



CARLTON BOLLING

Preparing for Secondary School



Student name:	
School address:	
School phone number:	

PLEASE COMPLETE THIS BOOK AND BRING IT ON YOUR FIRST DAY - MONDAY 7th SEPTEMBER AND GIVE TO YOUR TUTOR

All About Me

Draw a self portrait here;	Name..... Birthday..... Primary School.....
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Favourite Colour	
Favourite Animal	
If I could have a superpower, I'd...	
Favourite School Subject	
Favourite food	
Favourite Sport	
If I could travel back in time, I'd go to...	
My dream job is...	

Welcome from the Year 7 team

Hello! You will soon be leaving your primary school and moving on to your new secondary school – Carlton Bolling. This means a lot of changes and new experiences for you which can feel extremely exciting one minute, and overwhelmingly scary the next! This is completely normal and is a big part of your transition to secondary school.

At Carlton Bolling we believe that every single student that comes to our school has the potential to be amazing and it is our job to help you to become bold, brave and ready to take on the world when you leave us.

We have designed this booklet to help you to think about what your daily life will be like in your new school and to answer some of your questions before you ask them. The booklet is interactive and we would like you to do the activities either on your own or with your families before you start with us. But don't worry – we won't be checking your answers! This is just for you. We need you to this back on the first day though it would be fantastic.

Please remember that we will be at school every day to support you and to make sure your transition to Carlton Bolling is as smooth as possible.

We hope that through this booklet we can show you all of the brilliant things about being a student at Carlton Bolling so that you are as excited to join us as we are to meet you.



Ms Beth Robinson
Head of Year 7



Mr Mohammed Younis
Head of Year 7

Are you Year 7 ready?



Before you start reading this booklet, complete the quiz below to see if you already have the skills needed to make your transition to secondary school successful.

- | | |
|--|--------|
| Do you always hand your homework in on time? | YES/NO |
| Do you get your bag and uniform ready the night before school? | YES/NO |
| Can you focus well in class without getting distracted? | YES/NO |
| Are you always in school on time? | YES/NO |
| Have you attended any school clubs? | YES/NO |
| Are you a good friend? | YES/NO |
| Do you know when to say 'please', 'thank you' and 'sorry'? | YES/NO |
| Do you work well with others? | YES/NO |
| Is your working space at home tidy? | YES/NO |
| Do you enjoy reading? | YES/NO |
| Do you like learning new things? | YES/NO |
| Do you always do your best? | YES/NO |

If you've answered 'YES' to most of the questions, settling into Year 7 will probably be a really smooth for you. If your answers are mostly 'NO', you will have to put some hard work in, but don't worry – this booklet is full of helpful tips for you. You still have time to make improvements.

Primary School vs Secondary School

Some things will be different at secondary school but hopefully you will quickly adjust to the new environment. What do you think about some of the changes?

Primary School	Carlton Bolling	Are you looking forward to the change?	Are you worried about the change?
One teacher for most of the subjects	A different teacher for each of the 16 subjects taught in Year 7		
One or two classes in Year 6	18 forms in Year 7		
One classroom in Year 6	A different classroom for each subject		
Short journey to school	Longer journey to school, travelling with friends		
One school building	Three different school buildings		
Basic PE and Science equipment	Huge new sportshalls and full equipped Science labs		
Lunch in the dinner hall	Lunch in the Café Connect		
Limited choice of food	A wider range of food choice, at break time and lunch		
Class teacher looking after you	Form tutor, Head of Year 7 and all staff looking after you		
No ID card	ID card for safety and to get food		
No planner	Planner to help you keep organised		
Tray to keep your things in	Your bag		
Homework once a week	Homework every night		
Small library	Bigger library and computer suite		
Some school clubs and trips	Even more clubs and trips!		
Being the oldest in school	Being the youngest in school		

My journey to school

One of the big differences about coming to secondary school can be the way that you travel to school. You may now get to travel on your own or with your friends which is a big step to becoming independent at secondary school!

Have you thought about how you will travel to school yet?

	<p>How long does it take to walk from home to school? Do I know the safest and quickest route? Can a friend or family member walk to school with me?</p>
	<p>Which bus number should I take? And in which direction? Where is the bus stop near my house? How long is the walk there? Where is the bus stop near school? How often does the bus come? How long is the bus journey?</p>
	<p>Who will be driving me to school? How long does the journey take? (Take into account the traffic!)</p>

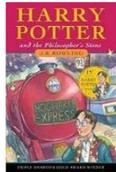
You should do a **practice run** to see how long it takes you and what the journey will be like. Answer the questions below when you get home.

I travelled by...	
The journey to the bus stop took me...	...minutes
The name of the bus stop/station to travel towards school was called...	
The journey on the bus took me...	...minutes
The walk from the bus stop to school took me...	...minutes
The name of the bus stop/station to travel away from school was called...	
To make sure that I am on time for school every day (arriving between 8am and 8.20am) I need to leave my house at...	

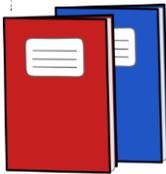
My school bag

At Carlton Bolling you will need to have all of your equipment for the day in your school bag. This could be up to 6 different lessons! Your school bag needs to be big enough for all of your A4 books and folders!

Fill in the grid below to create a handy list for packing your bag before school.



1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.



Important:

Carlton Bolling has a no mobile phones policy. Mobile phones can be brought to school but must be switched off and in your school bag whilst you are on the school site.

Homework

Lots of students feel worried about homework at secondary school and what it will look like. Don't worry – that's completely normal! In year 7 you will get an amount that's right for you and it will often be one piece of homework per subject, per week. Each piece should take you no more than 30 minutes.

Usually you are given around 7 days to complete a piece of homework so that you have enough time to do it. It is important to complete it on time to avoid receiving detentions and feeling overwhelmed with too much work.

We know that homework is important but it is also important that you also have time to do things that you like in the evenings and at the weekend such as spending time with new friends, reading and enjoying time outside.

Where is the best place for me to do my homework?

Where in school could I do homework?

What do I do if I find the homework too difficult?

What do I do if I forget my homework?



A lot of homework will be paper based but we also use different online systems to help you to do your homework at home or at homework club. You will be given your login details when you start with us.

You will also have a school email address linked to the school. In some subjects you will use this to complete online work and be part of an online Google classroom.

Top tips for being a homework superstar at Carlton Bolling

- Be positive – make the most of homework as it is a good opportunity to learn new things in your own time and way, and it's linked to better progress!
- Find a quiet working space at home (switch the TV off, but quiet music might help) or use the school library at the end of the day.
- Set aside a particular time for homework (not too late in the evening!).
- Plan – do homework on the day it's been set to avoid leaving anything to the last minute. This also gives you time to speak to your teacher if you need help.
- Give it a go, even if it's a bit hard and you may make some mistakes – your teacher will see that you've tried.
- Give yourself incentives ('When I finish my maths homework, I will have a cup of hot chocolate', etc.).
- Drink water and take short breaks every half an hour.
- Before you go to bed check that you have packed all of your homework in your bag so that you can hand it in on time.

Making new friends

One of the most exciting things about coming to a new school is meeting new people and making new friends. Although it may be a bit daunting at first, start making conversations as soon as possible:

- ✓ Make eye contact.
- ✓ Smile and say 'hello'.
- ✓ Introduce yourself, ask the other person's name and try to remember it.
- ✓ Say something nice/positive/interesting.
- ✓ Ask questions and take an interest in answers – be a good listener! Here are some examples of questions you may want to ask:



Which primary school did you go to? Do you have any siblings/friends at Carlton Bolling? How do you travel to school? Which subjects/sports do you like?

Which other questions could you ask to be friendly on your first day?

Once you've had your first conversation you need to try to maintain the friendship: meet at break time, have lunch or go to club together, meet after school, arrange to travel to school together, etc. Don't worry about 'not fitting in' – just be friendly and be yourself!

Friendship Skills

Keeping friends requires good friendship skills. Tick 3 things you are great at and circle 3 things you could do better at (and start working at it!).

sharing/giving

being friendly

being honest

making people laugh

caring about others

saying thank you/please/sorry

listening to others

helping others

keeping secrets

respecting others and their opinions

Who can help me?

Everyone needs 'a helping hand' from time to time. The good news is that there are many people at Carlton Bolling who will be supporting you in Year 7.

Link each challenge with the person or people who may be able to help you.

HEAD OF YEAR 7

Monitors academic progress, attendance and behaviour and they will be your main contact.

FORM TUTOR

You see your form tutor every day but Friday and they check your attendance.

I am feeling sick.

I am being bullied/teased.

I have lost my PE kit.

I have fallen out with friends.

I have forgotten my packed lunch/lunch money.

I am worried about something at home.

I am feeling anxious/upset.

I am feeling left out.

I am not sure how to do my homework.

I find most work in class too hard.

SUBJECT TEACHER

Delivers lessons and supports you with your learning. They also set and mark work and homework.

All Staff

All staff at Carlton Bolling are here to support you. If you need help just ask any member of staff.

Some other staff members who can help:

Headteacher and SLT (Senior Leadership Team) make sure that the quality of education at Carlton Bolling is excellent and the school is a safe place for the students.

Safeguarding Team are here to ensure students feel happy and safe in school and in the community.

Remember: If you have a problem, talk to someone! Adults work in schools because they want to help young people so never be afraid to ask. You can also ask your parent/carer to get in touch with a staff member.

Moving to your New School

- List 4 things you are most excited about moving to Carlton Bolling

- 1.
- 2.
- 3.
- 4.

- List 4 things you are a little worried/nervous about

- 1.
- 2.
- 3.
- 4.

- List 4 things you would like to know about Carlton Bolling

- 1.
- 2.
- 3.
- 4.

- List 4 things that will help you when moving to Carlton Bolling

- 1.
- 2.
- 3.
- 4.

- List 4 differences between your primary school and Carlton Bolling

- 1.
- 2.
- 3.
- 4.

My goals for Carlton Bolling

When you go to Secondary School, you will learn a huge number of new skills, and improve skills you have practiced in Primary School. In the goal below, use the list to write in 10 new skills or things you'd like to build on in Carlton Bolling



Be in a school play or production	Speak another language	Learn to play a musical instrument
Volunteer in the local community	Play for a school team	Learn how to manage money
Taste food from other countries	Cook a meal from scratch	Read at least 3 books a year
Create a piece of art	Raise money for charity	Become Head Boy or Girl
Learn to read a map	Join an after school club	Learn to dance
Create my own website	Learn First Aid	Make new friends form other schools
Work as a team	Go on a residential trip	Get 100% attendance

Beyond Secondary School

After secondary school, you can move into college or an apprenticeship and then to university or into a job. It's normal not to know what you want to do yet but this is a chance for you to have a think about your dream jobs.

<p>Job:</p> <p>Key Skills:</p> <p>Subjects to study:</p>	<p>Drawing to represent that job:</p>
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Boy 87 – Chapter 1

Read Chapter 1 again and answer the questions below.

Boat

Cold salty water stings my eyes and soaks my T-shirt. I cling to the clammy wooden edge of the boat as a huge wave swells towards me. The boat tips and I gasp as people slide against me and the air is pressed from my chest.

The sky is turning from light to dark grey; white foam tops the waves. The wind pushes relentlessly against my face, and with the next rolling wave the boat dips so low that buckets of water gush in over the side, soaking me again with freezing water. I feel it creeping above my ankles. No one cries out. Even the baby strapped to the mother beside me is quiet.

Green-grey waves make a wall around us. We rise to the top of another but there is nothing to see except spray blowing like rain in the icy wind. Europe is sprawled somewhere in front of us but I can't see land. As we slide into the trough, more water rushes over the side of the boat. It is up to my knees. My feet are numb

but I can tell that my shoes are heavy with water. I look up again and see a swirling wave bigger than the others rolling towards us in fury. The boat tips. This time we keep on tipping. The boat is full of water so it doesn't roll up on the wave—it rolls into it, and the wave crashes over us like we are on the shore, only we're in the middle of the sea. I hear screaming and then nothing as water rushes over my head.

I can't tell which way is up to sky and wind, and which way is down towards the metres of sea beneath. I open my eyes and they sting but show me nothing more than cloudy bubbling water and the legs of someone just out of reach. I kick up once, my chest burning. I kick up again, knowing that in a second I can no longer fight the desperate urge to breathe in. I kick one last time, my legs tingling. I am about to black out just as wind blasts my face; I suck in air and some spray.

Choking, I pant and gasp; the currents tug me left and right as the swell lifts me up and down. I cannot swim but instinct makes me kick my feet to stay afloat. The shoes my mother bought with three weeks' wages are so heavy I try to push them off without going under. I know I can't kick water for long. Already my thighs and arms feel tired. I see four, maybe five, other heads swirling in the waves. How can three hundred people disappear so quickly?

A yellow plastic bag washes towards me. There are clothes inside. The knot has been tied tightly so that the bag is like a floating pocket of air. I cling to it.

2

A boy appears next to me, bobbing up from under the waves like I did seconds before. I reach out my hand to him. He looks at me. His eyes are big and oval-shaped and he reminds me of Bini. My best friend at home. I reach my hand out to him again and he tries to grab it but instead sinks beneath the waves. He doesn't come back up.

Who will come to save me? Who knows where I am apart from the others tossing and bobbing in the waves like me? What would Bini do now?

3

1. Where is Shif in the first chapter?
2. Can you copy a sentence from the first paragraph to show how you know this?
3. Where are they heading towards?

The One Week Countdown

You're now one week away from starting at Carlton Bolling for the first time.

You're probably a mixture of excited and terrified so there are a few things you can do to get yourself organised this week.

Tick them off below when you have completed the tasks.

Journey to school	
I have completed a 'practice run' of my journey to school	
I have decided what time I have to set my alarm for on my first morning	
I have decided what time I need to leave the house on my first morning	
School bag	
I've organised my pencil case with all of the equipment I need	
I've packed my pencil case inside my school bag	
School uniform	
I've bought the necessary items of school uniform	
I've hung them up so that they don't get creased!	
I've walked around in my new school shoes so that they don't hurt on my first day!	
Making friends	
I've prepared some questions to ask to new people	

The One Day Countdown

Tomorrow is the BIG DAY.

You're starting secondary school! To make sure that you're organised and ready for the big day, make sure you have done the activities below and tick them off when you're ready!

Journey to school	
I know who I am travelling to school with	
I know what time I will need to arrive at school	
I have set an alarm for the morning	
I have planned a healthy breakfast for the morning	
School bag – I have packed the following items:	
My pencil case (with appropriate stationery)	
A water bottle	
A packed lunch (if you choose to bring your own!)	
School uniform	
My uniform is hung up and ready for the morning	
Feeling worried	
I've discussed any worries with my parent/carer (They will be able to help and if they can't, they can ask a teacher in school in the morning!)	

Building good routines at home

My evening checklist	
Put my lanyard in my blazer pocket for the morning	
Short break with a healthy snack	
Get changed out of school uniform and hang it up.	
Complete homework	
Check timetable for tomorrow	
Set an alarm for the morning	
Check school bag for:	
Homework to hand in today	
Planner	
Pencil case	
Reading book	
(Optional) PE kit if I have PE tomorrow	
(Optional) Money to top up my ID card	

My morning checklist	
Wash and get dressed	
Eat breakfast	
Check today's timetable	
Check I have packed my lanyard	
Check I have correct school shoes/uniform	
Double check school bag	