



Plymstock School
Year 6 to 7 Transition
Student Booklet
2020

Name: _____

Primary School: _____

This booklet is yours to help you get ready for your new school in September. Usually, you would be completing it at school as well as at home but until schools are open again, it will be completed at home.

The booklet is designed to help you prepare for September. Please complete what you are able to do.

Please, where possible, ensure you complete the final task – your ‘Best Work’ piece. This will be used when you begin Year 7 and should be handed in on your first day at Plymstock School.

We hope you find this useful!☺

Take care, from Mrs Kirk and Mr Chivers



Secondary School Fact Sheet

Name of Secondary School: Plymstock School

Address: Church Road, Plymstock, Plymouth, PL9 9AZ

Questions about getting to school	Best way to find out	Answer
How will I get to school? How long will the journey take?		
How much will my bus fare/bus pass cost?		
Who will I go to school with?		
Questions about how the school works		
Questions about how the school works	Best way to find out	Answer
What time does school start/finish?		
What times are break/lunch times?		
What snacks are sold at break time?		
Approximately how much will my lunch cost?		
Where do students go at break/lunch times?		
What activities can you do at lunch times?		
Where can I do homework at lunch times?		

What activities can you do after school?		
How much homework do you get?		
Where will my school share my homework? (Show My Homework; Google classroom; SIMS Learning Gateway)		
What is the reward system?		
What are the consequences for poor behaviour choices?		
Who is the best person to talk to if I am having problems?		
Questions about School uniform and equipment	Best way to find out	Answer
What will I have to wear to school?		
Where can I buy my uniform?		
What PE/Sports kit do I need?		
What stationery must I bring?		
What kind of bag must I bring?		
Is there any other clothing/equipment I will need?		
What are school rules about Mobile Phones?		

Questions about who's who	Best way to find out	Answer
Name of the Headteacher		
Names of the Deputy Headteachers		
Name of the Head of Year 7		
Name of Assistant Head of Year 7		
Anyone else I will be seeing? When will I see them?		

Questions about the timetable and learning opportunities	Best way to find out	Answer
How does the timetable work?		
What subjects will I be able to study?		
What facilities does the school have (e.g. sports equipment, science laboratories)		
What is the subject I am most looking forward to?		
Which school clubs might I like to join?		
When do the school clubs happen?		
How do I get from one lesson to another?		
How do I know which subjects are in which blocks?		

Any other questions I might have	Best way to find out	Answer

Plymstock School Webpage <https://plymstockschool.org.uk/>

Take a look at the school's home page and note the drop-down 'Menu' Button on the top right-hand side. Here you will find areas for 'Parents' and 'Students'- see if you can find the Student & Parent information book where the answers to most of the questions in these sheets can be found. Here's a link if you need it. You have also been sent this booklet in the post.

<https://plymstockschool.org.uk/wp-content/uploads/2019/10/Student-Parent-Information-Booklet-2019-updated-171019.pdf>

Also, at the bottom of the page are some link buttons: The most important one for students will be the 'Show my Homework' button – but you may like to read the 'blog' for some ideas of what happens in school.

Some other links that might assist are:

City Bus Plymouth <https://www.plymouthbus.co.uk/>
 Stagecoach <https://www.stagecoachbus.com/#>

Devon County Council – Our supplier of Free School Meals
<https://www.devon.gov.uk/educationandfamilies/school-information/school-meals>



Going to Secondary School

How do you feel?

These could be useful to think about when you think about changing school.

- Use two different coloured highlighters
- Use colour one to highlight the phrases you are not worried about
- Use colour two to highlight the phrases you are worried about

Making new friends	Managing a timetable
Dinner time	Managing a money-less system to pay for food
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others of my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE



Time Planning

Now that you are approaching Secondary School age you will find that changes will happen/have already happened to your body. This is known as puberty. You probably have already learned about this in year 5 or earlier in year 6. It is important now you are older that you start taking responsibility for your own personal care. It is likely you will find you will need to:

- Have a bath or shower more often than before
- Start using deodorant
- Have your clothes washed more often
- Get more sleep
- Use skin cleanser and cream
- Take care with personal grooming
- Eat more healthily

To make sure you have the time to do all of these important things, you will have to plan your time before you go to bed and when you get up each morning. Look at the table below and think about how long each thing will take you to do and when you think you will be able to do them.

Task	Twice daily	Every day	Every other day	Weekly	Twice weekly	How long?	Time in the morning	And/or evening
Bath/shower								
Use deodorant								
Wash hair								
Shirt for washing								
Skirt/trousers for washing								
Skin care routine								
Style hair								
Have breakfast								
Clean teeth								
Get dressed								

What time will you need to get up in the morning so that you have enough time to get yourself ready and get to school on time?



My Journey to School

It is important to plan your journey to school so that you get there on time.

Start point (address)	
Destination (school address)	
Distance from home to school	
Time I wish to arrive at school	
Mode of transport (walk, cycle, bus, car)	
The buses I can catch	
Details of bus changes	
Nearest bus stop to my house	
Time it will take to get from my house to the bus stop	
Where is the nearest bus stop to my school?	
Time it will take to get from the bus stop to school	
What time buses will get me to school on time?	
The time I need to leave my house	

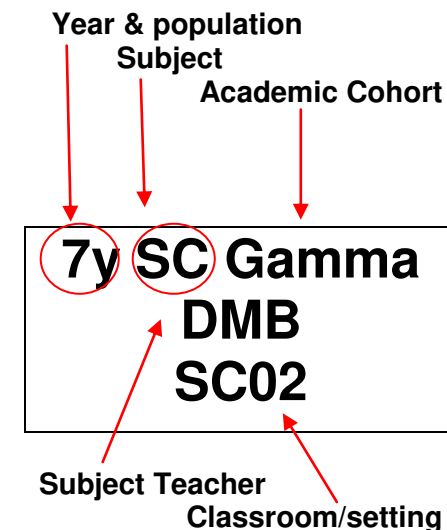
Make sure you also plan your return journey



Managing Your Timetable

At Plymstock School we run a two-weekly timetable (Week A & Week B) . Use this example timetable to answer the questions over the page.

	A Mon	A Tue	A Wed	A Thur	A Fri
1 0900- 1000	7ySC Gamma DMB SC02	7y E Holne KEG LA9	7y Ep Red AJE Hu01	7y DT Red LLW Te02	7yHi Holne AHW Hu10
2 1000- 1100	7yArt Red OHT TE13	7ySC Gamma DMB SC02	7y Fr Holne MKR La03	7y E Holne KEG LA09	7y E Holne KEG LA09
3 1130- 1230	7y E Holne KEG LA9	7y Ma Gamma ICJ Hut 2	7y Lf Red AJC Ma10	7y Ge Holne JLW HU14	7yFr Holne MKR La03
4 1230 1330	7y Ma Gamma ICJ Hut 2	7yFr Holne MKR La03	7y Ma Gamma ICJ Hut 2	7ySC Gamma DMB SC02	7y Dr Red LMH DR1
5 1410- 1510	7y Pe 1 MFK	7yHi Holne AHW Hu10	7y Co Gamma SDR Te11	7y Pe 1 MFK	7y Ma Gamma LLG Ma07



	B Mon	B Tue	B Wed	B Thur	B Fri
1 0900- 1000	7y Co Gamma SDR Te11	7ySC Gamma DMB SC2	7yHi Holne AHW Hu10	7ySC Gamma DMB SC2	7y E Holne KEG LA9
2 1000- 1100	7y Ep Red AJE Hu01	7yFr Holne MKR La03	7ySC Gamma DMB SC02	7y E Holne KEG LA09	7y Ma Gamma LLG Ma07
3 1130- 1230	7y E Holne KEG LA09	7y E Holne KEG LA09	7yFr Holne MKR La03	7y Ge Holne JLW HU14	7y Dr Red LMH DR1
4 1230 1330	7y Ma Gamma ICJ Hut 2	7y Ma Gamma ICJ Hut 2	7y Ma Gamma ICJ Hut 2	7yArt Red OHT TE13	7ySC Gamma DMB SC02
5 1410- 1510	7y Pe 1 MFK	7y DT Red LLW Te02	7y Ge Holne JLW HU14	7y Pe 1 MFK	7yFr Holne MKR La03

- DMB Dr Burdett
- OHT Mr Hurd-Thomas
- KEG Mrs Glastonbury
- ICJ Mr Johnson
- MFK Mrs Kirk
- MKR Mrs Richards
- AHW Mr Withey
- AJE Miss Easton
- AJC Mr A Cooper
- SDR Miss Reeve
- LLW Mrs Worley
- LMH Miss Hawker
- JLW Mr Wright
- LLG Miss Graham

<p>What subject does Mrs Kirk teach? (Hint - she is also your Head of Year - good fact to know!)</p>	<p>When do you have Life Ed? (Hint - You take this with your cohort in RED)</p>	<p>How many English lessons do you have each fortnight?</p>
<p>What is the 3rd lesson on Wednesday, week B?</p>	<p>What subject does Mr Wright teach?</p>	<p>Which two teachers teach you Maths?</p>
<p>What books would you have to pack for a Tuesday, week B?</p>	<p>What books do you need to bring on Monday week B?</p>	<p>Where will your lesson take place on Friday, week A, lesson 3?</p>
<p>What room do you need to go to for Computing lessons with Miss Reeve?</p>	<p>When do you have History?</p>	<p>What books/equipment do you need to bring to school on Tuesday, week A?</p>
<p>Who is your Science teacher?</p>	<p>Who teaches you Art?</p>	<p>When does Miss Easton teach you EPIC? (Ethics & Philosophy in Culture - RS)</p>



Fact or Fiction



Sometimes, older children you know might tell you things about Secondary School that might worry you. They sometimes do this to tease you, see your reaction or to make you think it will not be a very nice place to go. It is therefore important that you do not believe everything you hear without finding out what is true. This is called **FACT**.

FICTION is something that is made up. This activity will make sure you do not have concerns about things that someone else has made up just to get you worried.

Think about these 'stories' and work out the fact for each.

Managing Situations

<i>FICTION</i> - Stories told by others	<i>FACT</i> - the Truth
You get at least three hours of homework every night, even at weekends.	
The only way you will not be bullied by the older students is if you pay them to stop.	
You won't know anyone and it will be really hard to make friends.	
If you can't complete your homework you will get two hours' detention.	
You have to pay £1 fine every time you don't wear the right uniform or you forget to bring an item in.	
It is difficult to find your way around and you will be lost constantly.	



It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings.

Look at the following situations and think of how you would feel if they happened to you in Secondary School. Then try problem solving each situation to help you best manage your feelings and actions.

SITUATION	FEELING How would you feel if this happened to you?	PROBLEM SOLVING – WHAT COULD YOU DO? If this situation happened to you, what could you do to help you best manage these feelings?	WHO COULD HELP? Who would you ask for help and what would you like them to do?
You don't understand your homework. No one in your family can help, it is due the day after tomorrow.			
You have a big argument and falling-out with your best friend. You have been friends since Primary school.			
One of your teachers shouts at you a lot in class and you think he is 'picking on you'.			
A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names.			



Asking for help

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.

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

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 to work out new situations like going to the galley.

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.

The HUB. This is where the Heads of Year and the Assistant Heads of Year work. There is always someone here to help.

People at home. People 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!



The 'My Best Work' piece:

Dear Student

This year at this unusual time we are asking that you complete a 'best' piece of writing. This will be a written piece that is a maximum one side of A4. The piece of work that we are asking for this year is slightly different to previous years, as this will be completed at home.

This year we would like you to write a short story about your time at home during COVID-19 and how it has affected your life. Please add as much detail and description of anything you might have done either yourself or as a family. Please include an introduction of yourself and your family and some detail on how you have found the journey through this challenging time. You might include challenges you have faced and achievements you have gained.

Ensure the work is kept very neat. Please pay attention to grammar, spelling and punctuation. You should also focus on carefully paragraphing your written piece and select interesting vocabulary to engage your audience. Set the work out neatly on a lined piece of paper. It should be your own written 'Best piece of work'. Please ensure it has your name clearly marked on the front of the sheet.

How the piece of work will be used:

The piece of work gets shared with all of your subject teachers so that, prior to your arrival, every subject teacher has a clearer picture of your attainment and potential. The piece of work should be no longer than one side of A4. We hope that by having the 'My Best Work' piece to hand, teachers and students will be able to have a point of reference to help to take the student's learning forward.

Collection of the piece of work:

Please bring the piece of work to your **First Day at Plymstock School.**

We look forward to welcoming you to Plymstock School.

Take care and stay safe.

Mrs Kirk
HEAD OF YEAR 7