



The Iceni Academy Transition Workbook



Getting to know
your new school





Welcome!

Changing schools should be exciting but you might also feel a bit nervous, particularly with everything else that is happening at the moment. It will involve a lot of changes and new experiences for you in September.

This is your 'Transition Workbook' which we hope you will use at home alongside the other bits and pieces which we have sent you. It will hopefully explain a lot about Iceni Academy and will answer some of your questions, as well as help to prepare you for all of the changes.

It has been designed so that you can use our website, www.icenimethwold.org.uk, to answer many of the questions that you may have.

We hope that you enjoy all the different activities in this workbook. Once you've finished, please make sure you hand it in and you will receive a well-deserved certificate!

Good luck!

Miss Colson
Head of Year 7



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All About Me

Draw a picture of yourself in the space below. What are your key features? Write some words around your picture which describes who you are.



My name is _____.

The primary school I attend is called _____.

In September, my new school is called _____.

All About Me

Before you make the step to secondary school it is a really good idea to look back as well as forward. Doing this can help you to see how far you have come! You started primary school when you were just four or five years old, and so much has changed since!

School memories

Name three things that have changed the most about you since you started primary school.

- 1.
- 2.
- 3.

What will you miss most about primary school?

What are you worried about in your new school?

Looking forward

Write down three things you are really excited about doing at Iceni Academy

- 1.
- 2.
- 3.

Write down three worries you have about secondary school. Speak to someone you trust about your worries to help you feel better.

- 1.
- 2.
- 3.



My New Academy

This activity will help you find out about your new school, Iceni Academy. You might already know some of this information and could find out more facts on our website, www.icenimethwold.org.uk.

The name of my new school is _____.

The address is _____.

The telephone number is _____.

The name of the Principal is _____.

School starts at _____ and finishes at _____.

I will get to and from school by car / bus / walking / bike (circle the correct answer)

To get to school on time, I will need to leave my house at _____.



Thinking Ahead

Answer the following questions.

What do you think it will be like at your new school?

What things would you like to find out about your new school?

List three things you are looking forward to.

- 1) _____
- 2) _____
- 3) _____

List three things you might need help with.

- 1) _____
- 2) _____
- 3) _____



Finding your way around

Sometimes, Year 6 students tell us they feel a little bit scared about going to a school that is bigger than the one they currently attend. Sometimes, they tell us that they feel worried about getting lost or being late for a lesson. It is okay if you are worried, but remember that there is lots of help available to make sure you settle in quickly.

When you come to us we will provide you with a map so that you can easily learn where all the different rooms are, and the quickest way to get to them.

On your first day we will also make sure that your Personalised Learning Tutors (we call them PLTs for short) are there to greet you, and that we have some of the older, more experienced students on hand to show you around.

We will also make sure that you have time to study your map and mark on it where your lessons will take place.

Here is a map of our academy. Can you find, and mark on the map, the following locations?

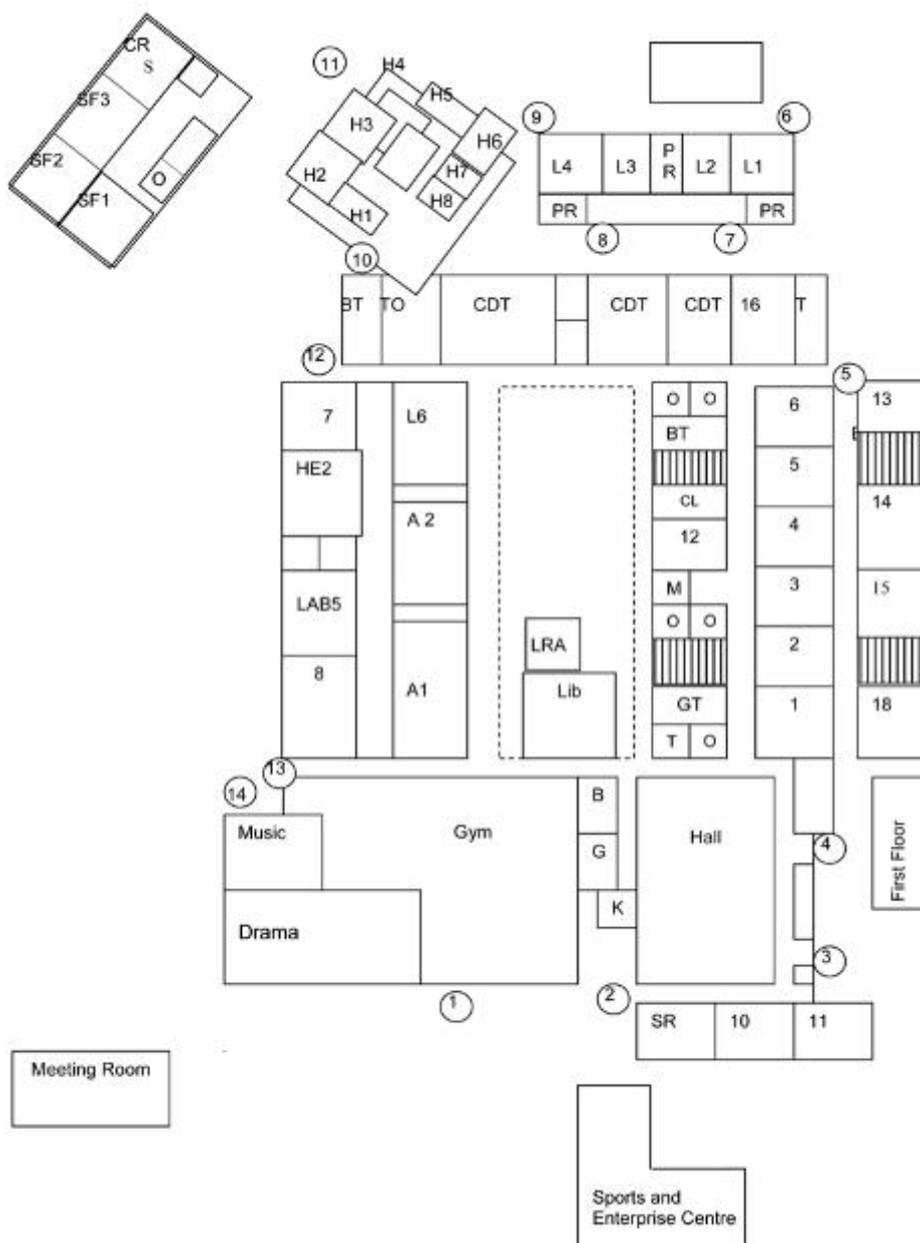
1. The Hall. This is where you will go for assembly, and to eat your lunch.

2. L3. This is one of our science labs. I wonder if this is where you'll have science?

3. CRS. This room is known as the 'Pastoral Room.' If anything worries you, you can go here to speak to a member of staff.

4. Lib. This is the library. Did you know we have more than 10,000 books in our library? You could also become a library assistant at lunchtime!

5. 12. This is one of our brand new ICT suites where you will have some of your lessons.





Website detectives

Your task now is to become a 'website detective.' Visit www.icenimethwold.org.uk, and see if you can find out the answers to the following questions!

What is the name of the Principal? _____

If you ever feel that you need to speak to someone in school, do you know who you could go and see? Name three people or groups of people you could speak to in the academy.

1. _____
2. _____
3. _____

At Iceni Academy, we get really excited about reading - it is a really important part of our days at school! Can you find out who our librarian is? _____

When you start at Iceni Academy, you will belong to one of four colleges. You might be in a 'house' at school at the moment. Can you find out the names of our four colleges?

1. _____
2. _____
3. _____
4. _____

Can you find a copy of the Iceni Learning Journey on our website? List three things from the Year 7 section of the Learning Journey you are looking forward to.

1. _____
2. _____
3. _____

There are lots of clubs that run at Iceni Academy. Can you find the timetable for these activities? Name three clubs you could join.

1. _____
2. _____
3. _____

Website detectives

We have a really varied menu on offer at Iceni Academy. Can you find a copy of it on our website? Choose three things from the menu you'd like to try, and what day it is available.

1. _____
2. _____
3. _____

What is the name of the Vice Principal? _____

Can you find out the name of the people who do the following jobs in the Academy?

Director of Maths: _____

Director of Communications: _____

Director of Science: _____

Director of Humanities: _____

Director of Health and PE: _____

Director of Modern Foreign Languages: _____

Director of Technology, ICT and Creative Arts: _____

Special Educational Needs Coordinator (SENCo): _____





Your timetable

One of the first pieces of information you will be given in September is your timetable. It is very important because it not only tells you which lessons you will have that day but it also gives you a clue about the equipment you will need to pack in your bag the night before. It also tells you what time each lesson starts and finishes, and in which room those lessons take place. If you haven't got a watch yet, it might be a good idea to buy one to practice telling the time and getting to places promptly. Remember that you will not be able to use your phone to check the time whilst you are in the Academy.

Your timetable will also tell you which teacher you will have for each subject. Instead of just one teacher, you're going to have to get used to ten or more different people being in charge of your class! Often, the timetable will have the teacher's initials next to the name of the lesson.

You will have five different subjects every day and some will be in special rooms. For example, science lessons will usually take place in a laboratory so that you can access all the specialist equipment you will need for your experiments.

One thing to remember is that we use a two-week timetable. This means that you will have to remember whether it is Week One or Week Two. Your Personalised Learning Tutor will help remind you of this!

Have a look at this timetable. It is an example of what your timetable might look like in September.

| | | Week 1 | | | | | Week 2 | | | | |
|---------|-------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| | | Monday | Tuesday | Wednesday | Thursday | Friday | Monday | Tuesday | Wednesday | Thursday | Friday |
| PL Time | 08:40-09:10 | Personalised Learning Time R1 NMA |
| Lesson1 | 09:10-10:10 | English R15 AHM | Geography JBO H7 | Maths R1 DEW | Science L3 GBA | Art A1 JCR | English R15 AHM | Science L3 GBA | Technology HE2 TSO | Maths R1 DEW | Maths R1 DEW |
| Break | 10:10-10:30 | Break Time | | | | | | | | | |
| Lesson2 | 10:30-11:30 | Music MUS HAR | Science L3 GBA | French H3 MTR | PE RBR | Drama DRA ZFR | Maths R1 DEW | Geography JBO H7 | French H3 MTR | Science L3 GBA | Science L3 GBA |
| Lesson3 | 11:30-12:30 | Maths R1 DEW | PSHE LRA LTA | English R15 AHM | Mandarin H6 WLI | History H5 ELA | PE RBR | PSHE LRA LTA | English R15 AHM | Mandarin H6 WLI | Art A1 JCR |
| Lunch | 12:30-13:15 | Lunch Time | | | | | | | | | |
| Lesson4 | 13:15-14:15 | History H5 ELA | Technology HE2 TSO | ICT R12 ABH | English R15 AHM | RE RPY R7 | ICT R12 ABH | History H5 ELA | Maths R1 DEW | English R15 AHM | Technology HE2 TSO |
| Lesson5 | 14:15-15:15 | Science L3 GBA | German H2 CPA | PE RBR | Maths R1 DEW | Technology HE2 TSO | Science L3 GBA | German H2 CPA | Geography JBO H7 | PE RBR | English R15 AHM |

| | | | |
|-----|---------------|-----|-------------|
| HAR | Ms Armsby | AHM | Ms Hampson |
| GBA | Ms Barker | ELA | Ms Laws |
| ABH | Ms Bhadrinath | WLI | Mr Liao |
| JBO | Mr Boyd | NMA | Ms Marshall |
| RBR | Mrs Bradley | CPA | Ms Pawsey |
| JCR | Mrs Crook | RPY | Ms Pyke |
| DEW | Mrs Edwards | TSO | Mr Soudain |
| ZFR | Ms Francis | LTA | Mr Taylor |
| | | MTR | Ms Trichet |

Timetable Quiz!

Can you use the timetable you just looked at to answer the following questions?

1. When will you spend time with your Personalised Learning Tutor? _____
2. In Week 1, which days will you need to bring your PE kit? _____
3. On a Wednesday in Week 2, which language will you study? _____
4. Who would be your English teacher? _____
5. In which room would your German lessons with Ms Pawsey take place? _____
6. When would your Drama lesson be? _____
7. What time does lunchtime start each day? _____
8. How long does each lesson last? _____
9. Who would your Geography teacher be? _____
10. What do you think your favourite lesson would be? _____





Home Learning

You will probably be used to do homework, or home learning, at your current school. The same is true when you come to Iceni Academy, and our biggest tip for getting on well with completing your home learning is through being well organised.

You will find that your teachers will be strict about home learning, and will be really keen for you to complete it and hand it in on time.

To help you remember what home learning you need to complete and when, you will be given a planner where you, or your teacher, can write down what you have to do and when it has to be handed in by.

Why is home learning important?

Home learning is really important because it shows the teacher whether you've understood the work or not. It might also help you to prepare for the next lesson - this is called 'flipped learning.' Home learning might also include practicing what you have learned so you can remember it better.

What questions should I ask about home learning?

You need to make sure that you really understand all the rules about home learning. Below are some questions you should try and find the answers to by asking friends or family members who have been to Iceni Academy, or by looking on our website. You could add a few more questions of your own, if you like!

How long will I be expected to spend on home learning each night?

How will I know what to do?

What should I do if I get confused when I'm writing the home learning instructions in my planner?

What will happen if I forget to do it or forget to bring it in?

5. What should I do if I find that the home learning is too difficult?

My Equipment

In Primary School, most of the equipment you need is kept in the classroom. At Iceni Academy, however, you will be expected to have your own pencils and pens, and you will have to carry them all around with you. There are lots of other things you might need, too.

In the space below, draw or write the different pieces of equipment you think you might need to bring. Think about what would go in your pencil case but also think about some of the lessons that might need things bringing in, such as PE lessons and Food Technology...



It might seem that you will have to remember a lot of things when you come to Iceni Academy, but with a little bit of forward planning you will be absolutely fine!

Make sure that your pencil case is full of the equipment you need every night, and put it in your school bag so that it is ready for the morning.

If you need an extra reminder, you could write a list of what you need and stick it on the fridge so that your family can remind you!





Academy Rules

Why do we have rules?

Every school will have some rules for the classroom, corridors and assemblies as well as rules about home learning, breaktimes and uniform. We have them so it is clear what is expected of every person in the academy and, ultimately, they make life easier.

Can you think of any more reasons why schools need rules?

Rewards and Sanctions

At Iceni Academy we believe it is important to praise and reward students for making the right choices. You can earn 'positive points' which can be transformed into a range of things such as footballs, time in our on-site youth club and much more! We also regularly celebrate success in our Success Assemblies. There are also consequences - sanctions - for anyone who breaks the rules. It's not only important to know what the rules are, but also what will happen if you don't follow them.

At Iceni Academy, student voice is really important to us. This is a way in which students can make real changes in their academy. In the box below, write or draw all the different ways you would like to be rewarded at Iceni Academy. Be as creative as you like!

Apologising

If you do break a rule, it is usually a good idea to admit that you got it wrong and say 'sorry.'

It might be useful to practice apologizing. Look at the scenarios on the next page. In each one, a rule has been broken. With someone at home, take it in turns to practice being the teacher and the student. It can be hard to keep your cool if you're being told off. Try to remember that things will only get worse if you get angry!



Academy Rules

You have not done your homework because you did not write the instructions down properly.

A teacher tells you off in class, but you were just answering your friend's question about the work.

You have forgotten to bring in a textbook you need for a lesson.

Your teacher sees you chewing gum in their lesson, and you know this is against the academy rules.

You have been caught using your phone without an adult's permission.

What might happen if you break the rules? Our website can help you answer this question!

How do we currently reward you if you follow the rules? Our website holds some of the answers!

Rumours, and what to do about them

Most people in your class will probably want to talk about going to secondary school because it is a big step for you all. It's good to talk about all the exciting things ahead of you and it's also good to tell each other about the things you're a bit worried about.

Sometimes, though, pupils can scare each other unnecessarily because they have listened to rumours about what the academy is like.

Look up the word 'rumour' in the dictionary and write the definition here:

Very often, rumours are just exaggerated stories. For example, a story that there are gangs of older students taking money from new Year 7 students could be an exaggeration of a one-off incident where a Year 11 student ran off with £1 when a Year 7 student dropped it.

Rumours may have an element of truth to them, but usually they contain a lot of things which aren't true. It's best to listen to the facts that members of staff tell you, rather than the rumours pupils from the academy might tell you.

Write down some of the rumours you have heard about Iceni Academy and try to work out what the actual truth is. When you join Iceni Academy, you can ask us about them, too!



Meeting New People

‘There are no strangers here, only friends that have yet to meet.’

How many people are in your Year 6 class?

How many people do you already know at Iceni Academy?

Most children in your class will feel comfortable and happy because they know everyone very well and feel like they belong. Just having one teacher can make you feel safe, too. Going to secondary school can be different because you won't know everyone and it may take a bit of time to feel like you 'belong' in your new form.

The important thing to remember is that **everyone** will feel the same way: you are not alone. It's actually a really good opportunity to make new friends and learn from adults who have specialised in their particular subject.

Who are you looking forward to meeting, and why?

Who do you feel less sure about meeting and why?



Making New Friends

Everyone has strengths and weaknesses. Some pupils find it really easy to get to the top level on a computer game, whilst others never get past Level 1. Some pupils have no problems drawing amazing, life-like pictures, whilst others find it difficult to draw a good stick-man.

It is the same with making friends. Some students love meeting new people, are very chatty and make lots of friends easily. Others don't know how to begin to make friends.

Where do you think you are on the friendship scale?



Below are a few hints and tips to help you make a new friend. Why don't you practice with a classmate?

- Smile
- Tell them your name and ask what they're called
- Find out what they are interested in
- Talk about your shared interests - for example, you both might love maths, or a certain television programme
- Ask them if they want to do something at breaktime



Website Detectives: Part 2!

How many of these questions can you find the answer to? Don't forget our Academy website is filled with useful information!

1. What colours are used in our academy badge?
2. Who is our main uniform provider?
3. What are the four colleges at Iceni Academy?
4. What college is currently winning the inter-college cup?
5. What famous past Prime Minister shares the name with one of the colleges?
6. Complete this phrase: 'At Iceni Academy, we choose to _____'.
7. Which company provides the food at Iceni Academy?
8. Who was awarded the Pride of Iceni in 2019?
9. What is the Banham Memorial Scholarship?
10. What do CCF and DoE stand for?
11. What book is on the library page of the website?
12. How many steps are there to online safety?
13. What sport is being played on the pastoral page of the website?
14. Who are the safeguarding leads at Iceni Academy?
15. Which social media platform is Iceni Academy on?
16. Who is our receptionist on a Tuesday, and who is it on a Friday?
17. What was the Latin motto of our predecessor school, Methwold High School, and what does it mean?



Challenge activities

Your final challenge is to complete as many of the following activities as you can! These are taken from the 'Go Big, Be Awesome' project. Tick them off once they are done. You could also collect together evidence of the activities you have undertaken to bring in and show to your new Personalised Learning Tutor!

| | | |
|--|---|--|
| <p>Write a letter to your future self. You could put it somewhere safe to open in a year's time.</p> <ul style="list-style-type: none"> • What is happening right now? • How do you feel about it all? • What are your biggest hopes and fears about moving school? | <p>Write a letter to a teacher who has had a positive impact on your life so far.</p> <ul style="list-style-type: none"> • What do you want to thank them for? • How have they impacted on your life? | <p>Write your own autobiography. You might include:</p> <ul style="list-style-type: none"> • When are where you were born • Important events in your life and how they make you into the person you are now • Things you would have done differently, if you had the chance • What your hopes are for the future |
| <p>Take your first name, or that of a family member/ friend and write it vertically on different lines. Complete each line with something positive which starts with the letter given (for example strengths and skills they/you have). This could be one word or ten!</p> | <p>Write a Haiku - a 3-line poem (1st line 5 syllables, 2nd line 7 syllables, 3rd line 5 syllables) on what it means to be kind in school.</p> | <p>Create your own musical instrument using household objects. You could use items from your recycling, dried beans, elastic bands etc. Experiment with different ways you could use the items to create sounds.</p> |
| <p>Write down three things you would do if a friend of yours was anxious about starting a new school.</p> | <p>Come up with three questions about the world around you that you would like to ask your new science teacher. For example, why does my cat have stripes?</p> | <p>Watch your favourite film or read your favourite book again. Write a letter to a friend explaining why you think that they should read it.</p> |
| <p>You'll study science at secondary school and you will need to understand how to manage risks. Make a list of hazards involved when cooking dinner.</p> | <p>Create a powerful speech on something you feel passionate about. It might be a local issue, something global or a topic relevant to only you.</p> | <p>Find a recipe and work out the ingredients needed to feed 30 people.</p> |
| <p>Design a flying car of the future, imagining you are living in the year 2300.</p> | <p>Design a new logo for your secondary school.</p> | <p>Turn a favourite song or story into a picture that summarises it.</p> |

Challenge activities

| | |
|--|---|
| <p>Write down three ways you can be kind to someone this week.</p> | <p>'I am' poem: you will be meeting a lot of new people and friends when starting secondary school. Write an 'I am' poem to introduce yourself. It should be a minimum of 5 lines and a maximum of 10. e.g. I am excited to see my friends I am nervous about the different lessons</p> |
| <p>Have a conversation with the oldest person you know about their life. This could be a grandparent, friend, aunt or uncle. Before you do, think about the questions you would like to ask, such as:</p> <ul style="list-style-type: none"> • Tell me about the food you ate. What were your meals like? What were your favourite sweets? <ul style="list-style-type: none"> • What games did you play? • What was it like being at school? Who was your favourite teacher? Was it strict? Did you have a favourite lesson? Was there a lesson you hated? | <p>Make your interview into a radio or television programme. Or, if you prefer, turn it into a magazine article with photos. Send it to the person you interviewed as a memento.</p> |
| <p>You will be studying maths at secondary school. Can you identify five times you have used maths in your daily life?</p> | <p>Make your own map of your neighbourhood. Identify key buildings, parks, statues, schools and anything else you can think of/ that you notice. Perhaps use contour lines to show the height of different areas.</p> |
| <p>Write a letter to the reception children starting at your primary school. Tell them the best things about the school and what they should look forward to during their time there.</p> | <p>Learn to tie three different types of knots.</p> |
| <p>Write a newspaper article persuading people why it is important to study maths.</p> | <p>Write down three things you would do if you saw someone being unkind.</p> |



Transition Workbook Evaluation

Name: _____

Primary School: _____

Did the workbook help you think about which things you might need help with at secondary school? Yes / No

Did you like filling in the transition workbook? Yes / No

How helpful did you find each part of the workbook?

| All about me | | | |
|------------------------------------|--|--|--|
| My new academy | | | |
| Thinking ahead | | | |
| Finding your way around | | | |
| Website Detectives (Part 1) | | | |
| Your timetable/ Timetable quiz | | | |
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| Rumours, and what to do about them | | | |
| Meeting new people | | | |
| Making new friends | | | |
| Website Detectives (Part 2) | | | |
| Challenge activities | | | |

What other things would you have liked to learn about in this workbook?

Congratulations on completing your transition workbook! Please give this workbook to your Personalised Learning Tutor in September.