

# 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

**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?		

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?		
--	--	--

<b>Questions about School uniform and equipment</b>		
---	--	--

<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 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		
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		
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?		
<b>Any other questions I have</b>	<b>Best way to find out</b>	<b>Answer</b>

# 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?

- \_\_\_\_\_ ○
- \_\_\_\_\_

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 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 1 to 4.

## Timetable - Example Year 7

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

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

LBA : Mrs L A Bastable-Aradia	SE : Mrs S Wade
LM : Mrs A C V Moon	SG : Mr M Snelling
ML : Mr M Lloyd	SY : Mr S M Moriarty
MSG : Mr M L Standing	VP : Miss V F 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 3<sup>rd</sup> 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?**



# Here are some examples you may find at Copleston.

Lunch Menu						
This Menu is available on the following weeks, date commencing: 2 <sup>nd</sup> September; 23 <sup>rd</sup> September; 14 <sup>th</sup> October; 11 <sup>th</sup> November; 2 <sup>nd</sup> December.						
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Meal</b>	Beef Burrito with Tomato Salsa	 Marinated Chicken pieces Or BBQ Pulled Sweet Potato Bap served with side dishes including Wedges, rice & garlic bread	Roast Pork served with Crispy Roast Potatoes, Vegetables & Gravy	 Beef Madras or Vegan Lentil & Sweet Potato Curry	 Catch of the Day Served with Lemon Wedge & Tartare Sauce Or Spanish Omelette served with Rocket & Red Pepper Salad	
<b>Vegetarian Main Meal</b>	Vegetable Enchilada with Tomato Salsa		Honey Roasted Butternut Squash & Halloumi served on Pitta with Pesto	served with Rice, Naan Bread & a selection of side dishes		
<b>On the Side</b>	Choose from our selection of fresh vegetables, salad, potatoes, rice and pasta. Our daily menu will confirm the days offer Chips are served on Fridays					
<b>Soup Station</b>	Try our Home Made Soup served with a chilli flakes, sunflower seeds, pumpkin seeds, and home made bread and croutons every day					
<b>Pasta &amp; Jacket Bar</b>	 Freshly Cooked Daily 50/50 Classic White & Wholemeal Pasta, & Jacket Potato add your choice of hot topping from our freshly prepared selection;					
<b>Creature Comfort puddings</b>	Crispy Apple Turnover & Creamy Custard	Syrup Sponge & Vanilla Sauce	Apple Crumble & Creamy Custard	Chocolate & Beetroot Brownie	Apricot Shortbread Finger	
A daily selection of fresh Grab & Go items are also available. Some dishes may vary and are subject to availability.						
						

Lunch Menu						
This Menu is available on the following weeks, date commencing: 9 <sup>th</sup> September; 30 <sup>th</sup> September; 21 <sup>st</sup> October; 18 <sup>th</sup> November; 9 <sup>th</sup> December.						
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Meal</b>	Beef Lasagne Served with Garlic Bread	 Chefs Selection Of Lebanese Street Food	Chefs Glazed Gammon or Turkey served with Stuffing, Vegetables & Crispy Roast Potatoes	 Thai Green Chicken Curry Or Vegan Thai Sweet potato & Aubergine Curry	 Catch of the Day Served with Lemon Wedge & Tartare Sauce Or Mexican Style Burrito	
<b>Vegetarian Main Meal</b>	Vegetable Lasagne with Garlic bread	Including Falafel, Khobez, Wraps, Salads & Sauces	Tomato & Red Onion Quiche served with Vegetables & Crispy Roast Potatoes	Served with Coconut Rice or Noodle		
<b>On the Side</b>	Choose from our selection of fresh vegetables, salad, potatoes, rice and pasta. Our daily menu will confirm the days offer Chips are served on Fridays					
<b>Soup Station</b>	Try our Home Made Soup served with a chilli flakes, sunflower seeds, pumpkin seeds, and home made bread and croutons every day					
<b>Pasta &amp; Jacket Bar</b>	 Freshly Cooked Daily 50/50 Classic White & Wholemeal Pasta, & Jacket Potato add your choice of hot topping from our freshly prepared selection;					
<b>Creature Comfort puddings</b>	American Style Pancakes Served with toppers	Ginger Sponge with Toffee Sauce	Blackberry & Apple Crumble with Creamy Custard	Jam & Coconut Sponge with Creamy Custard	Chocolate Shortbread & Chocolate Sauce	
A daily selection of fresh Grab & Go items are also available. Some dishes may vary and are subject to availability.						
						

Lunch Menu						
This Menu is available on the following weeks, date commencing: 16 <sup>th</sup> September; 7 <sup>th</sup> October; 4 <sup>th</sup> November; 25 <sup>th</sup> November; 16 <sup>th</sup> December.						
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Meal</b>	Butchers Sausages with Creamy Mashed Potato & Onion Gravy	 Spicy Beef Meatballs Or Mexican Vegetables & Feta	Traditional Roast Chicken Served with Stuffing, Vegetables, Crispy Roast Potatoes & Gravy	 Turkey Korma Or Vegan Mushroom & Red Pepper Rogan Josh	 Catch of the Day Served with Lemon Wedge & Tartare Sauce Or Feta & Chickpea Pattie served on a half warmed Ciabatta with Sour Cream & Salsa	
<b>Vegetarian Main Meal</b>	Quorn Sausage & Creamy Mash Served with Onion Gravy	served with Tomato Rice, Taco's, Salsa, Sour Cream & Nachos	Creamy Vegetable Puff Pie served with Vegetables, Crispy Roast Potatoes & Gravy	served with Rice, Naan Bread & a selection of side dishes		
<b>On the Side</b>	Choose from our selection of fresh vegetables, salad, potatoes, rice and pasta. Our daily menu will confirm the days offer Chips are served on Fridays					
<b>Soup Station</b>	Try our Home Made Soup served with a chilli flakes, sunflower seeds, pumpkin seeds, and home made bread and croutons every day					
<b>Pasta &amp; Jacket Bar</b>	 Freshly Cooked Daily 50/50 Classic White & Wholemeal Pasta, & Jacket Potato add your choice of hot topping from our freshly prepared selection;					
<b>Creature Comfort puddings</b>	Creamy Rice Pudding with Forest Fruits	Chocolate Sponge & Chocolate Sauce	Rhubarb & Orange Crumble with Creamy Custard	Wholemeal Fair Trade Banana Cake & Vanilla sauce	Blueberry Muffin	
A daily selection of fresh Grab & Go items are also available. Some dishes may vary and are subject to availability.						
						



# 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

## Managing Situations

<i>FICTION - Stories told by others</i>	<i>FACT - the Truth</i>
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.*

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, 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 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 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!**

