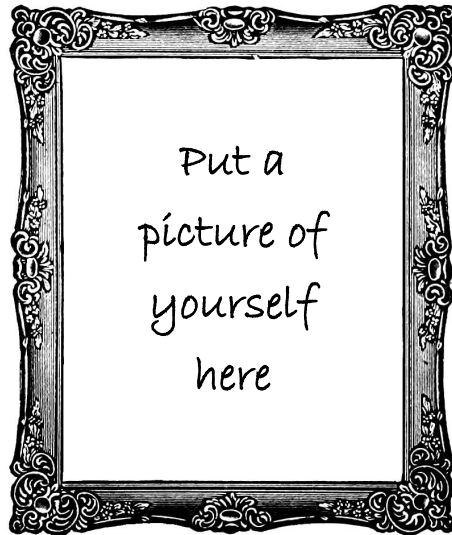
- * What do you enjoy?
- * **What are you good at?**
- * What does your teacher (or other people) like about you?
- * **What have you achieved this year?**
- * What's good about you as a friend?
- * **What lessons have you enjoyed this year?**
- * What do you like doing in your spare time?

Write your
answers down
around the
picture of you.



(It isn't easy being positive about yourself . . . it's easy for negative things to creep in. But it's important to focus on what's good — it'll be important later on when you go for interviews for college or jobs, too.)





You could do this on the computer if you'd prefer — print it out to show your new form tutor.

Home Learning **1** Activities

Your Profile

Recommendations!



Now ask members of your family, your friends and even your current teacher to 'recommend' you to your new school . . . they can tell you or write some things which they think are **positive** or **special** about you — **what you're like** or **what you're good at**.

Write their quote in the speech bubbles below and who said them.

FAMILY

What THEY say about you!

FRIENDS/TEACHERS



Who said this?

Who said this?

Who said this?



Who said this?

Who said this?

Who said this?



Now tell your parent or carer some of the things that you like about them (even parents/carers need to hear good things about themselves!) and pt them in the speech bubbles below. Other members of the family could add their positive things too.

FAMILY

What YOU say about them!

FRIENDS/TEACHERS



Who said this?

Who said this?



Who said this?

Who said this?





Getting Organised



For any journey you need to do lots of preparation — planning how you'll get there, what to take with you, what to wear and what you need to buy. So now is your chance to talk to your family and get organised.

Getting to School



Ecclesbourne is probably further away from where you live and it is important to plan and practise your new journey to school ready for September.

Talk about it together . . . What is the best way to get there?

Read the bubbles together, then shade in the ones you will need to think and talk about.

How am I getting to school?

What time do I have to leave?

Who will drive me?

What is the quickest way?

Where is the bus stop?

Will I go with a friend?

Is the route well lit?

Where am I going?

Is there a bus?

Where can I leave my bike?

How much does the bus cost?

Do I get a bus pass?

How long will it take?

Is there a bike shed?

Where can I leave my helmet?

Will I get a lift home?

Should I get a bike lock?

Is my jacket bright enough?

Now write down you plan for how you might get there (and rough timings if you can).



My journey plan

Once you have decided the safest and quickest way to and from your new school, set a date to practise the journey.

Date: _____

Time: _____

Who is going? _____

How long did it take you? _____

What time do I need to leave the house? _____

(remember that there might be more traffic in September so leave some extra time)

Having done the journey once with a parent or helper, organise to do it on your own with a friend. Always of course letting your parents know . . .



Home Learning 2 Getting Organised



Keeping safe

Your safety is very important and will be one of the things your family will worry about. Agree together what your rules will be to make sure you are safe and healthy.

Think about:



- Crossing roads
- Cars seeing you easily**
- When you'll get home
- Who'll be at home**
- Texting or ringing your family so they know you're okay
- Going to other people's houses after school**
- Going to the park
- If you're late**
- Buying sweets or fizzy drinks
- Using the internet**



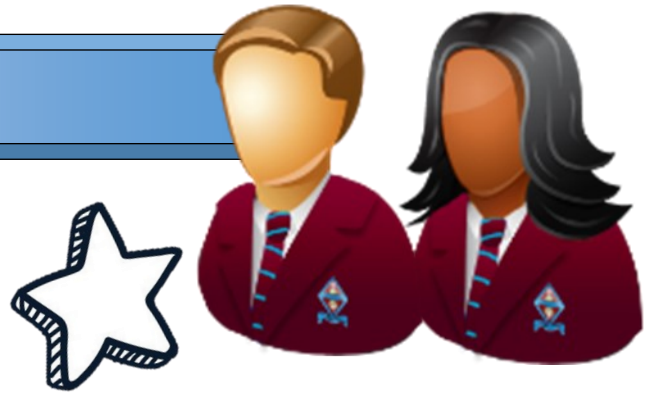
OUR safety rules ...



1. _____
2. _____
3. _____
4. _____
5. _____



Getting Organised



uniform

Schools have uniforms for lots of different reasons. It shows other people which school you go to, and it saves having to decide what to wear each day! Look together at the information from Ecclesbourne.

You can also look it up on the school website.

Make a list together of what you need to buy. Tick it off when you have got it.



My uniform shopping list



Remember to write your name in all your uniform in case it gets lost.

For some subject you might need special items or kit.

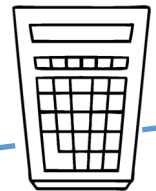
Look at what you need for:

PE:



Science:

Technology:



Ask you parents/carers or other family members about what they wore at school.

Have they got any photographs they can show you?

Have they got any funny stories they can tell you about their uniform?

My Wore

(write or draw a diagram, right)



Home Learning 2 Getting Organised




















Equipment

What you need to take to Secondary school will be different from Primary school — you may well also need a bigger bag as you will be carrying lots of things around with you as you move to different classrooms.

Which of these objects will you need (and be allowed) to take to your new school? Look at your Year 6 Booklet to help you.

Tick the box next to the drawing and to make sure you have the right answer look at the information you have been given or on the school website. If you're not sure put a ? And check when you start at school in September. No one will expect you to have all the right things in the first week!

- | | | | | |
|--|---|--|--|--|
| <input type="checkbox"/> Books
 | <input type="checkbox"/> Ruler
 | <input type="checkbox"/> Bag
 | <input type="checkbox"/> Pencils
 | <input type="checkbox"/> Calculator
 |
| <input type="checkbox"/> Music device
 | <input type="checkbox"/> Money
 | <input type="checkbox"/> Pens
 | <input type="checkbox"/> Dictionary
 | <input type="checkbox"/> Sweets
 |
| <input type="checkbox"/> Cuddly toy
 | <input type="checkbox"/> Planner
 | <input type="checkbox"/> Keys
 | <div style="border: 2px dashed yellow; padding: 10px;">  <p>What do I need to buy?
(tick it off when you have got it)</p> </div> | |
| <input type="checkbox"/> Lunch box
 | <input type="checkbox"/> Make up
 | <input type="checkbox"/> Mobile phone
 | | |



First impressions — what impression do you want to give when you start your new school?





Was it the same in your day?

Together make up the question template on the next page. You can start by using the one we have printed for you, but you might want to make your own and ask some different questions . . .

Once you have made your game, play it with older members of your family . . . Mum, Uncle, Grandma . . .

What was it like when they went to secondary school? What do they remember? Any surprises?

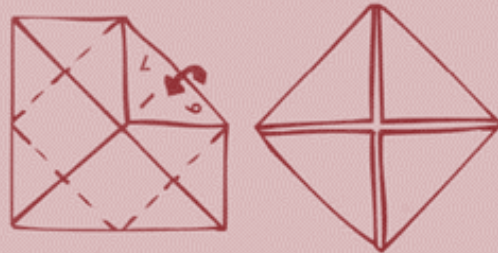
To make your puzzler . . .

1. Cut out the Puzzler square.

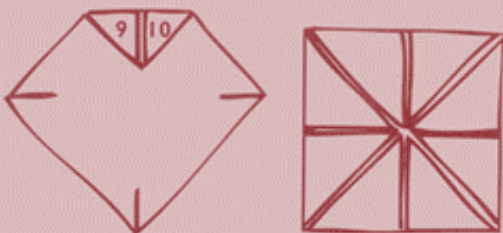


Fold and crease the square along each diagonal. Open it out and lay it flat.

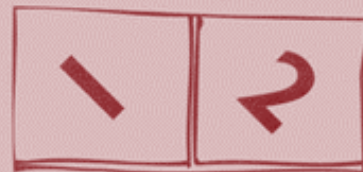
2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



4. Fold the square towards you in half.



5. Push the top corners towards the centre






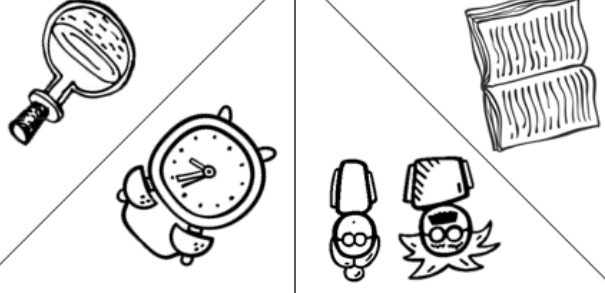

6. Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

Changes: question template

Cut along dotted lines 

	2	3	
1	<p>What did you do at lunchtime?</p> 	<p>What funny memory do you have of secondary school?</p> 	4
8	<p>What did you take with you to secondary school?</p> 	<p>What happened if you didn't do your homework?</p> 	5
	7	6	
	<p>What time did the school day start and finish?</p>	<p>Who was your favourite teacher?</p>	

Home Learning 3 Activities

Coping with change



Changes ahead



Use the 'changes' sheet



With a family member **talk** about what will stay the same when you move to secondary school and then write or draw it inside the middle section of the changes sheet, *e.g. my cat Smudge will still sleep on my bed! My favourite tea will still be pizza. I will still live at . . .*

Then **talk together** about what it's like at primary school (write that in the primary school half) and how it's different at secondary school (write that in the secondary school half) *e.g. I have one teacher (at primary school) . . . I will have lots of different teachers (at secondary school).*

Looking at what you have written about the changes, how are you both feeling about the changes that going to secondary school will bring?

Me What we're excited about/looking forward to . . . Family

Me What we're a bit worried about . . . Family

Talk with your family about what you're worried about: **Listen, think and talk** together about possible solutions that could calm both your worries.

Write your possible solutions in the box, right.

E.g. Worried about friends? A solution could be to meet up with someone starting at Ecclesbourne School over the summer holidays.

Home Learning
3
Activities

Changes

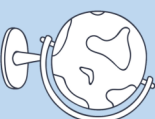
Me: Primary school



Me: Staying the same!



Me: Secondary school



Home Learning 4 Activities

Primary school mem-



Take a trip down memory lane with your family and friends. It's important when you have a big change ahead to think about what you are leaving behind on your journey — it's a big thing to leave primary school. Hunt out drawings, photos, certificates, awards and any other evidence of your life in primary school.

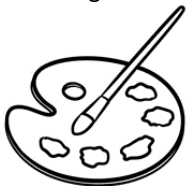
Remembering together . . .

Talk to a member of your family about your memories of primary school, right from when you started in reception. Here are some questions you might want to start with . . .

- Which events, trips, plays, assemblies, sports, and music activities do you remember?
- What jobs or roles of responsibility have you had in primary school?
- What lessons have you enjoyed the most? Or the least?
- Who have been your best friends at primary? How long have you known them?
- Who were your favourite teachers/helpers?
- When did you get any certificates or awards and what for?

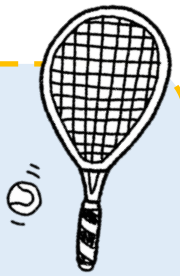
Then ask you family about their memories of you at primary school:

- What has been your proudest moment or achievement?
- Which of the teachers do you remember and why?
- What is your favourite memory?
- Is there something you would rather forget?
- Is there something in particular you remember about a school event?
- Can you think of a time when something made you laugh? Or made you worried or scared?



Now that you have lots of ideas, use your memories to fill in the memory case (overleaf) to take with you — you can include words or drawings or stick on photographs or bits from newsletters or tickets to shows or anything else . . . you can stick things over the headings — those are just to give you some ideas . . .

Write down your family's memories here:



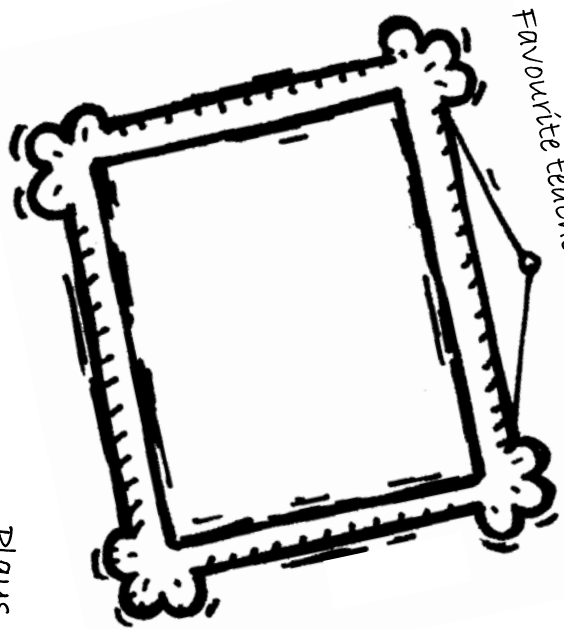
Or, if you'd rather,

- You could put things in a scrapbook, or find and decorate an old show box and put things in there. You could take a photo of it to show your new form tutor.
- You could do it on your computer. You could print it out or email it to your new tutor in September.

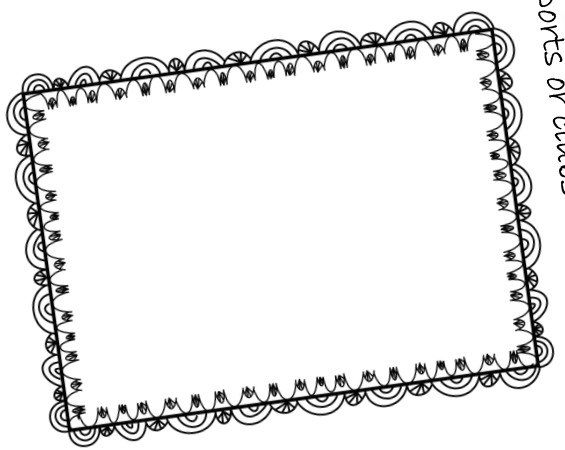
Primary school Memory Page

You could do this on the computer if you'd prefer — print it out to show your new tutor.

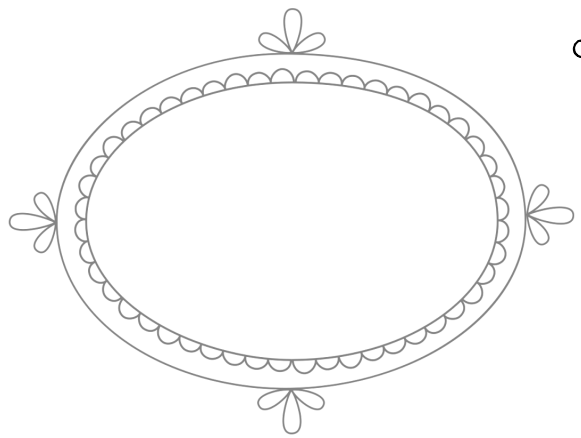
Favourite teachers



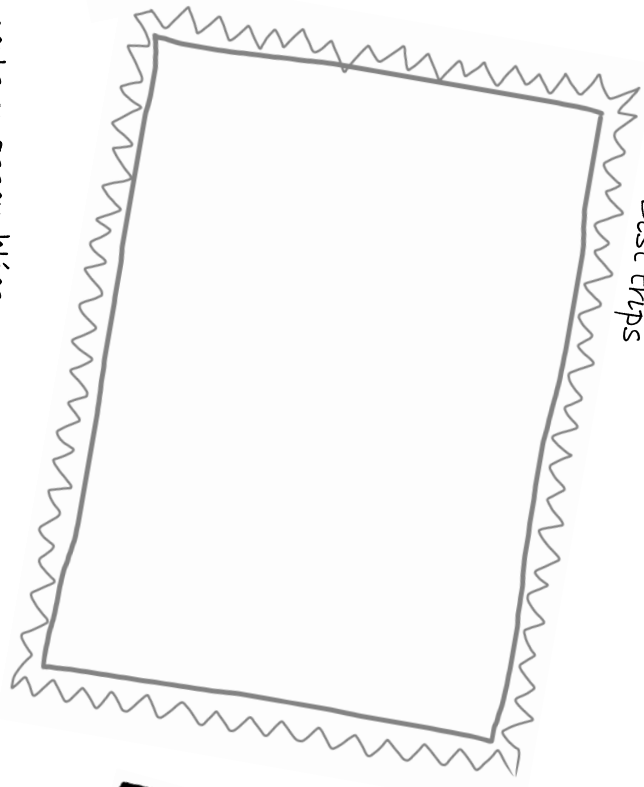
Sports or clubs



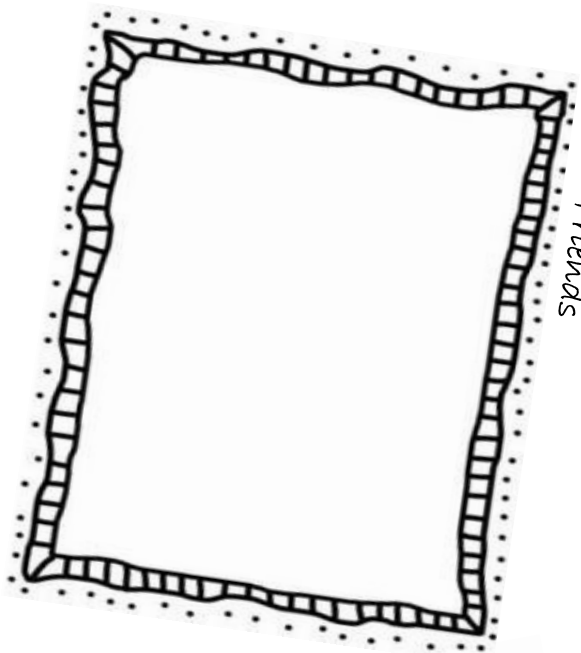
Plays, concerts or assemblies



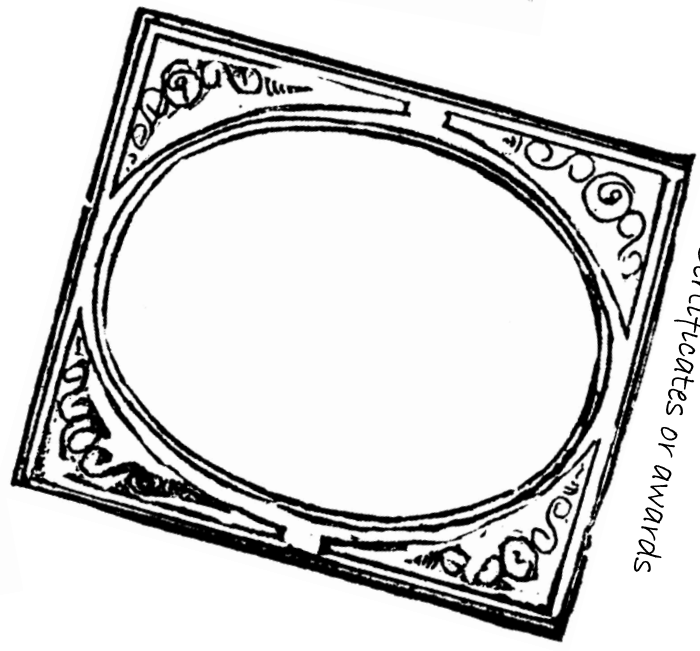
Best trips



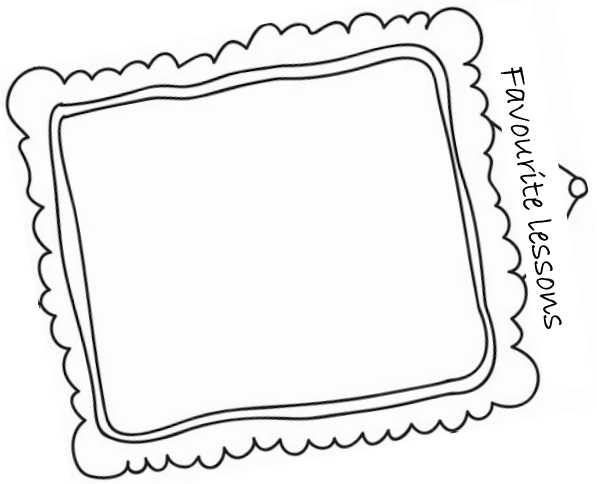
Friends



Certificates or awards



Favourite lessons



Timeline: Journey from Year 6 to Year 7

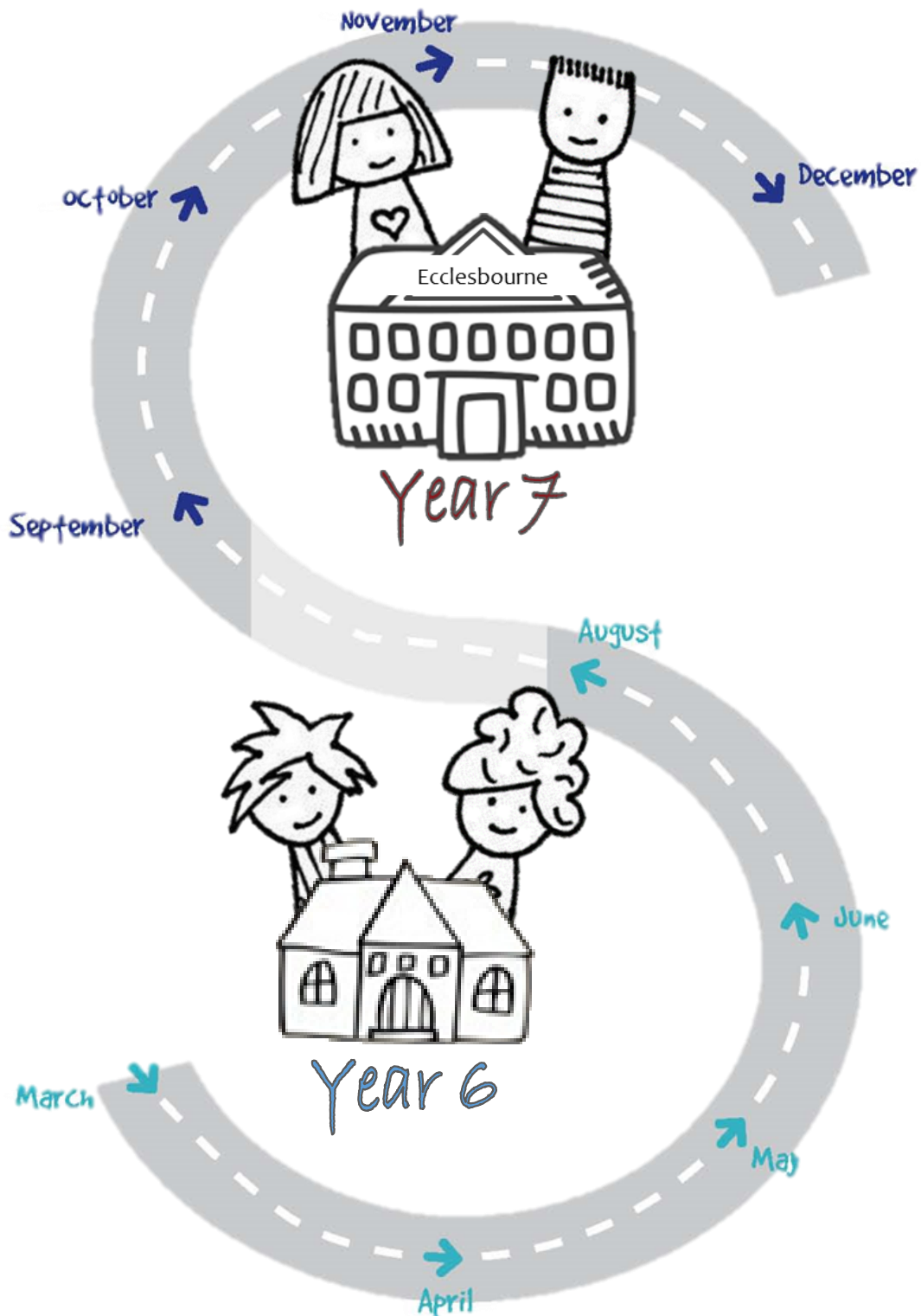
Thinking about Year 6 and Year 7 to come

What has been happening most recently and what are your hopes?

On the timeline below, write down specific events or things that have happened since March when you found out about which school you were going to.

What's happened at school or at home and how have you felt about it?

Now think about anything you know will happen in the summer holidays and next term at home or at secondary school.



Home Learning **5** Activities **Routines**



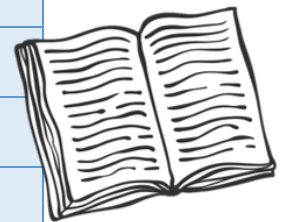
Your routine will change when you start secondary school. Talk together and try and work out what your new routine will look like.

Fill in your routine for a school day (roughly). Write down what you will do and when on the digital clocks below.

Breakfast is the most important meal of the day.

My daily routine . . .

Sample Routine	My Routine	Time
Time to wake up		:
Washing		:
Getting dressed		:
Breakfast		:
Brushing teeth		:
Leaving for school		:
Arrive at school		:
End of school		:
After school clubs/sports		:
Arrive home		:
Homework		:
Evening meal		:
Leisure/family time		:
Get bag ready for next day		:
Brushing teeth		:
Bedtime		:



Some top routine tips . . . follow and you can't go wrong!

- Make sure all your belongings have your name on.
- Pack your bag the night before — always use your timetable to help you.
- Always your student planner with you.
- Set the alarm clock leaving enough time to have breakfast, and make sure you are clean and smart wearing the correct uniform.
- Leave the house with plenty of time for your journey to school.

Adolescents need between 8 — 10 hours of sleep each night.

Home Learning **5** Activities Routines



Keeping healthy and safe



Screen Time

It's very important to agree on how much time you will spend on screen and how to keep safe. Make an agreement together — and for things to think about see the bubbles below:

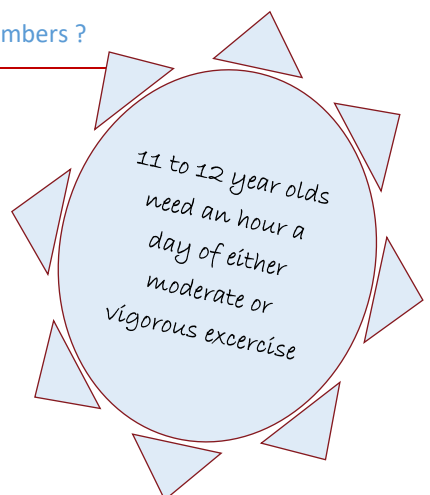
Screen Time agreement

- 1.** _____
- 2.** _____
- 3.** _____
- 4.** _____

Record of exercise over summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved.

Date	Exercise	How long for ?	Other family members ?



Our time during lockdown

You have lived through unusual times since March. Have a discussion with your parents/carers about your experiences and feelings. Then fill in the areas below to show what the time was like . . .

For me . . .

What has been the biggest change?

How did you find doing school from home?

How are you feeling?

What was a top moment from this experience?

What activities/hobbies have we most enjoyed doing?

What are we most thankful for?

What TV show did you watch the most?

Our new found favourite inside family activity:

Favourite food to bake:

Favourite time of day:

What activities will you continue to do as a family?

For my family . . .

Home Learning 7 Activities Letters

Letter to myself before I start Ecclesbourne

Date:

Dear,

Love,

Home Learning 7 Activities Letters

Letter from my parents/carers before I start Ecclesbourne

Date:

Dear,

Love,

Surviving Secondary School

Top Tips!

Be Prepared

Look at your timetable and make sure you know where to go and when.

Be Organised

Make sure you have the right books and equipment with you for each lesson.

Be Enthusiastic

Teachers won't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.

Be Resilient

Sometimes things won't go your way. This is normal and happens to everyone, so don't worry. Just say to yourself, *'tomorrow's another day!'*

Be Brave

It might seem hard to make new friends, but everyone is feeling the same way. Say hello!

Be Kind

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.

Be Yourself

Believe in yourself!
You can do it!

Be Honest

If you do something wrong or forget something, it's much better to own up straight away.



Moving Up

The Ecclesbourne School