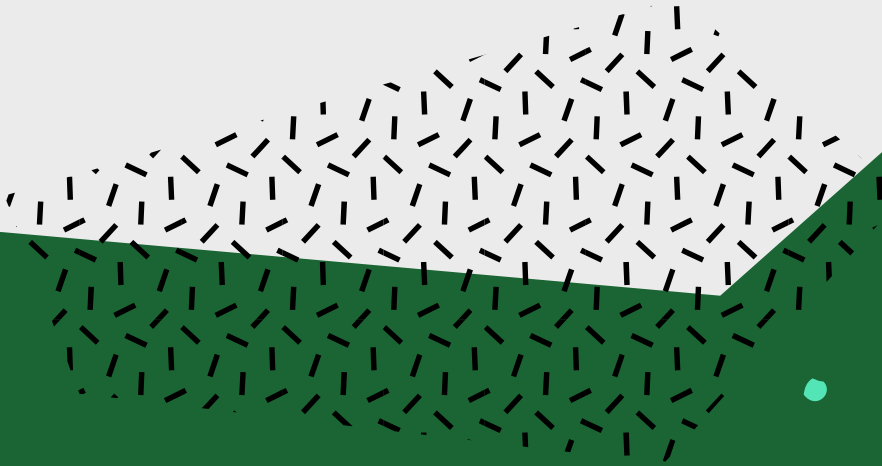


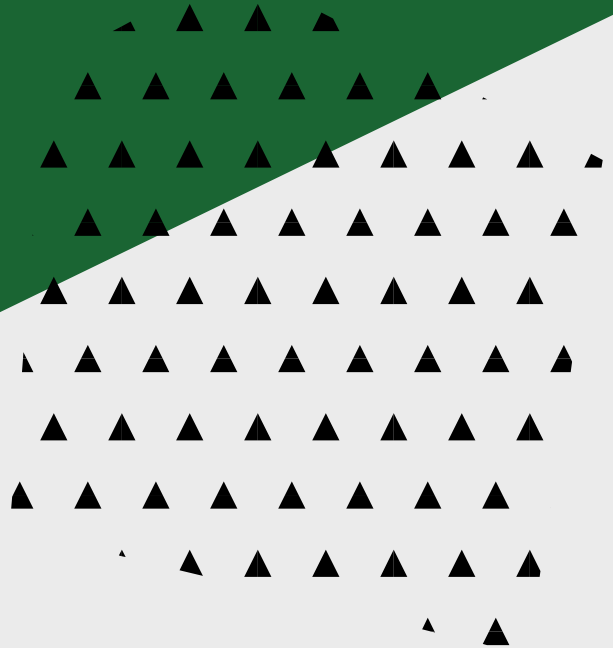


Unlocking Potential



UP's Weekly
Transition activity

22.06.20





Unlocking Potential

What would YOU do?

Even when we try our very best, things still might not go as we plan. Read through these 6 scenarios that could happen to you, or even one of your friends, in secondary school. Have a think about what is happening and come up with some ideas for how you would handle the situation and who you might be able to go to for help.

Scenario: Book.

It is second period and you have French. Your teacher is at the front of the class saying 'ouvre ton livre' which after half a term of French you know means 'Open your book'. You reach into your bag and pull out your maths book. You check again, there's a copy of Harry Potter but NO French book. What do you do?

Scenario: Bullies.

You have been recently hanging out break with some new people from your PE class. They seem fun and cool. Today they started to tease another child in your year group. They called him stupid and wouldn't let him sit near you at lunch. You felt uncomfortable when it was happening and didn't join in. Later you see the boy crying. What do you do?

Scenario: Lost!

Your school is huge, and up until now, you have been in lessons with people you know. However, today you have chemistry and the friend you normally go with is off sick. You don't want to look like you don't know where you are going so you wave goodbye to your friends and head off. You realise quickly that you don't know where to go! What do you do?

Scenario: Homework.

You have been put in the top set for English and you are feeling a bit out of your depth. The other people in the class seem really smart. Last week your teacher set some homework on Shakespeare. It's due tomorrow and you are struggling with it. No one at home has been able to help you. What do you do?

Scenario: Mr Smith.

It's Friday afternoon and you are in your favourite lesson; geography. You realise your pen has run out and you quietly ask your friend for a spare. The teacher, Mr Smith, sees you talking and sternly asks you why you aren't listening. He has a reputation for being strict and you are feeling on the spot. Your hearts beating fast. What do you do?

Scenario: Break time.

It's break time on your second week of Y7. You've just been in Maths and your friends from primary school are on the other side of the school, so you don't have time to get to them before your next lesson. You are on your own and you feel self-conscious. There are other Y7 children near you, and you recognise a boy from your bus. What do you do?



Unlocking Potential

Timetable challenge!

When you're in secondary school, you are trusted with the responsibility of finding your way around school. This may seem a little strange at first. Don't worry if you find yourself wondering around in a circle, that will happen time to time.

This activity will give you a head start in understanding how to find your way around your Secondary school!

Your job is to create a rainbow. Each day of the week is a colour on the timetable. You need to find each lesson's location on the map and colour it in the right colour.

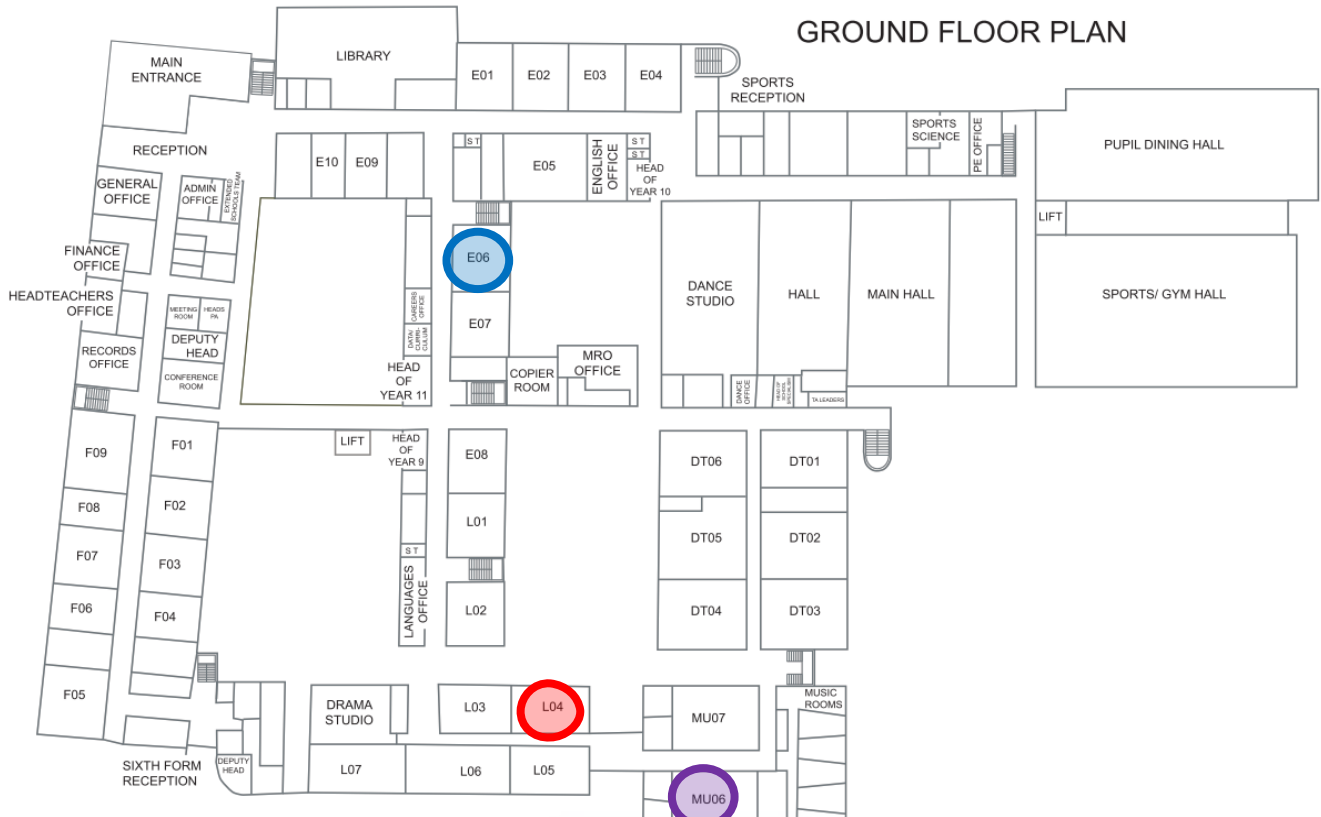
Sometimes you will have lessons in the same space on different days, so make sure to leave enough space for all the colours. We have done one lesson for each day for you. The rest is up to you! Take your time and don't worry if you get a bit confused at first.

	Reg	Lesson 1	Lesson 2	B R E A K	Lesson 3	Lesson 4	L U N C H	Form Time	Lesson 5
Mon	F02	English E07 SAB	French L04 PPR		Geography F14 KWM	Maths MU07 AEK		T23	PSHEE H11 KAR
Tue	F02	PE Gym RMR	Computing F12 FBR	B R E A K	Maths MU06 AEK	Science S18 PCS	L U N C H	T23	History M19 KAR
Wed	F02	Maths MU07 BLA	PE Gym RMR	A K	RE SL13 VMA	English E05 SAB	C H	T23	Science S15 PCS
Thurs	F02	Art DT02 HAA	English E06 SAB	B R E A K	History M19 KAR	Maths MU07 AEK	L U N C H	T23	Science S16 PCS
Fri		Games Pitch		A K	Drama L07	Maths MU06	C H		English E07

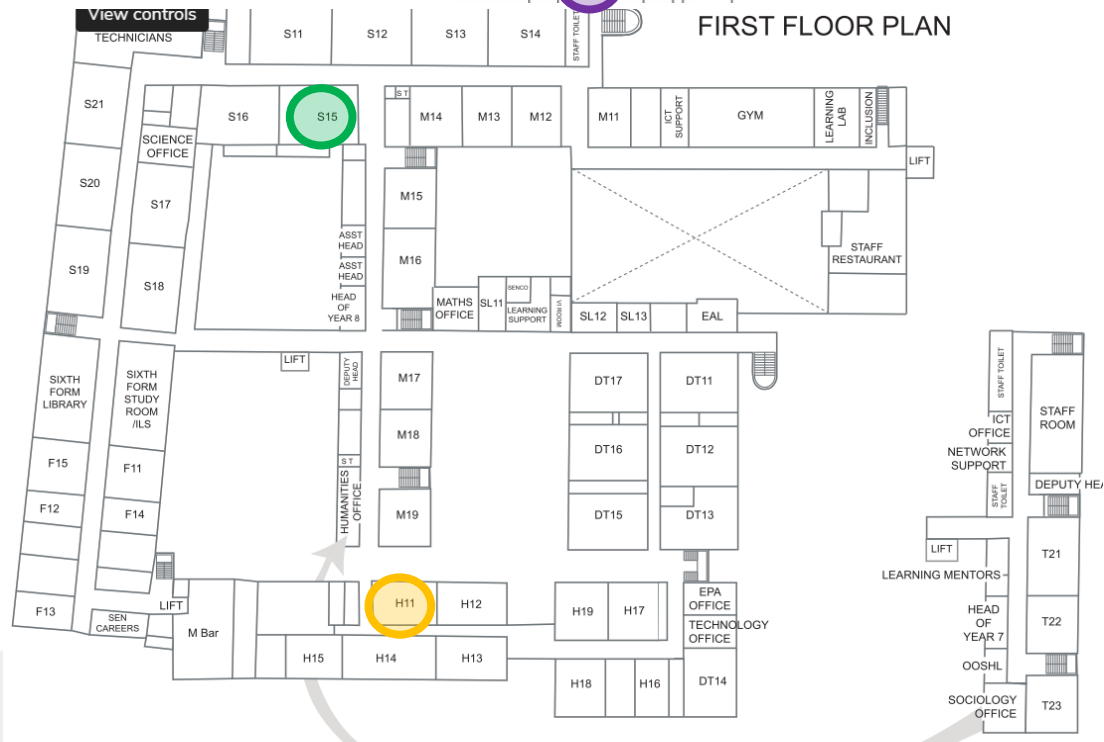


Unlocking Potential

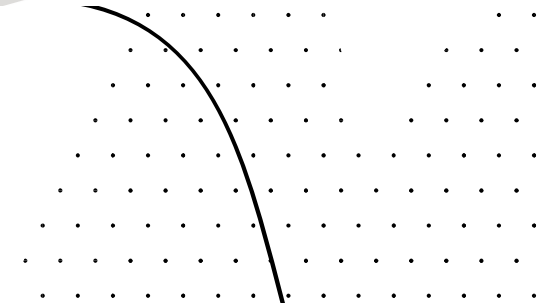
GROUND FLOOR PLAN



FIRST FLOOR PLAN



TOP FLOOR PLAN





Unlocking Potential

Top Tips for surviving Y7.

Be kind! To yourself and to others. Don't expect to get it all right on the first day, week or even term. Take it slow and remember we all get things wrong, what matters is how we learn from it.

Remember that all of the people around you are finding their way too. Sometimes they may mess up, try to give them a

Find out where the library is. It's a great place to go if you want to do some homework or just avoid the break space.

Find your space. Perhaps you love being in the middle of the crowd, perhaps you like your own space. Find a place in school where you can feel comfortable. A good way to do this is to check out what lunch clubs are being run so you can sign up to anything that takes your interest. These are perfect places to meet likeminded people, get brilliant at something and perhaps become a world-famous oboist/high jumper/chess player.

Keep on top, of your homework. This might seem obvious, but it doesn't take much distraction to find yourself behind. Make sure to do your homework as soon as possible. It can help to always set the same amount of time each night to do your work, then on quiet days you can get on with stuff that's not due quite yet. You will be glad about this when you suddenly get 3 big projects due all at once.

Making new friends is important, but so are all your old friends. Don't forget to keep in touch with them!

Meet new people. It might feel super hard at first when you start Y7 and you are surrounded by all those unfamiliar faces in your class. If you check back to our tips on week 2 you can find some good ideas about how to make new friends. You never know, some of these friends you may well end up keeping for life.

Get flexible. You are going to have to learn how to balance your work, hobbies and chill out time. Make sure you always have a good mix of learning and enjoying, too much of either can create challenges! It's time to pick up a new skill; prioritising. It's tricky, but when you get the hang of it you will find it saves you a lot of stress, *and* you will have gained a huge life skill.

Everyone experiences peer pressure and it's good to join in. Just make sure it's always something that fits with your beliefs and values.

Be yourself. This might seem obvious but often when starting a new situation, like school, with lots of new people it is easy to get carried away. Maybe you want your new friends to see how great you are, just like your friends in primary did. Don't rush things, no need to show them your full awesome all in one go. Keep cool and keep calm. Make sure to try and remember what's important to you and who you are.

Talk! There are going to be lots of things in your first year that might feel scary or confusing or even super exciting. Don't keep it to yourself, find people you trust and talk it through. Ask for advice and guidance, ask for reassurance, and let people know what's going on. It can be someone in your home, a friend, a family member or speak to a trusted adult in school. Having someone to talk things through with will make a big difference to your first year!



Unlocking Potential

The Dice of positivity!

Sometimes survival isn't just about the practical things. Sometimes we need emotional boosts to get ourselves through tricky or challenging times. This is a really cool 8 sided dice that has 8 spaces for you to put prompts that will remind you of just how AWESOME you are. We've given you 8 ideas but you don't have to use them, you can use your own. Cut out the dice and write a prompt on each side then keep rolling and keep boosting those good feelings till you feel like the super hero you are.

My favourite place is...

I challenge myself when...

I am happy when...

I am good at...

I am proud of...

I am a good friend when...

My friends say I am...

I am special because I...

