

Lancashire Virtual School Transition Workbook



Activities and worksheets for Year 6



With huge thanks to Ealing Virtual School for sharing this resource.

Getting ready to transition from Year 6 to High School...

Name:



Primary School:



High School:



My New School

Information about
my new school:

The name of my
school is



The address is



The telephone
number is

The website address is



The e-mail address is

The name of
the head teacher is





How do I feel about going to High School?

The topics below could be useful to think about when you think about changing school.

Use two different coloured highlighters or smiley faces. Highlight the phrases that I am looking forward to in one colour; use a different colour for those I am worried about. Or cut them out and stick them into the boxes on the next page.



Dinner time

Being with older pupils

Learning a new timetable

Taking a shower

Making new friends

Getting to school

Being on time

Learning new subjects

Having a different uniform

Meeting others my own age

Meeting my new tutor

Break times

Finding way around

Homework

School rules

Being able to do the work

Meeting my new teachers

Being with friends

Joining clubs

Getting changed for sport / PE



If you have cut out the phrases from the previous page, paste them into the appropriate box.

Worries



Happy





A positive way to support my worry

Think about something that worries me about moving to High School.



OK

Not OK

Think of a time when I have been worried before...

What is the worry?



What helped me move up the scale that time?

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



On the scale of 0 to 10 how worried am I?

What would help me move one point nearer?

What will have changed so I know I am less worried?



My High School question sheet

High School: _____ Telephone: _____

Address of School: _____

Questions about
how the School works

Best way to find out

Answer

What time does
School start/finish?

What times are break-
times and lunch time?

What sort of food is sold?

How much do things cost?

Where do students go
at lunch time?

What snacks can you buy?

How much homework
do you get?

What happens if it
isn't done?

Where can I do my
homework in my free time?

What happens if I get into
trouble? What are the
punishments?

Who's the best person
to talk to if I am having
problems?



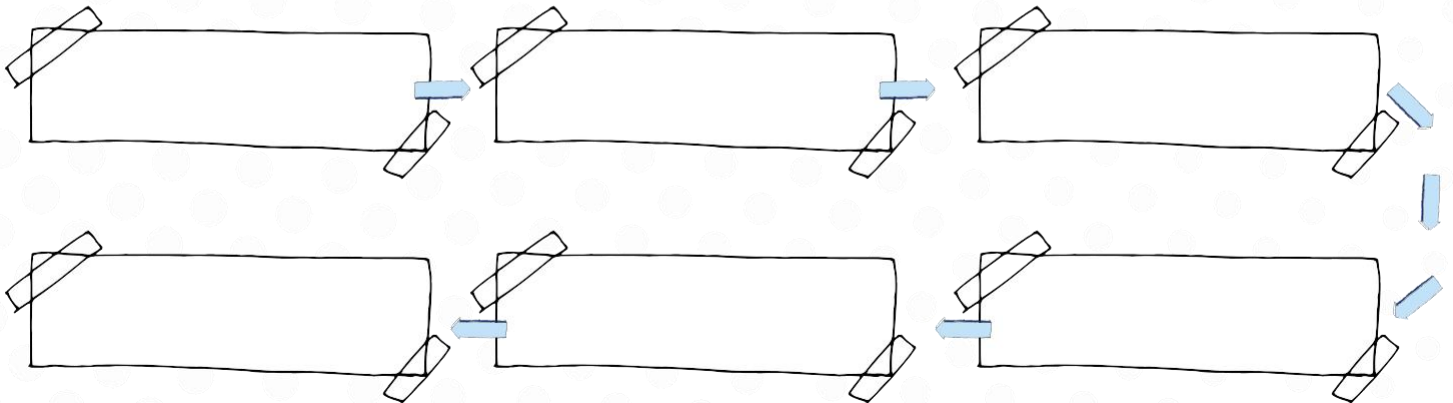
Finding my way around the building

It can be difficult to find the way around a new building. Before I visit my High School, get a map of it. Mark the rooms in different colours.

I will highlight:

- My form room
- The library
- Different subject rooms e.g. English department, Science labs, Art department, IT Suite
- The canteen
- The toilets
- The Reception/ Main Office
- Student's entrance

Plan a route for my visit to school that will take me to some of the places marked on the map.



Draw my route on the map or make my own.
Try and follow this route when I visit my school.



My route to school





School Staff

Here are some questions that can be asked during my visits to my named High school.



The name of my form tutor _____

What do they do? _____

When can I see them? _____

The name of the Head of Year 7 _____

What do they do? _____

When can I see them? _____



The name of the Head of Lower School _____

What do they do? _____

When can I see them? _____

Is there anyone else who might help me? _____

What is their name? _____

What do they do? _____

When can I see them? _____



My school uniform



Collect/draw a picture of my school uniform from the school magazine or the school website, stick it below:

A large, empty rectangular box with a black outline, intended for students to draw or paste a picture of their school uniform. The box is mostly blank, with a few small decorative icons placed around its perimeter: a yellow smiley face with heart eyes on the left side, a black heart with a red smile on the right side, and a slice of watermelon at the bottom right corner.

My friendship cupcake recipe

Make a friendship cupcake recipe to share with your new friends. Think about 5 important qualities of a friend and make it into a perfect cupcake recipe!

Ingredients:



Method:



When I visit my High School



Date of visit:

How to make the best use of the pack

Time:

How will I get there?

Who will I go with?

My questions

Best way to find out

Answer



After visiting my new school

Describe what I did.



What did I like at the School?



What didn't I like about my school?

List three things that were different from my Primary school?



List anything that was the same? /Is there anything else I want to find out?



Looking after Myself



Keeping fit

Get plenty of sleep.

Choose a day to do some physical exercise

Keeping clean

Shower or bath daily and don't forget to wash my hair!

Brush my teeth every morning and night.

Use deodorant daily, especially in the morning.

Change my underwear daily.



Looking smart

Brush my hair every day and have regular haircuts.

Make sure my uniform is clean the night before.

Look in the mirror to have a tidy check.

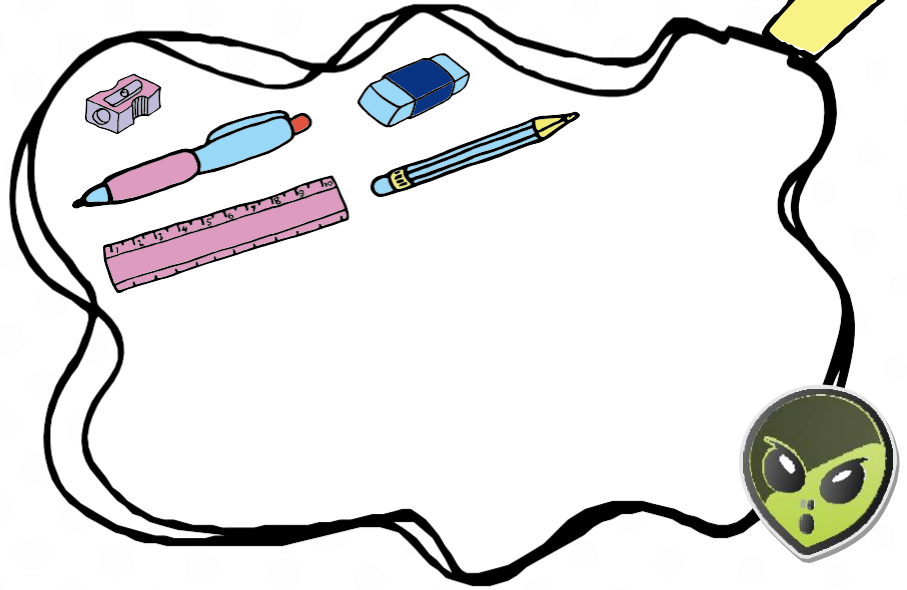
Clean my shoes every evening, so that they are ready for the next day!



My School equipment

Things I need to bring every day

Every day I will need my writing equipment. Circle all the equipment I will need in my pencil case. Draw in anything else I might need.



Some days I will need extra equipment. This will depend on the lessons that I have on that day. Looking at my timetable work out the additional equipment I will need daily.

Things I will need to bring

Tuesday

Monday

Wednesday

Thursday

Friday



How well do I know myself?



My interests are

My favourite place is

My favourite food is

I don't like

My favourite animal is

My favourite band/music is

My favourite sport is



My favourite programme is

My favourite colour is



I like to wear

I would most like to be

I am most relaxed when

I am looking forward to

I worry about

I am happiest when

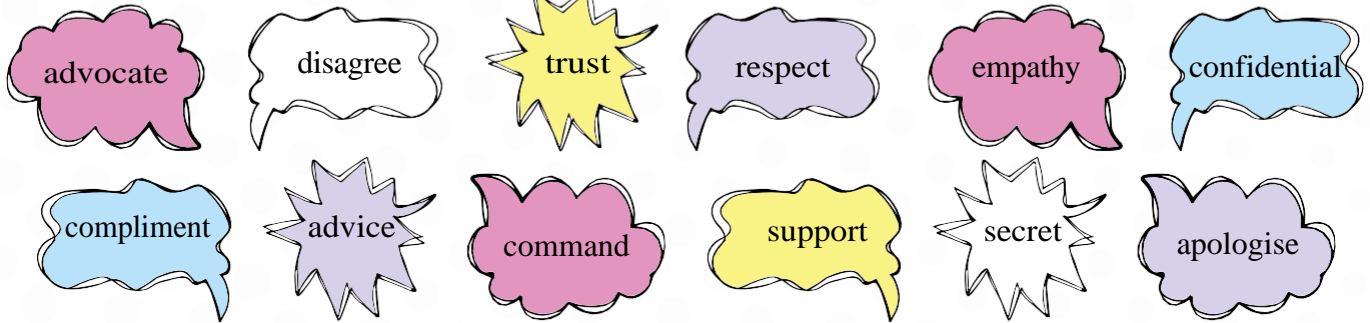
I get angry when















Friendship skills

Vocabulary practice

Choose the right word to match the definitions.



-  an opinion or recommendation you make about what someone should do
-  to say you're sorry for something you said or did
-  private or secret
-  someone who defends and supports you
-  to have a different opinion from someone
-  to say something nice about someone
-  information that's not meant to be shared with others
-  to stand behind or encourage others
-  understanding what someone feels
-  to rely or have confidence in someone
-  to hold someone in high esteem
-  a direct order to do something



How can I be a strong friend?

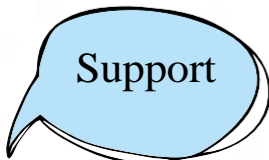


Here are some positive things friends do for each other to keep their friendship strong. Using the friendship cupcake recipe template make a friendship cupcake recipe.



Empathise

Put myself in my friend's situation to understand what they're going through.



Support

I can show my support for my friends just by listening when they want to share.



Compliment

Don't forget that a compliment goes a long way! (Everyone likes to receive a compliment.) Compliment my friends on what I notice, it could be a new hairstyle, a good score on a test, a good football/netball skill. Be specific and keep it simple. Choose the right time to give the compliment they deserve.



Respect
privacy

Sharing secrets is a fun part of a friendship. It's hard to regain a friend's trust if I share their secrets.



Encourage

Use uplifting statements like, "You can do this".
"You have done that"...



When I consider whether I am being a good friend,
I must always ask myself this question:

Am I treating my friend like I would want my friend to treat me?

Facts about bullying



Bullying

Is any behaviour by an individual or a group that deliberately harms another.

Can be physical or involve threats of physical harm.

Can be name-calling or spoken teasing.

Can be demanding money or things, or making someone do something they do not want to do.

Can involve excluding someone (deliberately leaving someone out of an activity, ignoring them etc.)

Is usually repeated over a period of time.

Takes place when one person or group has more power than the person or group being bullied.



Bullying is not

An accidental bump or jostle, in the school corridor, for example.

An argument with a friend.

A friend being nasty over something specific.

A one-off fight or argument.



Why do people bully?

Very few people who are happy with themselves bully others

Sometimes bullies have been bullied themselves - they are looking for someone to take their anger out on.

Sometimes bullies are jealous.

Bullying can make people feel strong, respected and powerful, but they often feel bad too.



What to do about bullying



What I can do if I am being bullied?

Keep being positive; say positive things about myself and other people.

Be proud of who I am and what I have become (we all belong to different groups and are all equally valuable).

Don't keep it to myself: Always tell someone- a teacher, a parent or another adult.

Think about the consequences of the different ways I might deal with bullying.

Some ways of dealing with it are:

- Ignoring it or staying relaxed, fogging (see next page)
- Being assertive:- using my body language, eye-contact, tone of voice and assertive vocabulary.
- Remember why people bully?



Six good reasons to tell:

It is braver to tell than to hide it.

I have the right to live without the stress or fear of being bullied.

There is nothing embarrassing about being bullied- think how many people it happens to.

If I think there is something wrong with me, is it because the bullies have made me feel this way? This is a common effect of being bullied and **IT IS NOT TRUE.**

'Taking action' is better than doing nothing.

Bullying does not say anything about **ME**. It says a lot about the **BULLY**. (For example: If you call me a hippopotamus does it mean that I am one?)

Fogging is a technique that I can use if I feel that I am being bullied.

Fogging

The bully wants to see my reaction - don't give them that satisfaction.



Remind myself that the bully has said this to many other people - what they say tells us more about the bully than about me.

Use a normal bored-sounding voice.

Say something neutral:

“Yeah, whatever”

“maybe”

“If you say so”

“Ummm”

“Well, you could be right”

“Yes that's true, I do wear glasses”

Imagine a huge cloud of fog around me that swallows up insults so that they cannot affect me.



Make sure my body language, tone of voice and the words I use all give the same message:

‘I'm really not bothered by anything you say or do’

Stick with it. It might not work the first time.



Asking for help



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

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.

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 you to work out new situations like going to the canteen.



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.



Carers at home

Carers 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

