Transition Week

Please can you help your child with the activities on this form, in preparation for their next steps in learning.

If you have any questions regarding to activities please contact us on the emails below.

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Word Art

Complete a word art piece, linking to Paget Primary School. Remember you can use a range of colours, shapes and font sizes.
Take a look at these examples for ideas:

Transition need to know

Take a look on your school’s website and make notes based on the following:
- School uniform
- Money for school dinners (Is it cash? Is it a thumb print?)
• Classroom equipment you will need
• Subjects that are taught in secondary schools
• The names of the various teachers and pastoral team

*Please note: If the secondary school has given you any additional work to do please try to complete this ready for September.*

## Issues and Dilemmas

There may be challenges or concerns you may face when at secondary school. Take a look at the issues and dilemmas below. Discuss with your parents and explore the scenario cards below. Can you come up with a solution for each one?

### I won’t know anyone!

I’m going to be in a new class, in a new school and I’m worried about how to make new friends.

In your group, talk about:
1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?

### I might get bullied!

I’m worried that I might get teased or hurt by the older children.

In your group, talk about:
1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?

### The work will be too hard!

I found some of the work in year tricky and I’m worried I won’t be able to manage at year 7 level.

In your group, talk about:
1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?

### I might get lost!

My new school is huge and I’m not very good at remembering things, so I’m worried about getting lost and being late for lessons.

In your group, talk about:
1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?

## Mindfulness and Relaxation

Try the activities below at home to help your wellbeing and state of mind. Where possible try to do this with other members of your family.

Yoga class: [https://www.youtube.com/watch?time_continue=102&v=R-BS87NTV5I&feature=emb_title](https://www.youtube.com/watch?time_continue=102&v=R-BS87NTV5I&feature=emb_title)

Breathing exercises/meditation: [https://www.youtube.com/watch?v=64QzBuhsyuk&safe=true](https://www.youtube.com/watch?v=64QzBuhsyuk&safe=true)
Friendships

Secondary school is full of new people and also people you already know.

- What skills do you need to be a good friend?

At Secondary School there are likely to be students from other schools. There will be opportunities to make new friends. It can be difficult to get to know someone new.

- How can you make new friends?

Joining in conversation or a group activity can be scary. However, it is one way to make new friends. Complete the scenarios below:

- Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try and win a contest. You think you may know the answer.
  What could you do?
  What could you say?

- 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?

Sharing information about yourself

It is important to talk to people to share an event, achievement or tell them about a problem. Sometimes you have to be careful whom you talk to. Some people may tease you if you are not good friends or they may not keep the information to themselves and share it with others.

Who would you tell these things to?

- You still cuddle your teddy at night
- You fancy the girl or boy next door
- You have won a competition
- You have not done your homework
- You hate peas

Sharing information

Sometimes friends will tell you information. It can be OK to tell other people some bits of information. Other information you should tell no one, these are considered to be secrets.

It can be tempting to share secrets, but think:
- How will my friend feel if I share this secret?
- How will this affect our friendship?
- How would I feel if my friend shared a secret like this about me?

Who could you tell these things to?

- Your friend says that they like Sam.
- Your friend says their Dad is in jail.
- Your friend says they are going to watch a film tonight.
- Your friend says they hate wearing school uniform.
- Your friend says he smokes.
You’ll be fine!
Remember everything is new but friendships help you through it!

Paget Primary School wish you all the best in your next steps of learning. It has been a pleasure to teach you all and we wish you all the best!