Copleston High School Year 6 into Year7 Transition Programme



This booklet is yours to help you get ready for your new school in September. Please keep it safe and bring it with you begin at Copleston

Please complete all of the activities; you might like to do this with your parents/carers. The Transition platform and School Website will be useful resources to use when completing the activities. This will help to prepare you for September.

We hope you find it useful! ©

My Name:	 	
Primary School:		

All about Me

Complete the questions below to share with a teacher or a friend. Use the text box to write your answers.

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 programme is My
favourite colour is

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

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

Use this box to write your answers:		

Secondary School Fact Sheet

Address:		
Questions about getting to school	Best way to find out	Answer
How will I get to school?		
How much will my train fare/bus fare/bus pass cost?		
Who will I go to school with?		
Questions about how the School works	Best way to find out	Answer
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?		

What are the rules around		
mobile phones & Smart		
devices?		
Where can I do homework		
at lunch times?		
What activities can you do		
after school?		
How much homework do		
you get?		
Where/How will my school		
share my homework?		
What is the reward		
system?		
What are the		
consequences for poor		
behaviour choices?		
Who is the best person to		
talk to if I am having		
problems?		
Questions about School	Best way to find out	Answer
uniform and equipment		
What will I have to wear to		
school?		
Where can I buy my		
uniform?		
What PE/Sports kit do I		
need?		

What stationery must I bring?		
What kind of bag must I bring?		
Is there any other clothing/equipment I will need?		
Questions about who's who	Best way to find out	Answer
Name of the Principal		
Name of the Vice Principal		
Name of my Leader of Learning		
Who are the members of the Safeguarding Team?		
Anyone else I will be seeing? When will I see them?		
Questions about the timetable and learning opportunities	Best way to find out	Answer
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?		
Any other questions I	Best way to find out	Answer
Any other questions I have	Best way to find out	Answer
	Best way to find out	Answer
	Best way to find out	Answer
	Best way to find out	Answer
	Best way to find out	Answer

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 highlighters
Use colour one to highlight the phrases you are not worried about
Use colour two to highlight the phrases you are worried about

Making new friends	Managing a timetable
Lunch/Break	Managing a money less system to pay for food.
Having a different uniform	Being on time
Finding your way around	Being in a busy environment with lots of people
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 or earlier in 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/Jumper for washing								
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?	

Morning routine

Before leaving for School there are a lot of things to think about, starting from the night before.

Things to think about in the morning. Put them in the right order.

Activity	Time order (1-11)
Get dressed	
Check you have the correct equipment in your bag	
Check your timetable	
Check you have got your homework	
Clean your teeth	
Say "Goodbye"	
Check you have the correct money	
Wake up	
Eat your breakfast – Spacing	
Leave for School	
Wash	

Any others?	
o	0

Plan your morning routine with approximate times.

Time	What to do

My Journey to School

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

Start point (Home 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	
Time it will take to get from my house to the bus stop/train	
house to the bus stop/train	
house to the bus stop/train station	
house to the bus stop/train station Where is the nearest bus	
house to the bus stop/train station Where is the nearest bus stop/train station to my school?	
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	
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	
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	
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?	

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 1 to 4.

Timetable - Example Year 7

Mon	Tue	Wed	Thu	Fri	Mon2	Tue2	Wed2	Thu2	Fri2
Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd	Tutor Pd
B29	JN B29	KL B29	JN B29	KL B29	B29	JN B29	KL B29	JN B29	KL B29
Science	Drama	History	Tech	History	Maths	Literacy	Art	Science	Geography
PW B115	GP A7	JS A118	FD B23	BH C113	ML a16	CY A117	KP C2	VP B113	SE A120
PΕ	Geography	PΕ	Tech	Maths	Geography	Tech	R.E.	History	Music
SY	RT B26	SY BGym	FD B23	ML a16	RT B23	FD B23	DP B26	JS A118	AL B19
Eng	Literacy	Maths	Science	Science	Eng	Drama	PΕ	Eng	History
LM B31	CY B119	ML a16	MSG B112	MSG B112	CW B28	WR A7	SY	CW B28	BH C113
IT	Maths	R.E.	Literacy	Eng	Tech	Science	Science	Maths	IT
SG ICT2	ML a16	FD B22	LBA A115	CW B28	FD B23	PW B115	VP B113	ML a16	SG ICT2
Maths	Eng	Workshop	Perf. Arts	Ps	Eng	Art	Workshop	Eng	Geography
ML a16	LM B31	NU	KJ A21	DP B26	LM B31	KP C2	NU	CY B118	SE A120

AL: Mrs AJ	LN: Miss S L
Lockyer	Johnston
BH : Miss B Holt	JS : Miss J C
	Sharpe
CW : Mr C L	KJ : Mrs K Jubb
WebbCook	
CY: Mrs F M R	KL: Miss K L
Conroy	Leaning
DP : Mr D C	KP: Mrs C E Kemp
Pheasant	
	JS : Miss J C
FD : Mr M R Froud	Sharpe
GP : Mrs G L	KJ : Mrs K Jubb
Pilcher	

LBA : Mrs L A	SE : Mrs S Wade
Bastable-Aradia	
LM : Mrs A C V	SG : Mr M Snelling
Moon	
ML : Mr M Lloyd	SY: Mr S M
	Moriarty
MSG : Mr M L	VP : Miss V F
Standing	Pickering
NU : Mr S Nunn	
PW : Dr P Walker	SE : Mrs S Wade
RT : Mr C R Terry	SG : Mr M Snelling

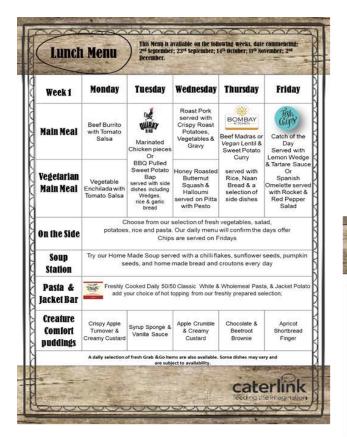
Answer the following...

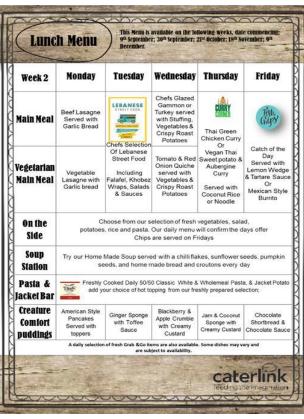
- 1. What books would you have to pack for a Tuesday, week 2?
- 2. What room do you need to go to for Music lessons?
 - 1. What room would you go to for Registration?
 - 2. What subject does Mr Froud teach?
 - 3. What is the 3rd lesson on Wednesday, Week 2?
 - 4. When do you have WoW?
 - 5. Who teaches you Art?
 - 6. Where is Learning Support based?
 - 7. When do you need your PE kit?
 - 8. Which two teachers teach you Science?
 - 9. When do have History?
 - 10. What subject does Mr Webb-Cook teach?
 - 11. What books/equipment do you need to bring to school on Tuesday, Week 1?
 - 12. Who are the Form Tutors on the timetable?
 - 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 Snelling teach you ICT?

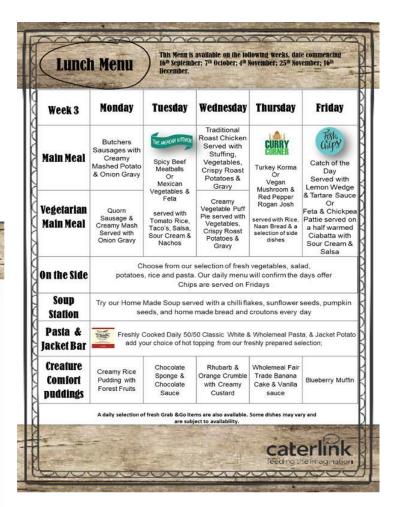
Managing your money: You have £17.50 to spend each week on food at school. You can divide the money out equally for each day or spend different amounts. Try to make sure you eat healthily and have enough food and drink each day. How will you spend your money?

Monday		Tuesday		Wednesday		Thursday		Friday	
Food/Drink	Cost								
T-1-1-		Tatali		Tatali		T-4-1.		Tarak	
Total:		Total:		Total:		Total:		Total:	

Here are some examples you may find at Copleston.









Fact or Fiction



Sometimes, older children you know might tell you Secondary School that might worry you.

things about

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

Managing Situations

FICTION - Stories told by others	FACT - the Truth
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 do 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	

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.

CITLIATION	FFFLING	DDODLEM COLVING MILAT COLUD VOLL	WILLO COLLI DI LIEL DO
SITUATION	FEELING	PROBLEM SOLVING – WHAT COULD YOU	WHO COULD HELP?
	How would you	DO?	Who would you ask for help and
	feel if this	If this situation happened to you, what could you do to	what would you like them to do?
	happened to you?	help you best manage these feelings?	
You don't understand			
your homework. No			
one in your family can			
help, it is due the day			
after tomorrow			
You have a big			
argument and fallout			
your 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 loca 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 are all sitting at the same table and are worried they are being unkind.
	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 to help them out?

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 Canteen and helping you find your way.

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 subject 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!