Moving Up

...to Tupton Hall School

Activities to do with your family during the transition to secondary school

Part 1: Getting Ready

Name:

Introduction

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:

To **feel confident** and **good** about yourself

To think about where you're going and how it'll be **different**

To **say goodbye** to who and what you're leaving behind

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.

If you successfully complete the activities, you will get stamps in your passport. If you complete all of them you will get a certificate.

Remember to give in your activities at the right time.

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

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 1

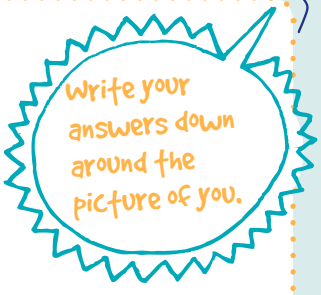
My Profile

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 teacher 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.

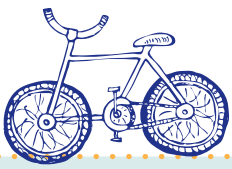
Draw or find a picture of you that you like and stick it into the middle of the sheet on the next page.

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

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



- What I like to read
- *My star qualities*
- What I am good at, at school
- *What I've done that I am proud about*
- What I love doing
- *What people love about me*



Date completed _____

(It isn't easy to be 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)

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 1

My Profile Sheet

What I like to read

My star qualities

Draw a picture of yourself here

What people like about me

What I'm good at at school

What I've done that I'm proud of

What I love doing

You could do this on the computer if you'd prefer - print it out to show your new teacher

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 1

My 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 quotes in the speech bubbles below and who said them.

What THEY say about you!

FAMILY

Who said this?

Who said this?

Who said this?

FRIENDS/TEACHERS

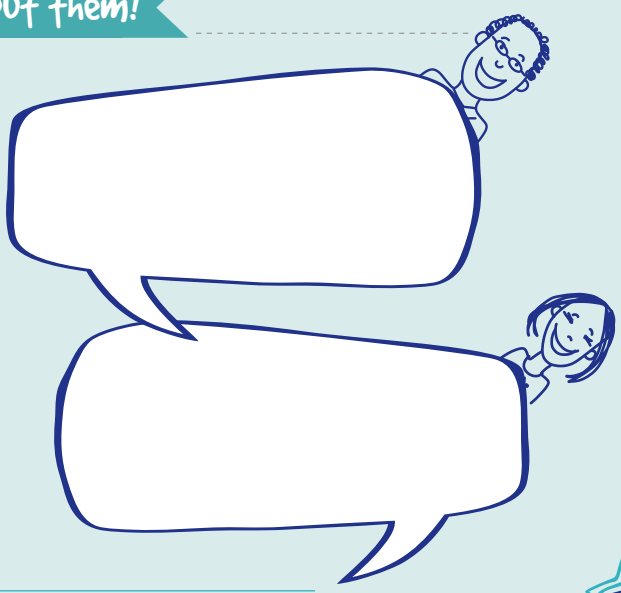
Who said this?

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 put them in the speech bubbles below. Other members of the family could add their positive things too.

What YOU say about them!



Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 2

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

Your new school is probably further away from where you live and it is important to plan and practice 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?
- Where am I going?
- 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?
- What time do I have to leave?
- Is there a school bus?
- Where can I leave my bike?
- How much does the train/bus cost?
- Do I get a 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 your 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 practice 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…

Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 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 OK
- ***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. _____

Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 2

Getting organised

Make a poster below about keeping safe going to and from secondary school.

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 2

Getting organised

Uniform

If you do not have the uniform list, look it up on the school website or contact the school office and ask to be sent the list.

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

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

My uniform shopping list

Got it!

- ☐ School blazer
- ☐ School jumper (optional)
- ☐ School tie
- ☐ A formal, white, button to the collar shirt
- ☐ Plain black, smart full length trousers (made of a formal trouser material)
- ☐ Plain black footwear (must be of a polishable material)

For some subjects you might need special items or kit. Look at what you need for PE:

INDOOR
- ☐ Navy blue Tupton T-Shirt
- ☐ Navy shorts
- ☐ Navy sports legging - girls (optional)
- ☐ Navy football socks
- ☐ Non marking soled trainers

OUTDOOR
- ☐ Blue Tupton outdoor top
- ☐ Navy base layer (optional)
- ☐ Navy shorts
- ☐ Navy football socks
- ☐ Football boots for use on grass
- ☐ Trainers
- ☐ Gum shield
- ☐ Shin pads
- ☐ Towel

Ask your 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)

Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 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?

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!

Books ☐

Ruler ☐

Bag ☐

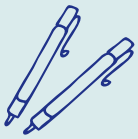
Pencils ☐

Calculator ☐

iPod ☐

Money ☐

Pens ☐



Dictionary ☐

Sweets ☐

Cuddly toy ☐

Planner ☐

Door key ☐

Lunch box ☐

Make up ☐

Mobile phone ☐

What do I need to buy?

(tick it off when you have got it) …

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

Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 3

Coping with Change

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).*

Primary School

3+5=8

YEAR 6

Me: Staying the same!

Secondary School

Study

YEAR 7

Home learning activity 3

Changes

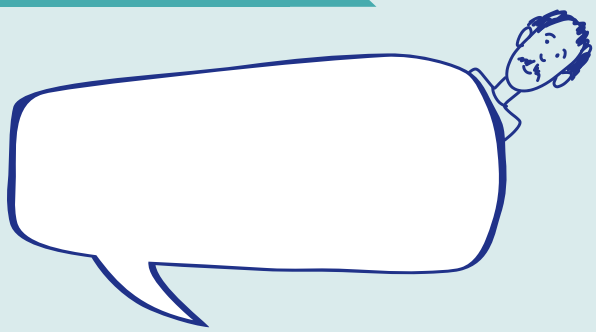
Changes ahead

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

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

Me

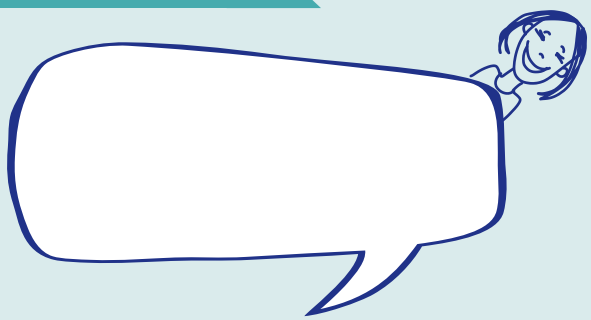
Family



What we're a bit worried about...

Me

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.

Eg: Worried about friends? A solution could be to meet up with someone starting the same school over the summer holidays

Date completed _____

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016

Home learning activity 4

Primary school memories

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, and 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 nursery or reception. Here are some questions you might want to start with…..

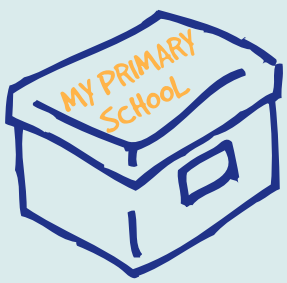
- Which events, trips, plays, assemblies, sports, and music activities do you remember?
- What jobs or roles of responsibility have you had in primary school?
- What lessons have you enjoyed the most? (or the least?)
- Who have been your best friends at primary, how long have you known them?
- Who were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

Then ask your family about their memories of 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 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?

Write down your family's memories here

Now 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.



Or if you'd rather,

- You could put things in a scrapbook, or find and decorate an old shoe box and put things in there. You could take a photo of it to show your new form teacher.
- You could make your own memory page on the computer. You could print it out or email it to your new teacher in September.

Date completed _____

Home learning activity 4

Primary school Memory case

You could do this on the computer if you'd prefer - print it out to show your new teacher

Favourite teachers

Best trips

Primary School best bits by...

Certificates or awards

Sports or clubs

Plays, concerts or assemblies

Friends

Favourite lessons

FRIENDS

Destination Secondary School

Home learning activity 4

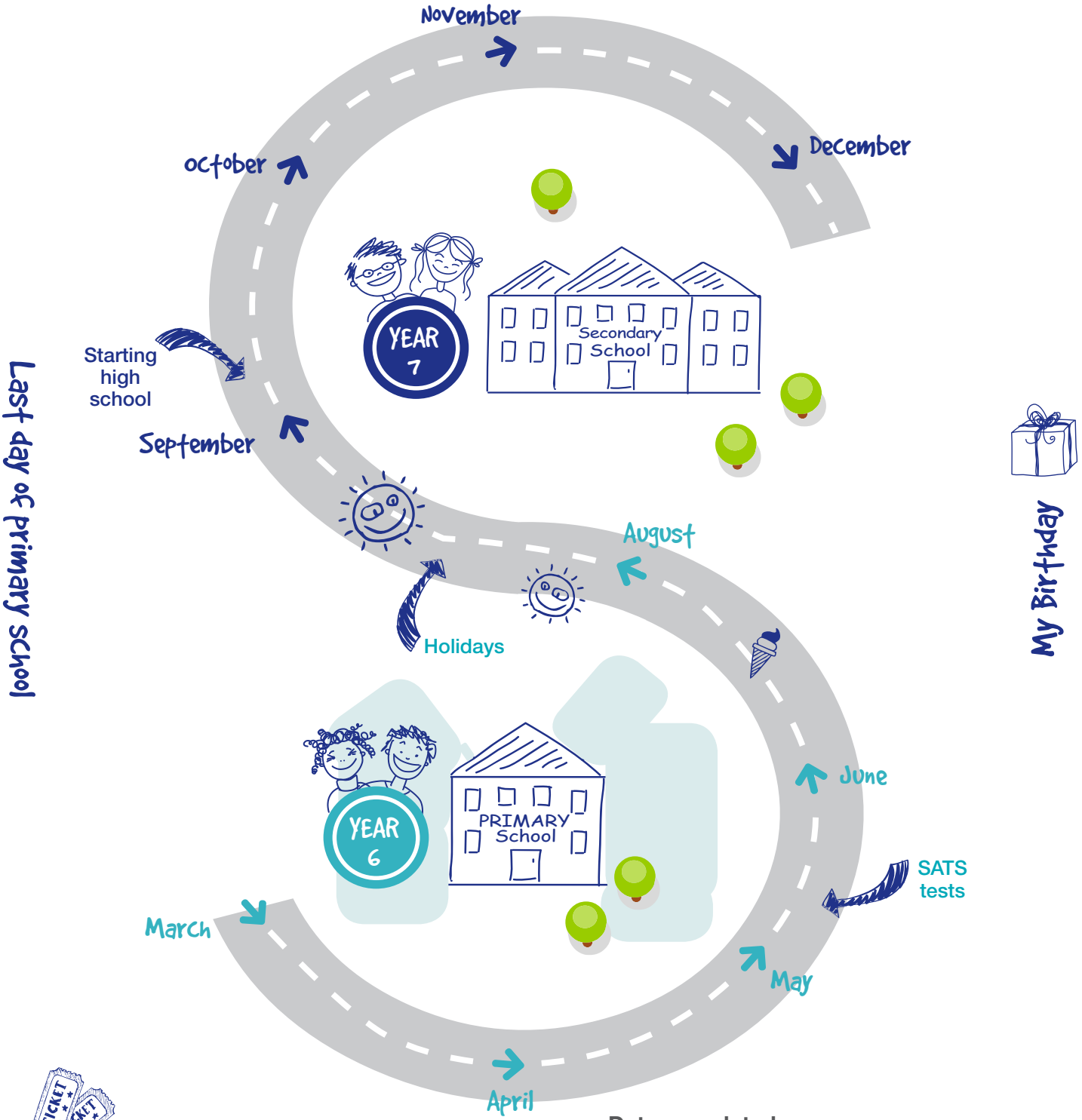
Timeline: Journey from Year 6 to Year 7

What has been happening most recently in Year 6 and what are your hopes for Year 7?

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.



Date completed _____

Going on a trip

Transition days

Home learning activity 5

Routines

Going on a journey means adjusting to changes.

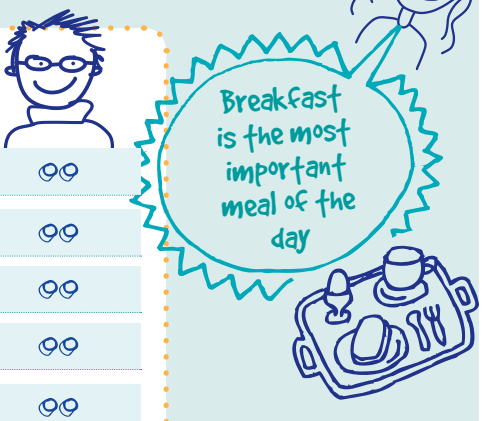
Your routine will change when you start secondary school . Talk together and try and work out what you new routine might look like.

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

My daily routine...

You can write your own routine in here in you prefer!

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	
Bed time	



Some top tips...

- Make sure all your belongings have your name on.
- Pack your bag the night before – use your timetable to help you
- Always take your diary/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.

Date completed _____

Home learning activity 5

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:

Hours watching TV

Being on the phone e.g at mealtimes

Playing computer games

Use of social media and settings

Stopping screens an hour before bedtime

Screen Time agreement

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

Record exercise taken over summer term

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

Date	Exercise	How long for ?	Any other family members involved?

11 – 12 year olds need an hour a day of either moderate or vigorous exercise

Plans for exercise over the summer holidays

Date completed _____

notes

notes

Produced 2016

PEN
Parental Engagement Network
A COMMUNITY INTEREST COMPANY (CIC)

LOTTERY FUNDED

© Parental Engagement Network CIC - Trial resources for the Moving Up project 2016