

**Delves Lane Primary School  
Transition from Year 6 to 7  
Summer 2020**



Name: \_\_\_\_\_

Primary School: \_\_\_\_\_

Secondary School: \_\_\_\_\_

**This booklet is yours to help you get ready for your new school in September. Usually, you would be completing it at school as well as at home but until schools are open again, it will be completed at home.**

**We hope you find it useful! ☺**

# All about Me

Complete the questions below to share with a family member...

I am happiest when.....

I would most like to be.....

At Secondary school I am looking forward to .....

.....

I am most relaxed when.....

My favourite food is.....

My favourite music is.....

My favourite sport is.....

My favourite TV programme is.....

My favourite colour is.....

Three things I like to do when I'm not in school:

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Two truths and a lie. (Write two truthful things about yourself and one thing that is not true and ask a friend or family member to guess which is which)

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## Secondary School Fact Sheet

**Name of Secondary School:** .....

**Address:** .....

<b>Questions about getting to school</b>	<b>Best way to find out</b>	<b>Answer</b>
How will I get to school?		
How much will my train fare/bus fare/bus pass cost?		
Who will I go to school with?		

<b>Questions about how the School works</b>	<b>Best way to find out</b>	<b>Answer</b>
What time does school start/finish?		
What times are break/lunch times?		
What snacks are sold at break time?		
Approximately how much will my lunch cost?		
Where do students go at break/lunch times?		
What activities can you do at lunch times?		

Where can I do homework at lunch times?		
What activities can you do after school?		
How much homework do you get?		
Where will my school share my homework? (Showmyhomework; Google classroom; SIMS Learning Gateway)		
What is the reward system?		
What are the consequences for poor behaviour choices?		
Is there a House System? What House will I be in?		
Who is the best person to talk to if I am having problems?		
<b>Questions about School uniform and equipment</b>	<b>Best way to find out</b>	<b>Answer</b>
What will I have to wear to school?		
Where can I buy my uniform?		
What PE/Sports kit do I need?		

What stationary must I bring?		
What kind of bag must I bring?		
Is there any other clothing/equipment I will need?		

<b>Questions about who's who</b>		
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<b>Questions about who's who</b>	<b>Best way to find out</b>	<b>Answer</b>
Name of the Head Teacher		
Name of the Deputy Head		
Name of the Head of Year 7		
Name of my Form Tutor		
Anyone else I will be seeing? When will I see them?		

<b>Questions about the timetable and learning opportunities</b>		
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<b>Questions about the timetable and learning opportunities</b>	<b>Best way to find out</b>	<b>Answer</b>
How does the timetable work?		
What subjects will I be able to study?		
What facilities does the school have (e.g. sports equipment, science laboratories)		

What happens if I find the work hard?		
Is there support in lessons?		
Does it offer anything after school?		
What other activities are offered?		
Which could I join?		
<b>Any other questions I have</b>	<b>Best way to find out</b>	<b>Answer</b>

# After visiting your new school

What did you do? What did you see?

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What did you like at the School?

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What didn't you like?

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How was it different from your Primary school?

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Is there anything else you want to find out?

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# Going to Secondary School

## How do you feel?

These could be useful to think about when you think about changing school.

Use two different coloured pens, felt tips or highlighters (or even a pen and a pencil)

Use one to highlight the phrases you are not worried about

Use the second to highlight the phrases you are worried about

Making new friends	Managing a timetable
Dinner time	Managing a money less system to pay for food.
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE



# Time Planning

Now that you are approaching Secondary School age you will find that changes will happen/have already happened to your body. This is known as puberty. You probably have already learned about this in Year 5 and Year 6. It is important now you are older that you start taking responsibility for your own personal care. It is likely you will find you will need to:

- Have a bath or shower more often than before
- Start using deodorant
- Have your clothes washed more often
- Get more sleep
- Use skin cleanser and cream
- Take care with personal grooming
- Eat more healthily

To make sure you have the time to do all of these important things, you will have to plan your time before you go to bed and when you get up each morning. Look at the table below and think about how long each thing will take you to do and when you think you will be able to do them.

Task	Twice daily	Every day	Every other day	Weekly	Twice weekly	How long?	Time in the morning	And/or evening
Bath/shower								
Use deodorant								
Wash hair								
Shirt for washing								
Skirt/trousers for washing								
Skin care routine								
Style hair								
Have breakfast								
Clean teeth								
Get dressed								

What time will you need to get up in the morning so you have enough time to get yourself ready and get to school on time? .....



## My Journey to School

It is important to plan your journey to school so that you get there on time.

Start point (address)	
Destination (School address)	
Distance from home to school	
Time I wish to arrive at school	
Mode of Transport (walk, cycle, bus, car, train)	
The buses I can catch	
Details of bus/train changes	
Nearest bus stop/train station to my house	
Time it will take to get from my house to the bus stop/train station	
Where is the nearest bus stop/train station to my school?	
Time it will take to get from the bus stop/train station to school	
What time buses/trains will get me to school on time?	
The time I need to leave my house	

Make sure you also plan your return journey

## Managing Your Timetable

Most Secondary Schools run a two weekly timetable. Use this timetable to answer the questions overpage.

	Registration	Lesson 1	Lesson 2		Lesson 3	Lesson 4		Form Time	Lesson 5
Monday 1	34 KLD	English 23 SAB	French 92 PPR	B R E A K	Geography 36 KWM	Maths 81 AEK	L U N C H	34 KLD	PSHEE 16 KAR
Tuesday 1	34 KLD	PE Gym RMR	Computing 46 FBR		Maths 81 AEK	Science 54 PCS		34 KLD	History 16 KAR
Wednesday 1	34 KLD	Maths 83 BLA	PE Gym RMR		RE 36 VMA	English 23 SAB		34 KLD	Science 54 PCS
Thursday 1	34 KLD	Art 41 HAA	English 23 SAB		History 16 KAR	Maths 81 AEK		34 KLD	Science 54 PCS
Friday 1	34 KLD	Games Pitches RMR			Drama 2B SPB	Maths 81 AEK		34 KLD	English 23 SAB
Monday 2	34 KLD	Science 54 PCS	French 93 JEH	B R E A K	DT 43 LZA	English 26 STA	L U N C H	34 KLD	Music 2 EBS
Tuesday 2	34 KLD	Science 54 PCS	RE 36 VMA		DT 48 LZA	French 92 PPR		34 KLD	English 54 SAB
Wednesday 2	34 KLD	Learning to Learn 11 AAA	English 23 SAB		PE Gym RMR	Maths 81 AEK		34 KLD	Science 54 PCS
Thursday 2	34 KLD	Geography 33 KWM	Computing 46 FBR		Thinking Sk 92 RDE	English 23 SAB		34 KLD	French 93 JEH
Friday 2	34 KLD	Maths 81 AEK	Art 41 HAA		Games Pitches RMR			34 KLD	English 23 SAB

AAA: Miss A L Atkins  
 AEK: Mr A E King  
 BLA: Mr B Laner  
 EBS: Miss E Barker  
 FBR: Mrs F B Rogers  
 HAA: Mrs H A Abbott  
 JEH: Miss J E Harman  
 KAR: Miss K A Reed  
 KLD: Miss K Denver  
 KWM: Mr K W Middleton  
 LZA: Miss L Zimmerman  
 PCS: Mr P Courtnell  
 PPR: Mrs P Router  
 RDE: Mr R Devon  
 RMR: Mr R M Richards  
 SAB: Mrs S A Browning  
 SPB: Mr S P Bonner  
 STA: Mr S Thomas – Ryder  
 VMA: Miss V Minter

on Monday week  
2?

1. What room would you go to for Registration?
2. What subject does Mr King teach?
3. What is the 3<sup>rd</sup> lesson on Wednesday, week 2?
4. When do you have Thinking Skills?
5. Who teaches you art?
6. Where is Learning to Learn taught?
7. When do you need your outdoor PE kit?
8. Which two teachers teach you French?
9. When do have History?
10. What subject does Mr Bonner teach?
11. What books/equipment do you need to bring to school on Tuesday, week 1?
12. Who is your Form Tutor?
13. How many English lessons do you have each fortnight?
14. Where will your lesson take place on Friday, week 1, lesson 3?
15. When does Mr Thomas-Ryder teach you English?
16. When do you need your indoor PE kit?

# Eating Healthily / Managing Your Money

## Menu

### Sandwiches

BLT: £2.30  
Cheese £1.70  
Cheese & Salad: £1.80  
Chicken & Bacon: £2.30  
Chicken Mayonnaise: £2.00  
Egg & Cress: £1.50  
Ham: £1.70  
Ham & Salad: £1.80  
Prawn Salad: £2.30  
Tuna & Cucumber: £1.90

### Wraps

Cheese & Salad: £2.20  
Chicken Mayonnaise: £2.20  
Egg & Cress: £1.80  
Ham & Salad: £1.10  
Tuna & Cucumber: £2.20

### Baguettes

BLT: £2.50  
Cheese: £2.00  
Cheese & Coleslaw: £2.20  
Chicken Mayonnaise: £2.20  
Egg & Bacon: £2.20  
Egg & Cress: £1.80  
Ham: £2.00  
Ham & Cheese: £2.50  
Tuna & Cucumber: £2.20

### Cold Snacks

Buttered Roll: £0.40  
Pasta Pot: £1.60  
Rice Pot: £0.80  
Salad Pot: £1.80  
Side Salad: £1.20

### Hot Lunches/Snacks

Main Meal: £2.40  
Bacon Roll: £1.10  
Cheese & Ham Panini: £1.30  
Cheese Panini: £1.10  
Cheese Puff: £1.10  
Sausage in a Roll: £1.20  
Sausage Roll: £1.20  
Pasty: £1.20  
Pasta & Cheese Bake: £1.60

### Jacket Potatoes

Just Butter: £1.20  
Baked Beans: £1.65  
Cheese: £1.65  
Cheese & Coleslaw: £2.25  
Coleslaw: £1.65

### Desserts

Cake: £0.50  
Giant Cookie: £0.90  
Flapjack: £0.80  
Custard Pot: £0.80  
Yoghurt: £0.60  
Fruit: £0.40

### Drinks

Juice: £0.90  
Perfectly Clear: £1.00  
Capri Sun: £0.70  
Water (Large): £0.60  
Water (Small): £0.50  
Yazoo: £0.90





# Fact or Fiction



Sometimes, older children you know might tell you things about Secondary School that might worry you. They sometimes do this to tease you, see your reaction or to make you think it will not be a very nice place to go. It is therefore important that you do not believe everything you hear without finding out what is true.

This is called **FACT**.

**FICTION** is something that is made up. This activity will make sure you do not have concerns about things that someone else has made up just to get you worried.

Think about these 'stories' and work out the fact for each

<b>FICTION – Stories told by others</b>	<b>FACT – the Truth</b>
You get at least three hours homework every night, even at weekends.	
The only way you will not be bullied by the older students is if you pay them to stop	
You won't know anyone and it will be really hard to make friends	
If you can't your homework you will get two hours detention.	
You have to pay £1 fine every time you don't wear the right uniform or you forget to bring an item in	
It is difficult to find your way around and you will be lost constantly	



# Managing Situations

**It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings.**

**Look at the following situations and think of how you would feel if they happened to you in Secondary School. Then try problem solving each situation to help you best manage your feelings and actions.**

SITUATION	FEELING How would you feel if this happened to you?	PROBLEM SOLVING – WHAT COULD YOU DO? If this situation happened to you, what could you do to help you best manage these feelings?	WHO COULD HELP? Who would you ask for help and what would you like them to do?
You don't understand your homework. No one in your family can help and it is due the day after tomorrow			
You have a big argument and fall out with your best friend. You have been friends since Primary School			
One of your teachers shouts at you a lot in class and you think he is 'picking on you'			
A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names			

# Getting Involved

Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

1. You see three of your classmates playing football after school. You know one of them pretty well. You don't know the other two. You're quite good at being in goal.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

2. You hear two classmates talking about the latest playstation game. You were playing on it last night.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

3. Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try to win a contest. You think you may know the answer.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

4. Four classmates are looking at a text message they have received from a friend. They are laughing. You're sitting at the same lunch table. You like sending text messages.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

5. Two classmates are asking the teacher for permission to work on an art project during lunch hour. Art is your best subject and your project is already on display.

What could you do? \_\_\_\_\_

What could you say? \_\_\_\_\_

# Asking for help

Sometimes at school things may be difficult or may go wrong. These things could be small:

- not knowing what the homework is
- not being able to find your way around

Or could be bigger:

- getting into trouble
- finding the work hard.

There are many people who could help you, but they won't know that you need help unless you tell them.

**Friends** Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help to work out new situations like going to the cafeteria.

**Teachers** Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

**People at home** People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out whom you would approach in these situations:

- You don't know where your next lesson is.
- You cannot read your homework notes.
- You have got into trouble for forgetting your course book several times.
- In the lesson you did not understand what the teacher wanted you to do.
- You have not got a pencil which is needed to complete your work.

**REMEMBER TO ASK FOR HELP!**