

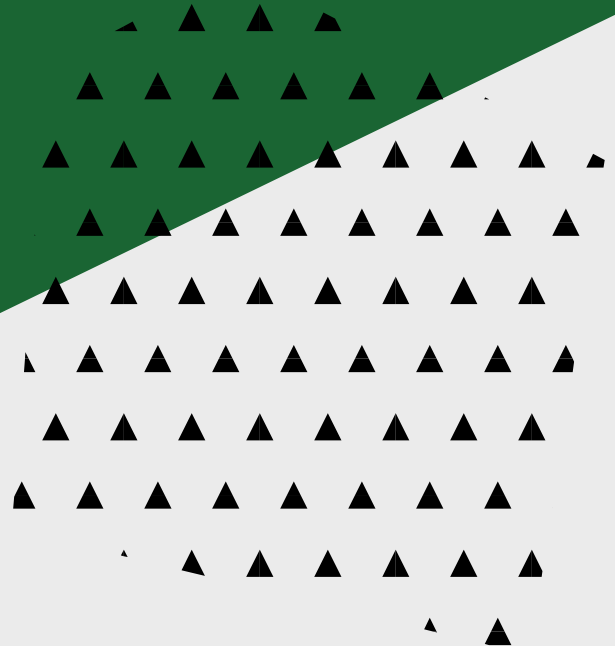


Unlocking Potential



UP's Weekly
Transition activity

15.06.20





Unlocking Potential

Mohammeds Day



Mohammed was woken up by the noise of a door slamming. He looked out of window and saw his older sister running for the bus. It was a hot July morning and he was already feeling sweaty. He checked his phone and realised he hadn't charged it after staying up late messaging his friends. He plugged it in and waited for it to restart. When it did, he saw that it was 8.05am and he needed to leave the house in 10 mins or he would be late for school!

He jumped out of bed and brushed his teeth; he didn't have time for a shower. He found his uniform crumpled at the end of his bed but when he found his tie, he saw that it had huge ketchup splatter on it. He tried to find his spare but then realised it was in his locker with his dirty PE kit. He tried to wash the ketchup off but he just ended up wet and frustrated. He gave up, put on his blazer and stuck his wet tie in his pocket. He ran out of the flat to catch the bus.



As he ran down the stairs in his block he tripped on his shoelace, in his rush he hadn't done it up properly. He fell and landed on his knee with a CRACK. He didn't have time to feel sorry for himself, if he didn't make this bus, he would be late. It would be the 5th time he was late this half term and he would definitely be getting a detention. He tried to run but his knee was hurting, and he ended up hobbling. He missed the bus!

The next bus came 10 minutes later but there was no way he was going to be on time now. He got to the school gate 15 mins late, as he was still hobbling. The teacher on the gate knew it was his 5th late and put his name down for detention, then told him off for not having his tie. He had forgotten to put it on. His shirt was all wrinkled and damp and he was starting to smell, if only he'd had that shower.



Later that day as he sat in detention looking at his friends playing on the football pitch, he started wondering why he had such bad luck.

Do you think it was bad luck or can you spot the things that Mohammed could have done differently to get into school on time?

- What could he have done the day before to help his day go better?
- What could he have done in the morning to prevent getting in trouble?
- What advice would you give to Mohammed about getting his school stuff ready?



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Pack your Backpack.

What will you need and what won't you need?

Have a look at the list below and see which things should go in your backpack. We've popped in a few personal qualities that might be useful too.

Top tip: If your school sends a new starters pack, check through this because some schools have different rules than others.

Books	Calculator	Door-key	Energy drink	Open mind
Lunch box	Dictionary	Rubber duck	Travel pass	School map
Hair spray	Curiosity	Planner/diary	Pens	PlayStation
Mobile phone	Whistle	Pencil case	PE Kit	Sweets
Tin of beans	Money/lunch card	Highlighter pen	Ruler	Bravery





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Top Tips for being SUPER organised.

Read up! Most schools will send a welcome pack or have information on their website for new starters. Make sure you read it ALL! Pay special attention to the rules and what you will need. This is the most important step to being organised from day one!

If you need a travel card, make sure you apply for it in plenty of time. You don't want to be late on your first day because you had to walk!

Work out your route to school. Whether you are walking or taking public transport, you will need to know where you are going. If you can have a few practice runs that may help you feel more confident. If you want to be extra 'travel smart' you can time yourself so you will always know how long you need to get to school on time. Make sure you know an alternative route in case of problems with transport or people you want to avoid! If it helps, draw a map.

Buy a bag that will be able to carry everything you need. Think about your PE kit, lunch, water bottle, textbooks etc. It should have a secure space for your travel pass and money. Ones that have some reflective surfaces on are a good idea so cars can spot you easily in the dark winter evenings

If you need it to be cool just make sure it's also practical.

Buy an alarm clock and set it! Most secondary schools start at 8.30am so if you have a long journey, you may have an early start. If you are using your phone as an alarm, make sure to put it on charge at night before you go to sleep.

Another great tip is to make at least 3 copies of your timetable. One for home, one for your bag and one for your pocket!

Go through your timetable and pack your bag the night before – there's never time in the morning to find your maths book. Make sure to check your planner for any work due the next day. It's a good idea to do this early as possible – you don't want to be stuck writing a forgotten essay at 9pm!

Get your new friends' numbers, then you can drop them a message if you can't remember what to bring in for Food Technology the next day. Stick them in your phone and your diary just in case – you never know when your battery might die!

Ask for help if you are feeling overwhelmed. Find someone who can help you understand your timetable, work out how you get to Chemistry and teach you to set reminders on your phone!

This could be a parent or carer, an older sibling, it could be a teacher you like or perhaps someone in your form group.

