

Clyst Vale Community College



6 to 7



Transition Programme

2021

Name: _____

Primary School: _____

Secondary School: _____

This booklet is yours to help you get ready to join Clyst Vale Community College in September. You can print it off, type your answers or just write on a separate piece of paper. Bring it with you when you meet your tutor on the first day of school.

All about Me

Complete the questions below to share with a your tutor in September or a friend

I am happiest when.....

I would most like to be.....

At Secondary school I am looking forward to

.....

I am most relaxed when.....

My favourite food is.....

My favourite music is.....

My favourite sport is.....

My favourite programme is.....

My favourite colour is.....

Three things I like to do when I'm not in school:

.....

.....

.....

Two truths and a lie. (Write two truthful things about yourself and one thing that is not true and ask a friend or teacher to guess which is which)

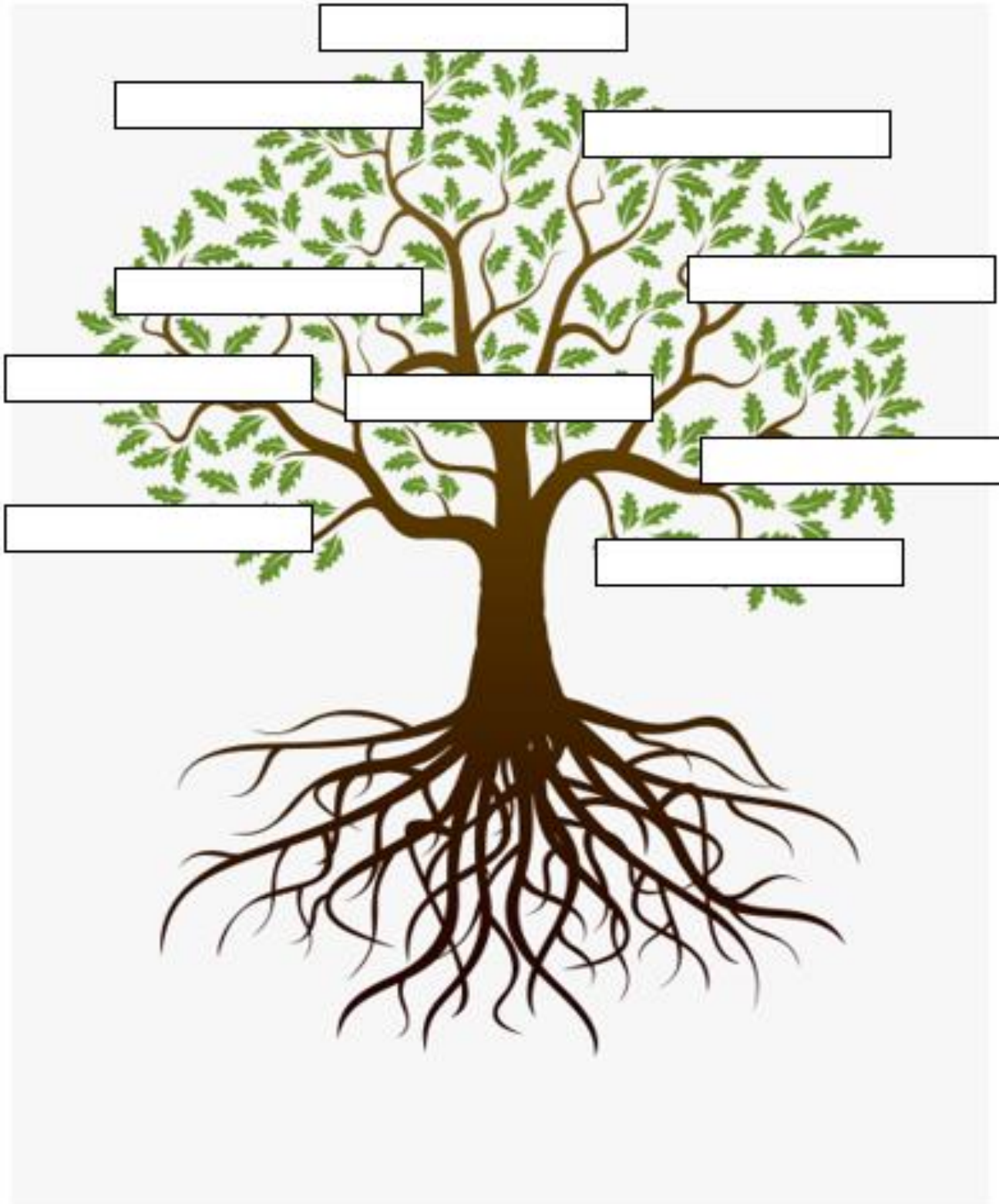
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My Family Tree

Fill in your family members to the boxes below.



Going to Clyst Vale Community College

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 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

My Journey to School





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

Make sure you also plan your return journey

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, train)	
The buses I can catch	
Details of bus/train changes	
Nearest bus stop/train station to my house	
Time it will take to get from my house to the bus stop/train station	
Where is the nearest bus stop/train station to my school?	
Time it will take to get from the bus stop/train station to school	
What time buses/trains will get me to school on time?	
The time I need to leave my house	

My school uniform

<http://www.clystvale.org/uniform/> **Are these things allowed?**

		Yes	No
Trainers			
Jewellery			
Different hair styles and colours			
Make-up			

Notes about the above things _____

Make a list of what your new uniform will be:-

.....

.....

.....

.....

.....

.....

.....

.....



Managing Your Timetable (this is an example, not yours!)

Clyst Vale Community College runs a two weekly timetable, week A and week B. Use this timetable to answer the questions overpage.

AMon	ATue	AWed	AThu	AFri
AMon:1 Food & Nut AC DT3	ATue:1 Science SG SC9	AWed:1 Read 2 Learn KBA PE5	AThu:1 Science SG SC9	AFri:1 Maths PNE MA7
AMon:2 Physical E KN	ATue:2 Art & Desi SWA AR2	AWed:2 Maths PNE MA7	AThu:2 Drama MAH PA2	AFri:2 Physical E LW
AMon:3 Food & Nut AC DT4	ATue:3 English ER EN6	AWed:3 Science SG SC9	AThu:3 Language DJ MF4	AFri:3 Language EMM MF4
AMon:4 Maths PNE MA7	ATue:4 History IM HU6	AWed:4 Beliefs&V JPU MA4	AThu:4 English ER EN6	AFri:4 Technology DH DT2
AMon:5 Music MAH PA2	ATue:5 Language DJ MF4	AWed:5 English VO EN4	AThu:5 Read 2 Learn KBA PE5	AFri:5 Course 42 SJA Hu8

BMon	BTue	BWed	BThu	BFri
BMon:1 Course 42 SJA Hu8	BTue:1 Science SG SC9	BWed:1 Geography MNA HU7	BThu:1 Language EMM MF3	BFri:1 Maths PNE MA7
BMon:2 Physical E KN	BTue:2 ICT KJO IT2	BWed:2 Maths PNE MA7	BThu:2 Drama MAH PA2	BFri:2 Physical E LW
BMon:3 ICT JPU IT2	BTue:3 English ER EN6	BWed:3 Language DJ MF4	BThu:3 Science SG SC9	BFri:3 Beliefs&V BAT MF2
BMon:4 Maths PNE MA7	BTue:4 Geography MNA HU7	BWed:4 Art & Desi SWA AR2	BThu:4 English ER EN6	BFri:4 Technology DH IT2
BMon:5 Science SG SC9	BTue:5 Read 2 Learn KBA PE5	BWed:5 English VO EN4	BThu:5 History IM HU6	BFri:5 Music MAH PA2

PNE: Mr Newell
KN: Miss Needs
JPU: Mr Purchall
MAH: Mr Hawkins
LW: Mrs Woolcott
VO: Mrs Oldfield
KBA: Dr Bawn
IM: Miss Matthews
AC: Miss Crook
ER: Ms Roberts
EMM: Miss Moore
BAT: Mr Arthur

SWA: Mrs Walton
DJ: Mr Jones
ABA: Mr Bailey
SW: Miss Watt
SG: Mrs Shillingford
DH: Mr Hewlett
SJA: Mrs Jacobs
MNA: Miss Nash
KJO: Ms K Jones

Phys. E: Physical Education
Technology: Design & Technology
ITC: IT/computers
Course 42: PSHE (personal, social, health & economic)
Food & Nut: Food & Nutrition

1. Who is your music teacher?
2. What book do you need to bring for Monday, lesson 1 on week A?
3. What books would have to pack for Tuesday, week B?
4. What room do you need to go to for IT lessons?
5. Who is your Science teacher?
6. What books do you need to bring on Monday, week B?
7. What subject does Mr Jones teach?
8. What is the 3rd lesson on Wednesday, week A?
9. When do you have Technology?
10. Who teaches you art?
11. Where is Maths taught?
12. When do you need your PE kit?
13. Which two teachers teach you Science?
14. When do have Humanities?
15. What subject does Miss Matthews teach?
16. What books/equipment do you need to bring to school on Friday, week A?
17. How many English lessons do you have each fortnight?
18. Where will your lesson take place on Thursday, week A, lesson 3?
19. When does Ms Roberts teach you English?
20. When does Miss Needs teach you PE?

Clyst Vale Community College's Website

The College website contains lots of useful information for you and your parents. You can use it to find out information such as what school week it is. You can see what subjects you will be studying, the weekly school newsletter and information about trips and extra-curricular clubs we run amongst other things. It also has information about term dates and non-pupil dates.

If you can, go onto the website (clystvale.org) and have a go at completing the questions below:

- List three things found under the “students” tab on the website headings.
- How many headings/ tabs are there on the website?
- How many subjects are there under the “curriculum” heading?
- What is the schools full address?
- What is the latest news story on the home page about?
- What colours are the College logo?
- List three things found under the “parents” heading.

Managing Situations


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 fallout your with your best friend. You have been friends since Primary school			
A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names			

Clyst Vale is a UNICEF Rights Respecting School

Our school rules or charter are inspired by these 3 words: **Respect, Participate and Learn.**

Task 1: Write a definition of each of these words.

CVCC Charter 	As a Rights Respecting School, at Clyst Vale we: 
Respect <i>Article 12+ 30</i> 	<ul style="list-style-type: none"> • Listen to each other • Respect our environment • Respect each other's differences
Participate <i>Article 6+ 31</i> 	<ul style="list-style-type: none"> • Work towards our full potential • Take advantage of opportunities • Encourage and support our learning community
Learn <i>Article 28+ 17</i> 	<ul style="list-style-type: none"> • Value our learning community • Learn from each other • Develop our resilience as learners

This is our school charter.

1 Everyone under 18 has these rights.

2 ALL CHILDREN have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor.



3 When adults make decisions, they should think about how their decisions will affect children.

4 The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

5 Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

6 You have the right to be alive.

7 You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

8 You have the right to an identity – an official record of who you are. No one should take this away from you.

9 You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a **FAMILY** that cares for you.

10 If you live in a different country than your parents do, you have the right to be together in the same place.

11 You have the right to be protected from kidnapping.

12 You have the right to give your opinion, and for adults to listen and take it seriously.

13 You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

14 You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

15 You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

16 You have the right to privacy.

17 You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

18 You have the right to be raised by your parent(s) if possible.

19 You have the right to be protected from being hurt and mistreated, in body or mind.

20 You have the right to special care and help if you cannot live with your parents.



21 You have the right to care and protection if you are adopted or in foster care.

22 You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

23 You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

24 You have the right to the best **HEALTH** care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

25 If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

26 You have the right to **HELP** from the government if you are poor or in need.

27 You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

28 You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.



29 Your **EDUCATION** should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

30 You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

31 You have the right to play and rest.



32 You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

33 You have the right to protection from harmful drugs and from the drug trade.

34 You have the right to be free from sexual abuse.

35 No one is allowed to kidnap or sell you.

36 You have the right to protection from any kind of exploitation (being taken advantage of).

37 No one is allowed to punish you in a cruel or harmful way.

38 You have the right to **PROTECTION** and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

39 You have the right to help if you've been hurt, neglected or badly treated.

40 You have the right to legal help and fair treatment in the justice system that respects your rights.

41 If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

42 You have the right to know your rights! Adults should know about these rights and help you learn about them, too.



These are the rights that you legally have. At Clyst Vale we help you learn about and live these rights.

Task:

1. What is right 24?
2. You have the right to an opinion (number 12). How can you express your opinion at school? Write down 3 ideas.
3. What is right number 17 and why is it important?
4. Number 28 is the right to an education. Explain why having a good education is so important.
5. What is right number 31?
6. What are rights 14 and 30 and why are they important?
7. Choose one of the rights and design a poster to help people learn about it.

This is an extra page to write down any questions you have about starting secondary school. You can ask your tutor when you meet them or if it can't wait then email: matthewsi@clystvale.org