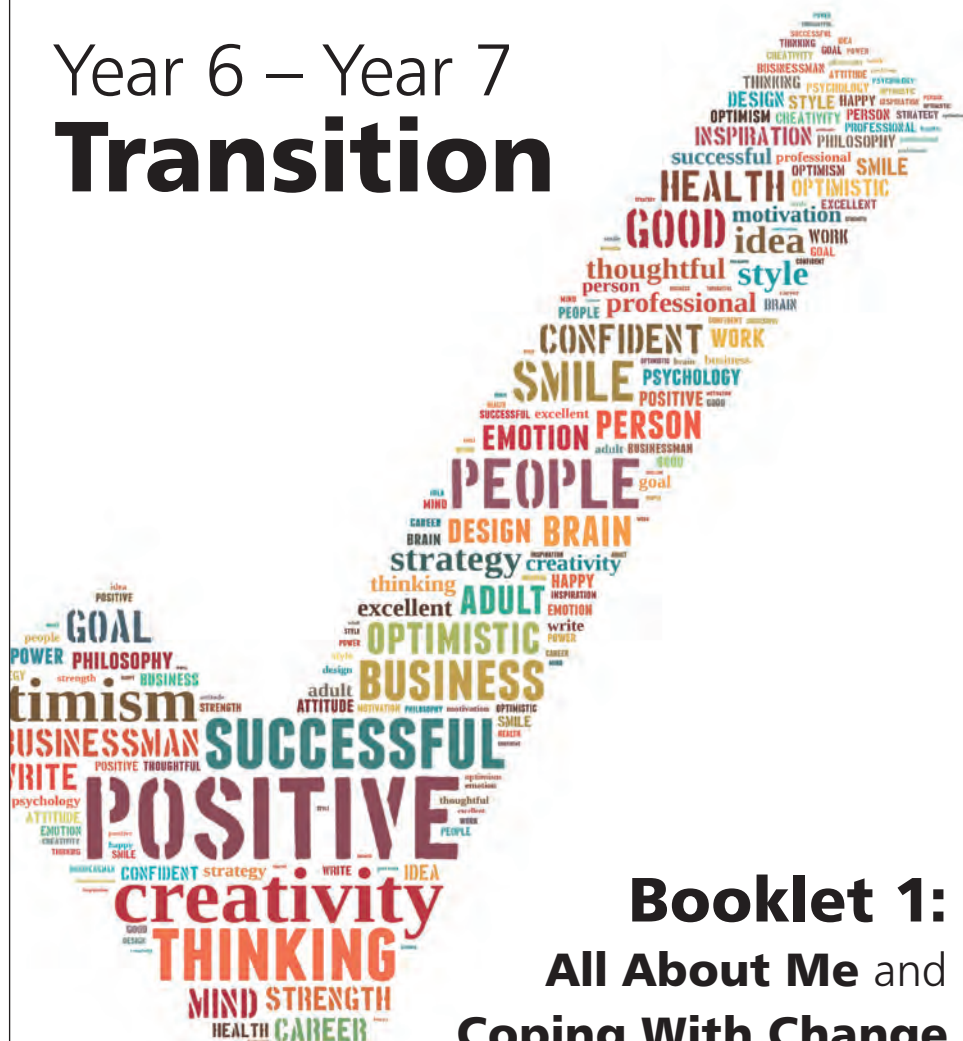




KESH

KING EDWARD VI
SHELDON HEATH ACADEMY

Year 6 – Year 7 Transition



Booklet 1: All About Me and Coping With Change

Name:

Primary School:

Secondary School:

Remember to bring your booklets in September to earn rewards for completed activities!

Year 6 – Year 7 Transition

Journey to KESH

Welcome to KESH! You are now on a journey into secondary school. It's a journey not just for you, but for your family, and it will mean changes for them too. For any journey, you need to do lots of preparation to make the ride as smooth as possible.

These two booklets are here to help you: they contain 25 fun activities for you to do with your family to help you get ready to start your new school.

In this booklet, you will find Activities 1 – 10. They are designed to help you to introduce yourself and feel more confident about the changes ahead.

1 My Profile	2 My Recommendations	3 Shoebox Challenge	4 Memory Map	5 How I'm Feeling
6 Was it the same in your day?	7 Finding Solutions	8 Helpful Thoughts	9 Making New Friends	10 KESH Wordsearch

Remember to cross off each completed activity on your Journey to KESH Activity Passport to earn rewards in September!

BRING YOUR BOOKLETS TO SHOW YOUR FORM TEACHER ON YOUR FIRST DAY AT KESH TO GET REWARDED!

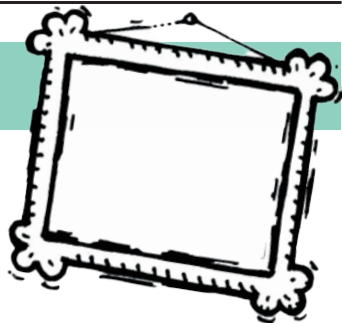
Each completed activity: you will earn 4 house points.

Line of 5 completed activities (can be up, down or diagonal): you will earn 20 house points and a Form Teacher Certificate.

Full house of completed activities (all 25): you will earn 100 house points, a Head of Year Certificate presented to you in assembly, and A PRIZE!

Activity 1 All About Me

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 start a new school.

Draw or find a picture you like of you and stick it in the middle of the next page.

Now think about the positive aspects of your personality – the good things about you and what you like doing.

- What do you enjoy?
- What are you good at?
- What have you achieved this year?
- What do you like doing in your spare time?
- What lessons do you enjoy?
- What's good about you as a friend?
- What are your favourite foods?
- What kind of music do you like?
- Where is your favourite place?
- What makes you feel relaxed?
- What do you like to wear?
- What would you like to be in the future?

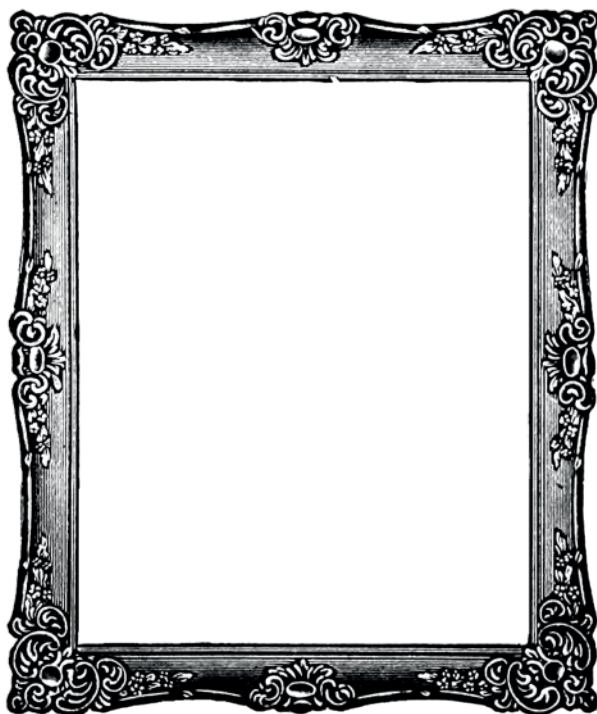
Be creative – you could draw or add pictures of your favourite things!

You could also do this task on the computer and print off your profile if you prefer.

It isn't always easy to be positive about yourself... sometimes negative thoughts can creep in. But it is important to focus on what is good. It will also be important for the future when you go for interviews for university or jobs too.

Year 6 – Year 7 Transition

Create your profile here!



Activity 2 All About Me

My Recommendations

Now ask members of your family, your friends and even your primary school 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 label who said them.

The form contains six empty speech bubble templates arranged in two columns. The left column has three bubbles: a large one at the top, a medium one in the middle, and a small one at the bottom. The right column has three bubbles: a large one at the top, a medium one in the middle, and a large one at the bottom. Each bubble is a simple outline with a tail pointing to the left or right, intended for a student to write a recommendation inside.

Challenge: Write your own recommendations for your family or friends and leave them somewhere they will find them! Show your appreciation.

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Activity 3 All About Me

Shoebox Challenge

This shoebox contains five items that are very important for being a member of KESH Academy. Each one says something about our values and what it means to belong to our school community.



Can you match up each item to its meaning?

School tie

This item represents being organised, prepared and independent. You use it to help you manage your learning in school and at home.

Reading book

This item represents expanding our minds and being open to new ideas. You can find a great selection in our fantastic library.

Water bottle

This item represents being smartly presented to show pride in our academy. The colour also shows which house you belong to.

Planner

This item represents taking part in extra-curricular activities outside of lessons. This is a great way to make new friends and try new things.

P.E. kit

This item represents being healthy and hydrated, and taking care of our environment. We always use re-usable ones at KESH to limit our plastic pollution.

Booklet 1: All About Me

Now add five items to your own shoebox. Think carefully about what each item says about you, your values, and what is important to you.



In the space below explain the items you have put in your box and what they say about you. You could finish with what you would like to add to your shoe box in the future.

[illegible]

Year 6 – Year 7 Transition

Activity 4 All About Me

Memory Map

Take a trip down memory lane! When you have a big change ahead, it's important to think about what you are leaving behind on your journey. Create a memory map of your favourite memories or events that have shaped you to become the amazing person you are!

Remembering together:

Talk to a member of your family or a friend 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:

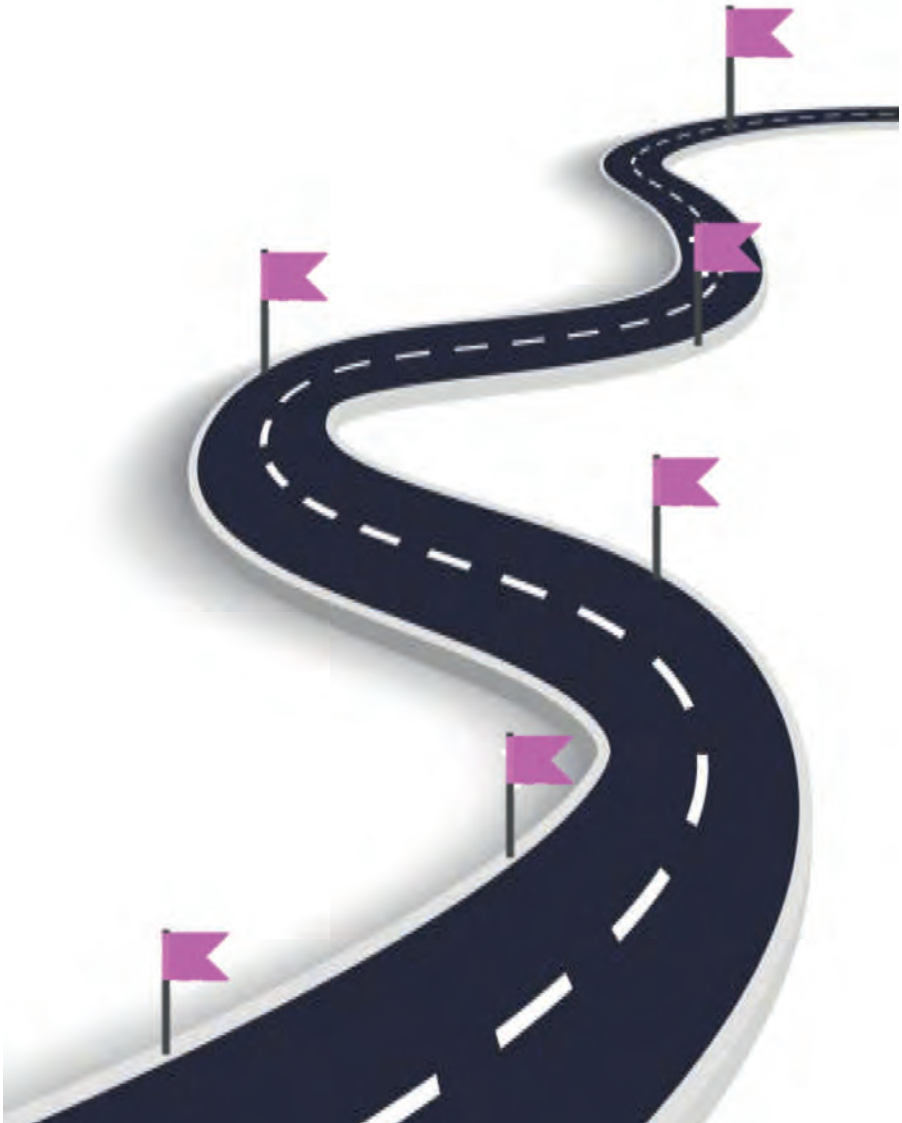
- Which events, trips, assemblies, sports and music activities do you remember?
- What jobs or roles of responsibility have you had in primary school?
- What lessons have you enjoyed the most?
- Who have been your best friends at primary school?
- Who were your favourite teachers or helpers?
- When did you get any certificates or rewards and what for?
- What is your favourite memory?
- Can you think of a time when something made you laugh?

Now you have lots of ideas, create your own memory map on the next page. Be as creative as possible!



Booklet 1: All About Me

My Memory Map



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How I’m Feeling

With a family member or friend, 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, I will still live at..., my favourite tea will still be...*

Then talk together about what it’s like at primary school (write that in the primary school half) and how it will be different at secondary school (write that in the secondary school half).

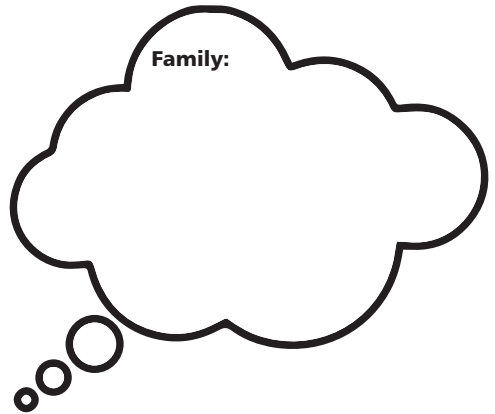
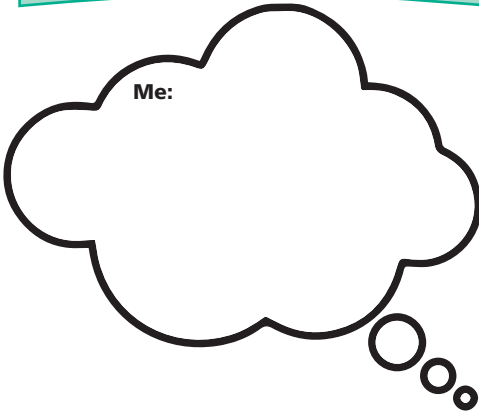
E.g. I have one teacher (at primary school)... I will have lots of different teachers (at secondary school)...

Primary School	Staying the Same	Secondary School

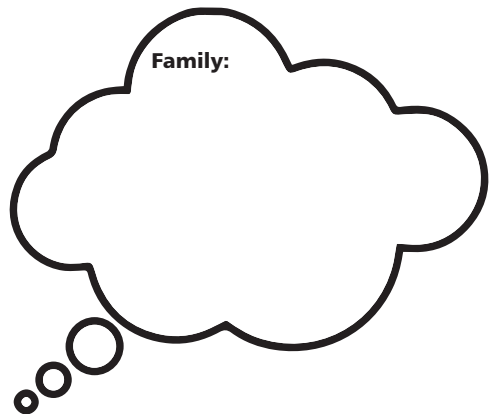
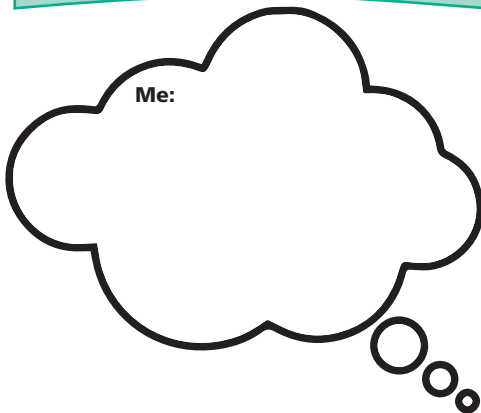
Booklet 1: All About Me

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

What we are excited about and looking forward to...



What we are a bit worried about...



Year 6 – Year 7 Transition

Activity 6 Coping With Change

Was it the same in your day?

Together, follow these instructions to make up the question template on the next page. Once you have made your game, play it with older members of your family: your mum, dad, uncle, grandma, big sister... What was it like when they went to secondary school? How much do they remember? Any surprises?

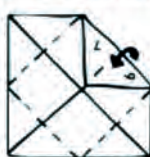
Instructions

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.

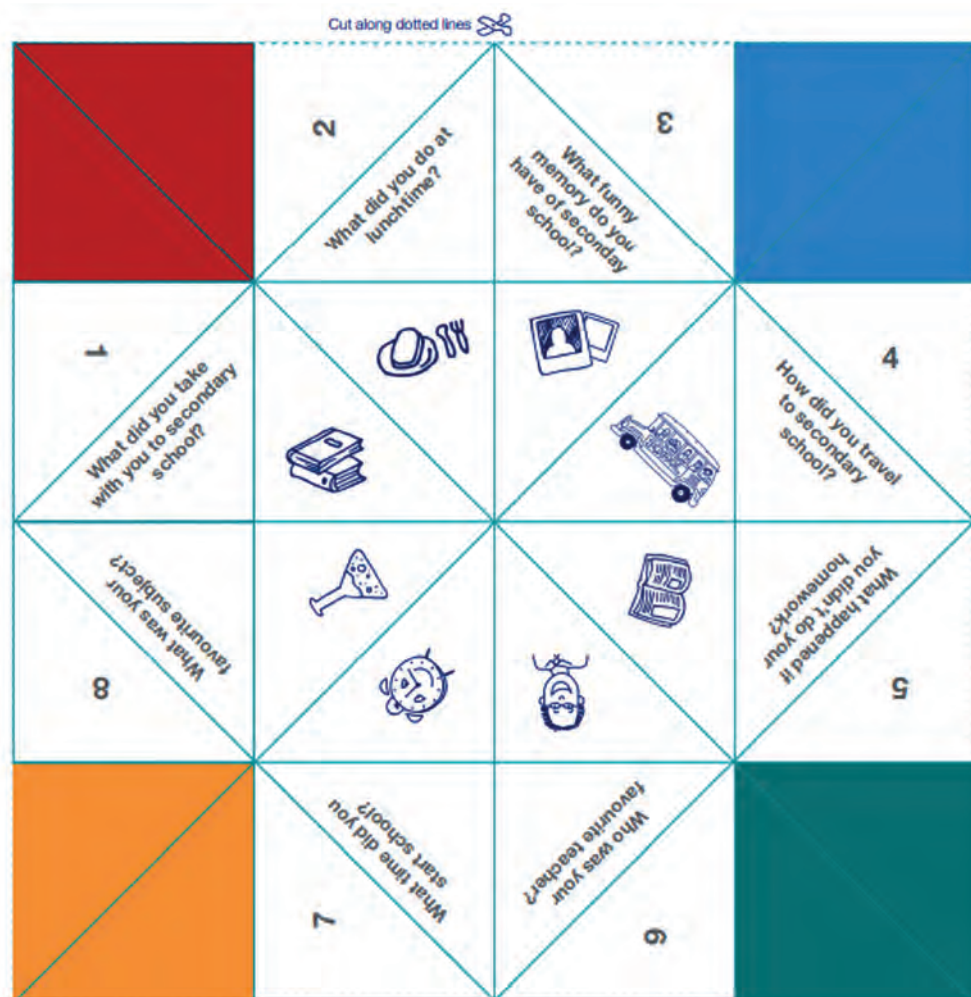


Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

Challenge: You could then make your own puzzler, changing the questions to those you would like to ask.

Booklet 1: Coping With Change

Question Template



Year 6 – Year 7 Transition

Booklet 1: Coping With Change

Activity 7 Coping With Change

Finding Solutions

It is normal to have some worries about moving to secondary school.

Think about something that worries you about this change.



What is the worry?

On the scale of 0 to 10 how worried are you?

Think of a time when you have been worried before

What helped you move down the scale that time?

Where on the scale would you like to feel in a month, 6 months and in a year?

What would help you move one point nearer?

What will have changed so you know you are less worried?

Year 6 – Year 7 Transition

You can use this problem-solving grid to help you find the answers to some questions you might have.

Question I have	Best way to find out	Answer
How will I get to school?		
What equipment will I need?		

Activity 8 Coping With Change

Helpful Thoughts

Remember, it is normal to feel more nervous than usual on your first day at a new school. Here are some tips to help you manage those nerves.



Helpful Thought: what could you say to yourself on your first day to help you feel more relaxed and confident? Make a list... here are a few to help to get you started.

- Everybody else will most likely be feeling the same as me.
- I can do it!

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Coping strategies: what other things can you do if you feel nervous or worried about starting secondary school? Here are a few suggestions. Ask your family and friends for some advice and add your own ideas.

- Talk to somebody – your form teacher, pastoral manager or head of year
- Take some deep breaths – in through the nose, out through the mouth
- Try problem solving using the question grid

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Year 6 – Year 7 Transition

Activity 9 Coping With Change

Making New Friends

At secondary school, there will be students from lots of different primary schools so you will have opportunities to make new friends. It can be difficult to get to know someone new at first, but try to remember that everyone will be in the same situation.

With your family or friends, think about some ways that you could try to make new friends. You can use the pictures to help you. Jot down your ideas here.



When making new friends, it is important to treat people kindly, in the same way that you would like to be treated by others. Here are some important things to think about, which will also help you to develop your vocabulary.

Choose the right word to match the definitions.

advocate	disagree	trust	respect	empathy	confidential
compliment	advice	command	secret	support	apologise

- 1. _____ an opinion or recommendation you make about what someone should do
- 2. _____ to say you're sorry for something you said or did
- 3. _____ private or secret
- 4. _____ someone who defends and supports you
- 5. _____ to have a different opinion from someone
- 6. _____ to say something nice about someone
- 7. _____ information that's not meant to be shared with others
- 8. _____ to stand behind or encourage others
- 9. _____ understanding what someone feels
- 10. _____ to rely or have confidence in someone
- 11. _____ to hold someone in high esteem
- 12. _____ a direct order to do something

Booklet 1: Coping With Change

Activity 10 Coping With Change

KESH Wordsearch

Have a go at completing the wordsearch. Can you find our four KESH values, our four houses and some of the subjects you will be studying?

N	R	T	T	Y	A	S	E	K	R	A	P	G	F	H	S	H	T	A	M
P	E	R	F	O	R	M	I	N	G	A	R	T	S	U	Z	E	B	A	L
H	W	L	I	B	R	A	R	Y	T	R	D	R	C	W	Y	U	A	R	T
Y	S	R	E	T	L	A	W	Q	E	T	H	E	J	Z	L	R	G	B	C
S	K	M	P	Y	R	O	T	S	I	H	F	S	Y	X	U	S	S	H	D
I	U	A	N	F	R	I	T	K	E	W	M	P	H	J	L	K	E	I	Y
C	K	V	N	J	M	A	R	D	W	Q	W	E	U	L	O	M	A	P	O
S	F	E	F	G	U	L	A	T	U	E	W	C	A	V	I	M	R	L	L
J	O	F	L	R	L	N	P	R	F	C	X	T	Q	S	M	V	E	Q	L
B	N	C	A	Y	G	O	L	O	N	H	C	E	T	N	G	I	S	E	D
E	K	N	P	M	B	L	R	P	M	I	E	R	Z	Y	T	Y	R	Z	I
T	T	O	G	G	P	P	G	S	Y	Z	Y	D	L	L	H	G	T	E	J
W	Y	I	J	V	P	U	J	Y	T	I	L	A	U	Q	E	O	M	J	L
G	V	S	A	Y	W	A	E	K	Y	P	N	O	P	F	A	L	U	X	S
D	L	S	Y	H	P	A	R	G	O	E	G	L	X	E	T	O	S	G	K
X	Z	A	S	P	I	R	A	T	I	O	N	H	K	W	R	I	I	Q	B
V	E	P	O	R	U	V	K	Z	J	T	X	Q	E	T	E	B	C	S	Q
P	N	M	P	Z	E	N	G	L	I	S	H	Q	N	E	I	K	L	O	T
B	X	O	G	D	Y	X	N	B	V	H	Y	N	S	P	A	N	I	S	H
J	M	C	K	L	F	X	T	N	Q	W	M	Y	I	S	I	D	I	M	P

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PHYSICS
SPANISH
TOLKIEN

BIOLOGY
DESIGNTECHNOLOGY
GEOGRAPHY
LLOYD
PARKES
RESPECT
SPORT
WALTERS

Friendship
Integrity Benevolence
Honesty Equality
Respect Community
Tolerance Aspiration
Our values
Humility Personal responsibility
Justice Dignity Ambition
Co-operation Humanity
Excellence Embracing diversity
Belief Empathy Kindness
Understanding Charity
Compassion



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