

P7 Transition Booklet

2020



From:

To:



People



My time at Croftmalloch Primary School

<u>Name</u>	<u>Role (Job)</u>	<u>How they helped me</u>

There will be members of staff just like the ones above at your new high school. For example...

Your:

- New Head Teacher
- Registration Teacher
- House Leader
- House Captains
- Guidance Teacher
- Support Workers
- Office Staff
- Campus Police Officer



Making New Friends



You have made lots of friends during your time at Croftmalloch. Name some of them below and why their friendship is important to you.

My friends' names	They are good friends because...	The best thing about them is...

When you get to your new school, you will meet lots of new people, and make some new friends.

Top Tips When Making New Friends

- Smile
- Ask questions
- Join new clubs
- Try new things
- Accept we are all different
- Be a good listener
- Treat others as you would like to be treated
- Share interests – find out what you have in common

Write down some interesting facts about yourself that you can share with others...



Learning



What subjects or lessons stick in your mind the most when you think about your primary school days...?

<u>Subject</u>	<u>Things I learned...</u>

My Hopes and Aims for Secondary School

Secondary is a brand new start. Set yourself some new targets below.

The subject I'm most looking forward to studying is... _____

I hope to learn about... _____

My goals are... _____



Learning



Remember, school isn't always just about learning and academic goals.
Set yourself some Health and Wellbeing targets too!

My Pastoral Hopes and Aims

I aim to make strong friendships because... _____

I will feel proud when... _____

I want to be confident at... _____



Extra-Curricular Hopes and Aims

I hope to join a club for... _____

The sports I hope to get involved in are... _____



Action Planning



What do I want to achieve?	<u>GOAL</u>
What must I do to achieve my goal?	<u>STEPS TO SUCCESS</u>
How long will it take me to get there?	<u>TIMESCALE</u>
<u>Who can help me?</u>	
<u>Evaluate</u>	



Timetables



It is important to have timetables so that we know what we are doing during the day.

Think of a typical day in P7. Can you remember how your day was broken up?

<u>Time</u>	<u>What happens</u>
8.50 – 9.30	
9.30 – 10.30	
10.30 – 10.45	
10.45 – 12.30	
12.30 – 1.15	
1.15 – 2.15	
2.15 – 3.15	

What about when you get to your new school?

Fill in this table below with your thoughts and feelings about your new daily routine.

I expect...	I feel...
Things I am sure about...	Things I am not sure about...

Here's an example of what your daily timetable may look like...

Sample Timetable

Reg Group 1 RegP8 , Stage 51

	1	2	3	4	Lunch	5a	5b	6	7
Mon	Physical Education	Social Subjects	Int	Mathematics	English	English	English	Assembly School	Health & Technology
Tues	STEM	Personal & Social Education	Social Subjects	Mathematics	Science	Science	Science	English	Languages
Wed	Physical Education	English	Creative Technologies	Creative Technologies	Science	Creative Technologies	Creative Technologies	Languages	Maths
Thurs	Science	Business Technologies	Music	Social Subjects	English	English	English	Well being HFT	Maths
Fri	Drama	Science	Maths	Maths					



Different Teachers



Can you remember all your teachers from Primary 1 right up to Primary 7?

<u>Class</u>	<u>Teacher(s)</u>
P1	
P2	
P3	
P4	
P5	
P6	
P7	

At your new school, you will have a different teacher for each subject. This can be daunting. But, remember, every teacher is there to support and help you in any way they can. Just like the teachers you've had at Croftmalloch.

Below, design your perfect teacher. What qualities should they have?

Qualities

Draw here:



My Transitions Timeline



<u>Record something you achieved/completed/participated in</u>	<u>Nursery until now</u>	<u>How did you feel?</u>
	Nursery	
	P1	
	P2	
	P3	
	P4	
	P5	
	P6	
	P7	



Bullying



It is bullying when someone does something on purpose to make you unhappy, over and over again. It can be physical, verbal or cyberbullying. Bullying is never acceptable and it's really important to speak to an adult if you are worried about bullying.

At Croftmalloch, what would you do if you were being bullied?

What could you do when you go to your new school?

Remember, Article 19 of the Rights of a Child, you have the Right to be protected from harm or conflict.





Social Media



Answer the following questions and then explain your answer.

<u>No.</u>	<u>Question</u>	<u>Explain your answer</u>
1	Do you have access to social media sites? Yes <input type="checkbox"/> No <input type="checkbox"/>	
2	Can people get into trouble for the things they on social media sites? Yes <input type="checkbox"/> No <input type="checkbox"/>	
3	Do people use a different language on social media sites? Yes <input type="checkbox"/> No <input type="checkbox"/>	
4	Do you know that personal information you put on these sites can be shared with people you do not know? Yes <input type="checkbox"/> No <input type="checkbox"/>	
5	What would be a reasonable time to spend each day on social media sites?	
6	Are people you might meet on social media sites real friends even though you have never met them? Yes <input type="checkbox"/> No <input type="checkbox"/>	



Social Media



Answer the following questions and then explain your answer.

<u>No.</u>	<u>Question</u>	<u>Explain your answer</u>
7	Do you pay for social media sites? Yes <input type="checkbox"/> No <input type="checkbox"/>	
8	Do social media sites help you keep in touch with friends and is that a good thing? Yes <input type="checkbox"/> No <input type="checkbox"/>	
9	Do your parents need to be involved or know that you use social media sites? Yes <input type="checkbox"/> No <input type="checkbox"/>	
10	Do you know that employers look at individual accounts and review their content before people go for interviews? Yes <input type="checkbox"/> No <input type="checkbox"/>	
11	Do you know what cyber bullying means? Yes <input type="checkbox"/> No <input type="checkbox"/>	
12	Do you know what digital citizenship means? Yes <input type="checkbox"/> No <input type="checkbox"/>	



Positive Emotions



Complete the following statements by using the word bank below:

No	<ul style="list-style-type: none"> <li style="width: 33%;">• avoid <li style="width: 33%;">• dangerous <li style="width: 33%;">• positive <li style="width: 33%;">• learn <li style="width: 33%;">• calm <li style="width: 33%;">• risk <li style="width: 33%;">• negative <li style="width: 33%;">• trust
1	I must _____ to like myself.
2	I will try to stay _____.
3	I will always talk to someone I can _____.
4	I will avoid people who ask me to take _____.
5	I will never put myself in a _____ situation.
6	If I am feeling bad, I will do something _____.
7	I will _____ situations that make me feel negative.
8	I will not let _____ emotions take over and affect other areas of my life.

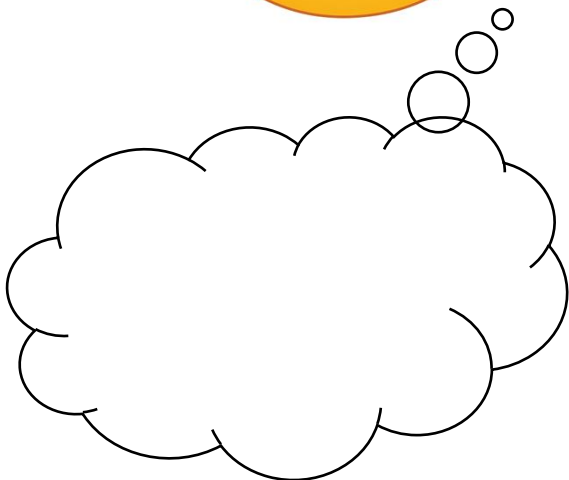
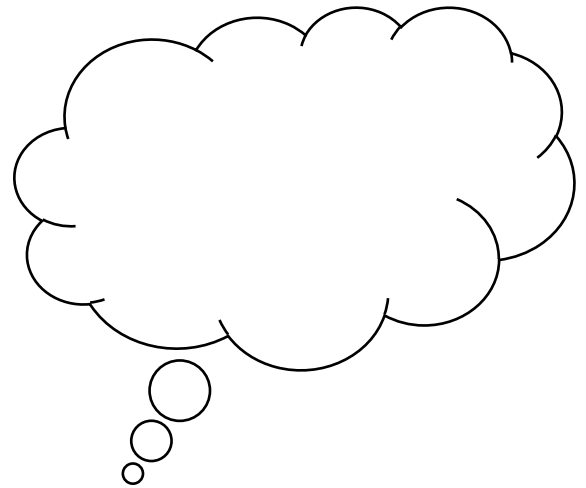
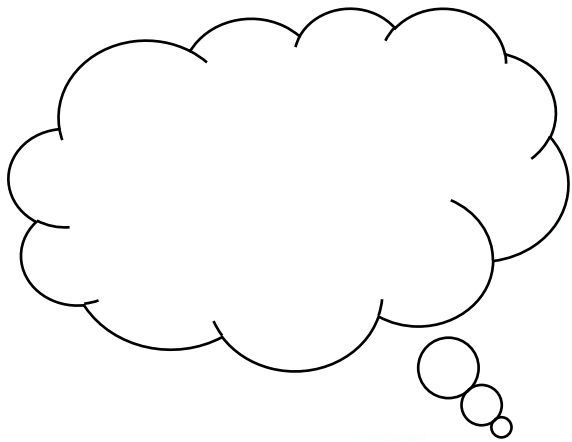


My Worries List



It is OK to feel anxious about starting your new adventure.
I bet you felt the same way when you started at Croftmalloch!
But, all those worries have been turned into happy memories and are now long forgotten!

Think of situations that make you anxious. Inside the thought bubbles, write down some positive thoughts that will help you cope with your anxiety.





Coping Menu



Coping means dealing with a problem in a safe, healthy & respectful way.

Directions: Choose at least one coping skill from each section. You may add your own coping strategies to the custom order section!

Bon Appetite!

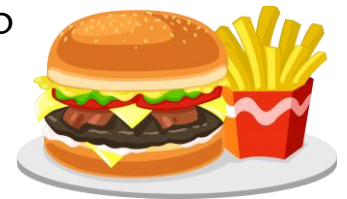
Appetisers

- Take 15 deep breaths
- Imagine your relaxing place
- Listen to some music
- Draw or colour in
- Read



Main Courses

- Talk to an adult or a friend
- Exercise; ride your bike or take a walk
- Relaxation Exercises; Squeeze a stress ball
- Write it down, crumple it up, throw it away!
- Play a game; football, PS4/Xbox, Lego
- Take a warm bath or shower
- Watch your favourite film



Dessert

- Make silly faces in the mirror or with another person
- Think of your happiest memory or holiday
- Dance
- Cuddle your pets



I would like to CUSTOM ORDER:





My New School



Sometimes it helps to write down all that you're thinking so you can make sense of it all.

Have a go at writing answers to these questions.

Or try the Mapping Task on the next page...

I am looking forward to secondary school because...

I am nervous about starting secondary school because...

My favourite thing about primary school was...

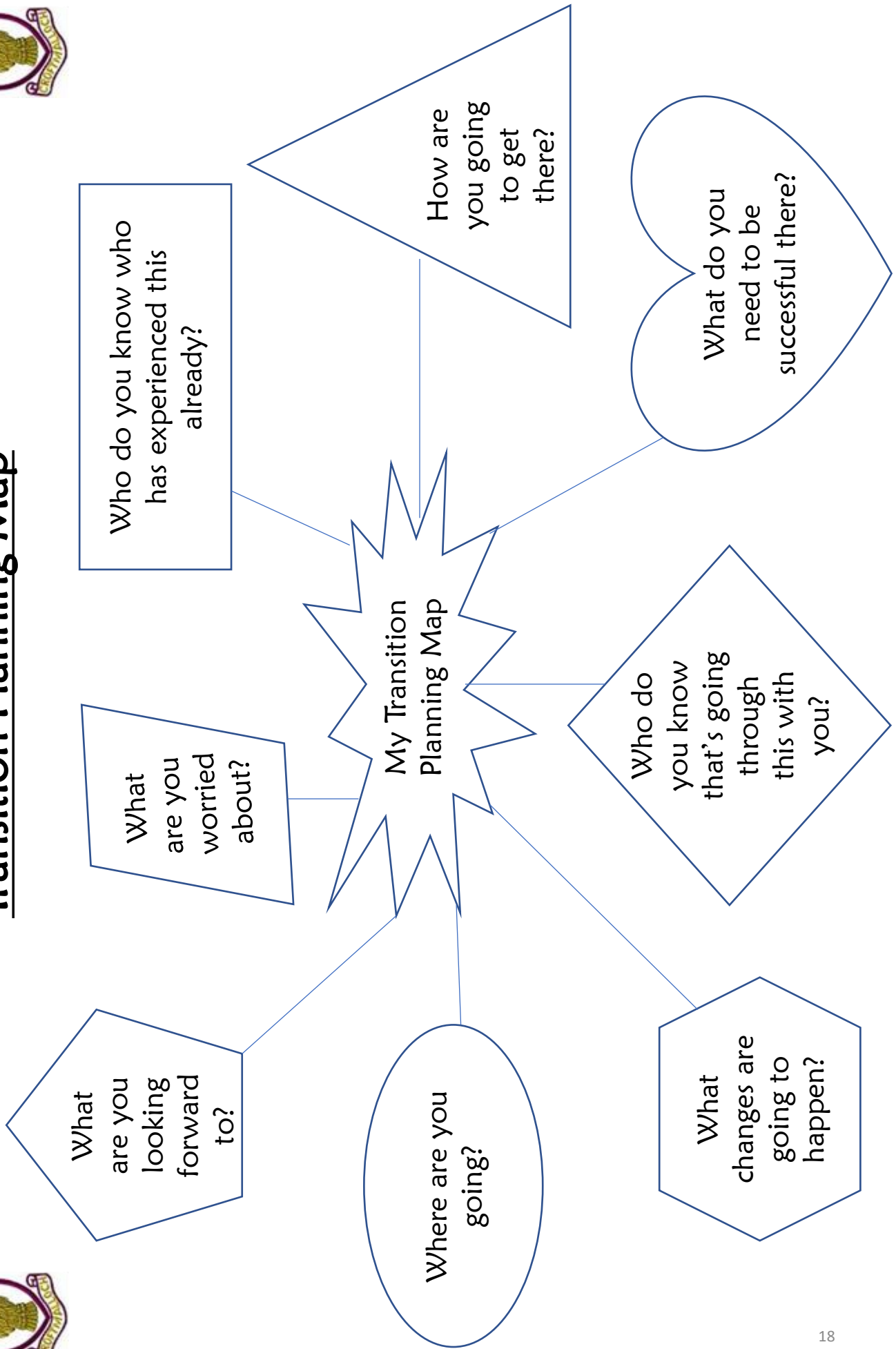
What I think I'll like best about secondary school is...

I would really like to know...

The people I really hope I stay close with are...

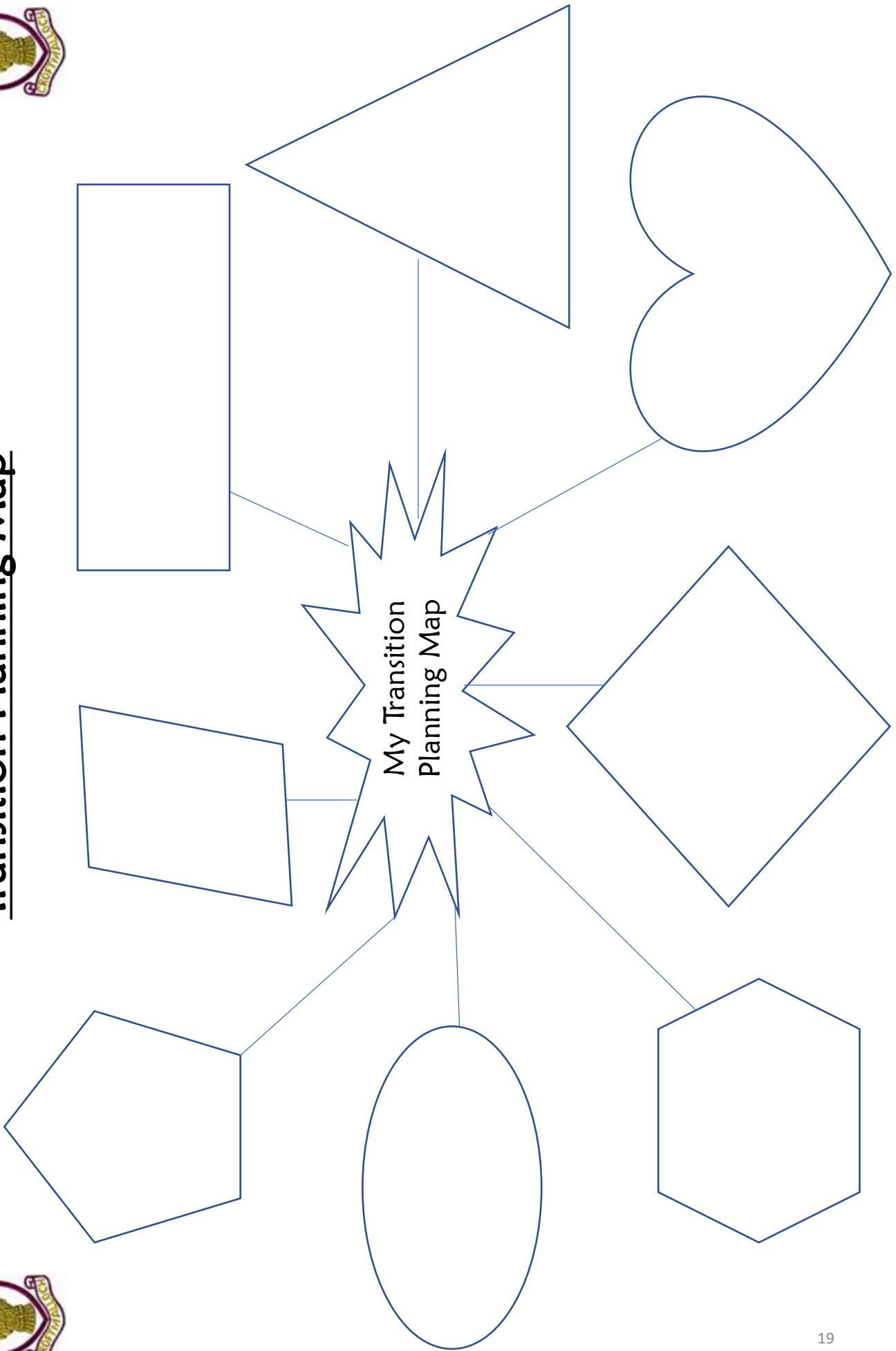
Share some of your answers with a trusted adult or a friend...

Transition Planning Map





Transition Planning Map





Travelling to Secondary School



Describe your route to secondary school

The route should include names of streets where the bus stops are located if appropriate and the time of the bus or where/when you would have to walk.

Also remember ROAD SAFETY at all times. Choose the safest route possible.

Total time for this journey including walking time would be: _____ mins

Therefore, I need to leave the house at: _____ AM



Academy Supplies List



Most of the materials you will use at secondary will be supplied by the school. But here is a list of supplies you might find useful.

GENERAL SUPPLIES

Generously sized pencil case

Blue or black rollerball pens/biros: buy in bulk and have at least two in your pencil case at a time

Handwriting pen or fountain pen (with extra cartridges if needed)

Highlighters: ideally four different colours

HB pencils: buy in bulk

Pencil sharpener

Rubber

30cm ruler (folding ones take less space and are less likely to snap)

Ink eraser or correction fluid



MATHS SUPPLIES

Compass

360-degree protractor

Set square

Scientific calculator (some schools want kids to have a specific model, so check before you buy)

ENGLISH/MODERN AND FOREIGN LANGUAGE SUPPLIES

English dictionary

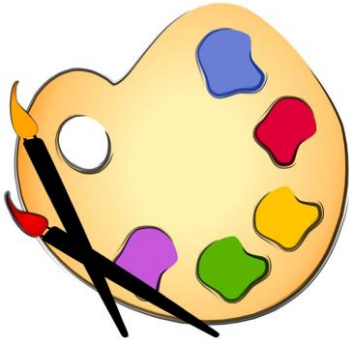
English thesaurus

Dictionary for each foreign language studied





Academy Supplies List



ART/TECHNOLOGY

- 2B pencils
- 4B pencils
- Set of colouring pencils
- Glue stick
- Scissors

COMPUTING SUPPLIES

- Memory stick
- Earphones



GENERAL STATIONARY SUPPLIES

- A4 ring binder or lever arch file
- A4 subject divider cards
- A4 punched pockets
- Hole punch
- Spiral bound jotter
- Clear sticky back plastic for covering exercise books (stock up on this as you're likely to go through a number of rolls!)



PE KIT

- Shorts
- T-shirt
- Sweatshirt
- Joggers
- Trainers
- Swimwear
- Towel
- Water Bottle



Things To Find Out



On the first day, there will be lots of people around to help you. There'll be older pupils and staff to show you where to go and what to do.

Here are some questions to think about and maybe find the answer to on your first day at secondary school.

<u>Question</u>	<u>Answer</u>
School starts at	
On my first day, I go to	
My House is	
My registration class is	
I know where to get the bus from if I need to	
I know where I can use the toilets	
I know where I have lunch...	
I know where I can change for PE	
I know if I have a locker and where it is	
I know where assemblies take place	
I know how to read my timetable	
I know what uniform I have to wear	
I know where the school office is if I am late	
I know what to do in case of a fire drill	
I know when school finishes	



2020 Time Capsule



Answer these questions about the year you start high school. Keep this booklet safe and see how your life has changed by the time you leave high school...

Name: _____

Best friend: _____ Future job: _____

Hobbies: _____



Favourite song: _____

In the news, today: _____

I spend most of my time: _____

Favourite movie: _____



Best subject at school: _____

The clubs / activities I enjoy going to / taking part in:

I predict that by 2025... _____





Top Survival Tips



Here are some handy tips to help you make the most of secondary school!

Be prepared!

Look at your timetable and make sure you know where to go and when.

Be enthusiastic!

Teachers don't expect you to get everything right all the time. Just remember to try your best and give new things a go.

Be resilient!

Sometimes things won't go your way. It might be difficult or embarrassing. This happens to everyone so don't worry about it. Tomorrow is a new day!

Be organised!

Make sure you have all your books and equipment for each lesson.

Be brave!

Meeting new people and making new friend is hard work. Remember, everyone is feeling the same thing so just say hello!

Be honest!

Always tell the truth. We all can make mistakes. It's how we handle them that makes the difference.

Be yourself!

Believe in yourself!

Be kind!

Always treat others the way you would like to be treated. Make someone's day by helping them out or by just checking how they are.



Top Parent/Carer Tips



Here are some handy tips to help your child with their transition to high school.

Be open and positive

Discuss the changes openly and ensure you ask positive questions such as, 'What are you excited about?', 'What are you looking forward to?'

Plan what will happen on the first day

Try to make the first day seem magical. Involve your child in decision making. For example, whether they are going to walk to school with a friend or walk with you. Pack something special for lunch or have their favourite dinner ready when they return.

Help them make new friendships

During this time, it is difficult to join new clubs or activities whereby your child could interact and meet with new people. However, you could set up a TEAM meet with pupils you know will be going to the same school as your child. Set up a Getting to Know You task. **But please remember do not share any personal information online.**

Involve them in buying new school supplies

Involve your child in choosing their new school equipment, such as bag or pencil case. They will enjoy having the choice and will make them feel better prepared and more confident.

Discuss possible scenarios that might happen at school

Talk about scenarios that may happen such as, 'What happens if I'm late for school?' or 'What if I get lost looking for my classroom?' Your child will always think of the worst sanction. Ease their concern and explain that lots of people will get lost to start with but there will be people available to ask for help. Or even get them to plan ahead and walk with someone they know to their new class.

Practise the route to school

Take your child for a quick practice walk to school a few times. Talk about any landmarks they see and consider how long the journey takes. Encourage your child to take the lead on the second practice so they feel in control. Remember to discuss Road Safety. Once the real day arrives, they will be more confident and relaxed.

Be patient

As the first day approaches, your child may start to feel increasingly anxious. They may change their behaviour and become quieter or ask more and more questions. Be patient and supportive. Even if you have answered their questions, continue to do so. They will just be seeking more reassurance.



My Transition Plan



Personal Statement: Write about your KEY achievements, events that you have taken part in at school, at home or in the community or what you have been involved in at primary school in relation to the Pupil Council, volunteering, etc.

Note: You could represent this as a poster or a report.

Subjects that I have been interested in a primary school are:

My preferred subjects at secondary school might be:



My Transition Plan



I have identified the following additional extracurricular activities I would be interested in: e.g. drama class, sports, etc

List:

Set out two goals (or more) that you want to achieve in planning for learning at secondary school.

<u>Goal</u>	<u>Step 1</u>	<u>Step 2</u>	<u>Step 3</u>
1			
2			
I will achieve these by:			
Additional Goal			



My Money



List all the things you spend your money on:

Day	At my school	Out of school
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total		



My Money



Look closely at your table of spending and highlight these facts:

The most unusual thing I spend my money on is:
The most common thing I spend my money on is:
The most expensive thing I spend my money on is:
The people I get my money from include:

1. My total cost per week is _____
2. I try to earn money by doing household chores. Yes No
3. List the chores you do:
4. I could improve these by? _____



My Money



Guesstimate Chart

Try to work out how much it would cost to live in a house.

Estimate/guess what you think the following items would cost in our household budget. Share this with parents/carers to see how close your estimations are.

<u>Item</u>	<u>My guess</u>	<u>Quite Accurate</u>	<u>Too high</u>	<u>Too low</u>
Rent				
Mortgage				
Council Tax				
TV Licence				
Electricity				
Gas				
Petrol/Diesel				
Clothes				
Shoes				
Total Weekly Food Shop				
Mobile Phone				
Broadband				
Other				
Weekly Total £				