



Activities and Ideas

This resource has been created with the intention of supporting both parents and students with the transition to Secondary school. It is packed full of ideas for games, challenges and tasks to do over the Summer break, all with the aim of reducing anxiety, fostering excitement and preparing students for the impending move.

There is no specific order to the activities, no compulsory completion and no need to hand any things in for marking. They are however great ideas for things to do on a rainy day or should your child/ward be at a loose end and dare claim that they are bored! Please dip into whichever ones you think might be useful for your child/ward and use them alongside the activities that have already been sent out with our regular transition update emails throughout the Summer term, all of which are available via the transition page of the school website.

First Impressions

Think about how you want the staff and other students at Altrincham College to view you. What sort of person do you want to be at secondary school?

Think of some words or phrases that describe the characteristics, personality and traits that you want to display. Can you capture and present your thoughts in a creative way? Maybe draw a picture, do a word collage, write a poem or record a song explaining what first impression you hope to give.



This is me!

THIS
IS
ME

All the best products and companies have a very recognisable logo. A good logo is one that we remember and one that represents the company or product really well. Have a go at designing a logo that represents YOU. Your very own logo that tells people something about who you are, what you're good at, what you like and maybe even what your dreams and aspirations are.

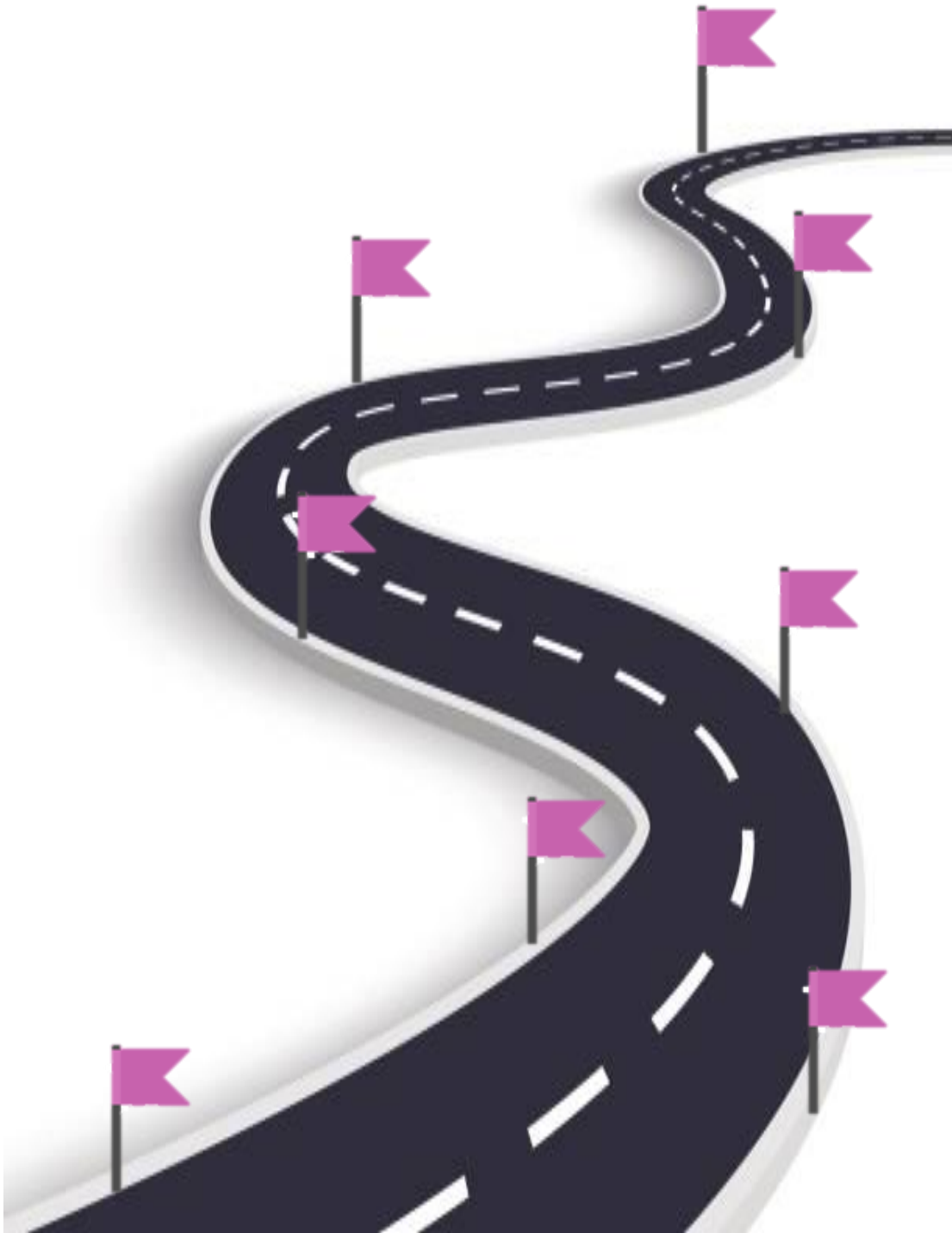
Star Qualities

Everyone has their own talents, traits and characteristics that they should be proud of – their star qualities. What are yours? Chat with family members and friends to decide on your top five star qualities. Write each one in a point on the star below. Illustrate each of your star qualities with pictures.



Your School Journey So Far

Life is a journey! Think back through primary school and write down your favourite memories or events that have shaped you to become the amazing person you are!



Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper.
- Put those strips of paper in a worry jar – any jam jar or a pot will do.
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply.
- Throw away the ones that don't.
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these? Remember that a worry shared is a worry halved!



Turn your Frown Upside Down!



Having a positive mindset is really important in overcoming any worries and anxieties. For every worry about starting secondary school, try turning it into a positive statement. For each negative comment listed below, can you turn it into a positive? The first one has been done for you.

- I won't ever fit in. → I will find people who are like me; I just need to look!
- I will always be lost.
- I can't do these subjects.
- I won't make friends like the ones I had in Year 6.
- I am really going to miss my primary school.

Can you think of any more of your own negative frowns that you can turn positively upside down?

What if?

Prevention is better than cure! Don't wait for a problem to happen before you work out how to solve it. Be prepared and work through some ideas now about what you could and would do if any tricky situations were to crop up. Chat with a friend or family member about what you would do in each of these situations in school.



What if . . .

- You think you are lost.
- You see someone else is lost.
- You haven't done your homework for a particular lesson.
- You find someone crying in the corridor.
- You realise you've lost your weekly bus ticket.
- You find someone's purse/wallet.
- You've ripped your trousers/skirt.
- You can't remember where you left your PE kit.
- The adult picking you up from school is late.
- You have no credit on your dinner money account and no packed lunch either.

Remember, there is always someone to help you in any situation.



Who am I?

A great family favourite game! Read the profiles of all the Year 7 Pastoral Team that we have sent you. Get a member of your family to start to describe one member of staff based on the information they have given about their favourite things and personal information. Can you correctly guess who it is that they are describing?

Time Planning

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. For each task put ticks to show how often you think you need to do it and in the last column write how long each thing will take you to do.

	Every morning	Every evening	Every other day	Twice weekly	Once a week	How long will this task take me to do?
Bath/shower						
Use deodorant						
Wash hair						
Put school shirt for washing						
Put school 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 you have enough time to get yourself ready and get to school on time?

Routine

As you get back from school each day and before you leave for Altrincham College again the next morning, there are lots of things to think about. It's useful to do some of them in an evening before going to bed. For each thing in the table below, number them to show the order you think is best to do them in.

Activity	Order to do them in (1-10)
Get dressed	
Check you have the correct equipment in your bag	
Eat your breakfast	
Check you have got any homework that needs handing in	
Sleep	
Say "Goodbye"	
Wake up	
Check your timetable	
Leave for school	
Wash and clean teeth	

Are there any other tasks you can think of that should be part of your routine?

To prevent being in a rush every morning and to ensure you get to school on time every day, it's important to work out what time you will need to do each activity. Fill in the table below with a plan for your morning routine. You might need to chat with an adult to help you work out how long your journey to school will be.

[illegible]

Journey to School

It's important to plan your journey to school so that you arrive on time. Even if you are going to get a bus or be dropped off, practise the route to school numerous times during the holidays so that you know the way yourself. Chat to a parent or carer about your journey and then fill in the table below.

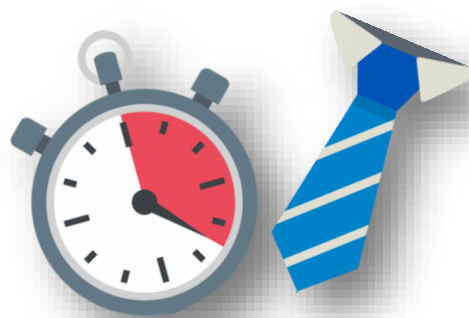


Start point (your home address)	
Destination (school address)	
Time school starts	
Time I wish to arrive at school	
Mode of transport (walk, cycle, bus, car)	
The buses I can catch	
Nearest bus stop to my house	
Time it will take to get from my house to the bus stop	
Time the bus gets to my bus stop	
How long my journey to school will take	
Time I need to leave my house	

Don't forget to plan your return journey too!

Uniform Challenge

The uniform at Altrincham College is likely to be quite different to the one you have been wearing at primary school. Maybe you have been used to wearing a polo shirt and sweater as oppose to a shirt, tie and blazer. Do you even know how to tie a tie? Don't leave it to the last minute and tie yourself in knots! Practise is all you need....



Get a family member to time how long it takes you to tie your tie. Keep a record of your personal best time. Once you've cracked that, time how long it takes to get undressed out of your PE kit and into your full uniform.



Design a board game

Who doesn't love a good board game? Have a go at designing your own based on starting Secondary school. Will you climb a ladder for an amazing piece of homework or slide down a snake because you've missed the bus?!

Memory Game

A quick fun game that will help hopefully ensure you don't leave any equipment behind in lessons.

Once you have got your pencil case fully equipped and ready for September, place the contents out on a tray or table. Study the contents carefully for 20 seconds. Close your eyes and get a family member to take away one object without you seeing. Can you spot which one is missing?



Wordsearch

Can you find the following subjects in the grid? Words can be horizontal, vertical or diagonal.

Maths

English

Drama

Assembly

Science

Geography

Textiles

Tutor Time

History

Art

Computing

Spanish

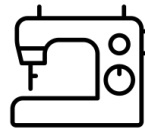
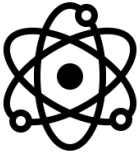
Music

PE

M	A	F	S	E	H	M	G	E	O	H	I	M	J	E	E	A
F	M	A	M	W	S	L	U	S	M	I	S	E	T	T	I	S
R	U	D	A	N	C	E	Z	S	A	C	P	N	U	H	A	I
A	F	G	T	R	D	P	W	R	I	I	A	G	T	I	N	U
H	S	R	H	P	G	R	T	E	N	C	I	T	O	C	A	O
J	T	A	S	L	U	B	N	Y	R	A	N	E	R	S	S	L
T	U	B	J	E	I	C	Q	L	E	R	M	X	T	A	S	S
E	E	A	U	H	E	M	U	A	H	S	U	D	I	N	E	P
N	F	X	L	G	E	O	G	R	A	P	H	Y	M	D	M	A
G	I	M	T	V	M	A	I	T	Y	E	O	A	E	M	B	N
L	O	A	I	I	O	T	O	H	R	T	T	S	C	O	L	I
I	P	T	E	E	L	G	R	D	U	O	E	R	A	R	Y	S
S	P	U	F	O	S	E	E	K	R	M	P	T	T	A	E	H
H	I	S	T	O	R	Y	S	C	S	A	S	M	E	L	R	A
E	N	J	V	E	P	I	F	J	N	O	M	U	R	S	B	K
J	K	C	A	T	E	R	I	N	G	C	N	A	R	P	U	M
Y	Z	X	T	L	S	V	Z	C	O	M	P	U	T	I	N	G

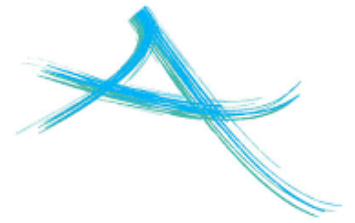
Subject Icons

Can you name the school subject represented by each icon?



School Logo

As you know, the Altrincham College Logo is a blue letter 'A' drawn in brush strokes, as shown on the right. You will have seen it on documents and on some items of your school uniform. Based on everything you know already about Altrincham College, can you design a new logo for the school?



The Ideal Friend

You will meet lots of new people at Altrincham College. It's a great opportunity to make new friends. Good friendships are really important and there are certain qualities we all want and should look for in a good friend.

Match the words in *italic* with the definitions below.

	<i>disagree</i>	<i>trust</i>	<i>respect</i>	<i>empathy</i>	<i>confidential</i>	
<i>compliment</i>	<i>advice</i>	<i>command</i>	<i>support</i>	<i>apologise</i>	<i>advocate</i>	

- ✓ An opinion or recommendation you make about what someone should do.
- ✓ To say you're sorry for something you said or did.
- ✓ Someone who defends and supports you.
- ✓ To have a different opinion from someone.
- ✓ To say something nice about someone.
- ✓ Information that's not meant to be shared with others.
- ✓ To stand behind or encourage others.
- ✓ Understanding what someone feels.
- ✓ To rely or have confidence in someone.
- ✓ To hold someone in high esteem.
- ✓ A direct order to do something.

Which of these words do you think are key to have in a good friend?

Are there any which wouldn't make for a good friend?

Can you think of any more qualities that you would want in a good friend?

Use the outline below to draw your ideal friend.

Write your ideal qualities around the outside.

