

TheBridge

At The Hinckley School

Transition Journal



*Planning Your Smoothest Route
to Secondary School Success*

Name: |





At The Hinckley School

Introduction

Let's Get Started!

You are starting your journey to secondary school!

Starting secondary school is an important milestone and an exciting time. You are about to join The Bridge at The Hinckley School, a Year 7 mini school designed to ensure you reach your full potential.

However, the move from primary school does mean that you will need to adjust to a new routine and environment and we know from experience that the smoother we can make this transition for you and your family, the better. That is why preparing well for this new journey is so important.

This Transition Journal is designed to:

- Build your confidence and positivity
- To help you reflect on your primary school experience
- Help you look ahead to exciting new opportunities
- Ensure you can settle in quickly at The Bridge
- Get you excited about Year 7!

Once you complete the four activity sections outlined on the route map below you will be well on your way to being a confident, independent and responsible Year 7 student!



Activity 4: Planning Ahead



Activity 1: Getting Organised



Activity 3: Remember and Reflect



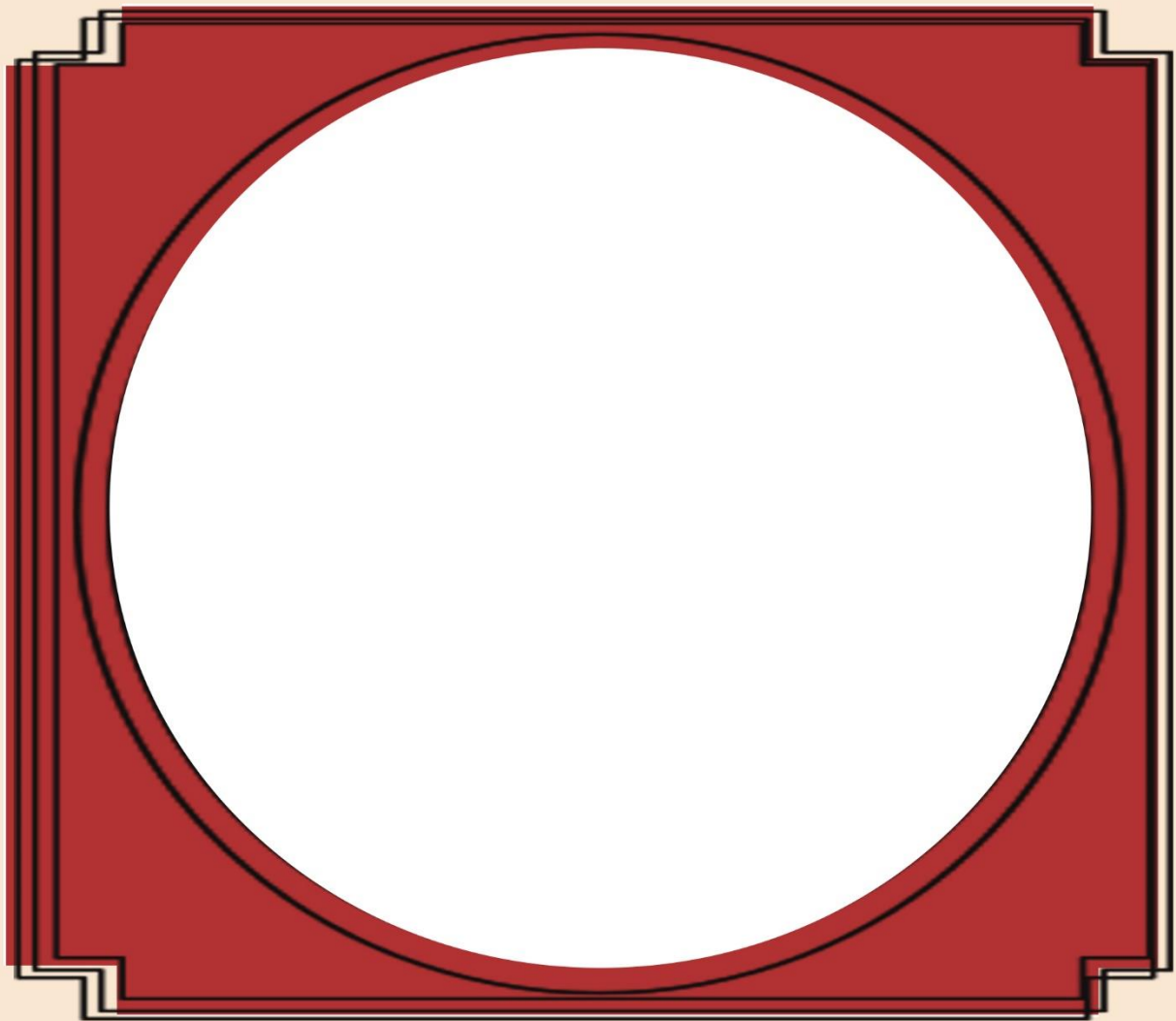
Activity 2: Coping With Change



This is Me!

We take the time to get to know all of our students personally and understand that everyone is different and unique in their own way.

Completing the 'This is Me' introduction will allow your new tutor and The Bridge Team to find out more about you! It will also be helpful when you start to build new friendships in Year 7.



This is me!
Draw yourself in the frame above!

Being kind to yourself and thinking positively are very important skills we need to learn as we grow up. ***Be your own biggest fan!***
It helps us to be comfortable in our own skin and more confident in new situations.

My Profile!

Use the page below to tell us a little more about you...

Name: _____

Primary School: _____

Secondary School: *The Hinckley School!*

New Form Tutor Group: _____



I enjoy... _____

I want to get better at... _____

These things help me to learn... _____

It is important for you to know these things about me... _____

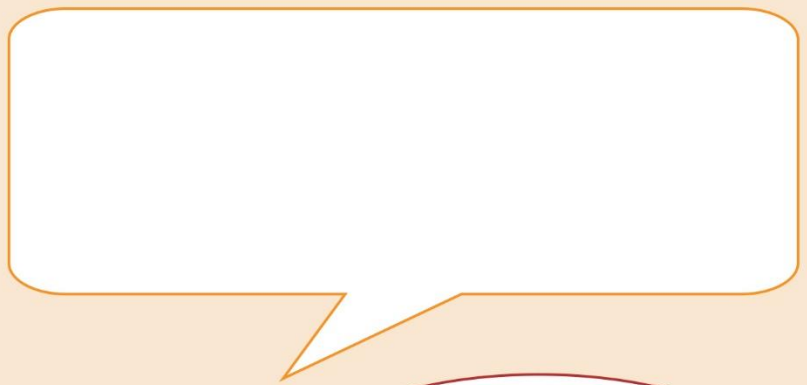
Introduction

Now take a moment to think about your positives. Your personality, what you like and what you are good at.

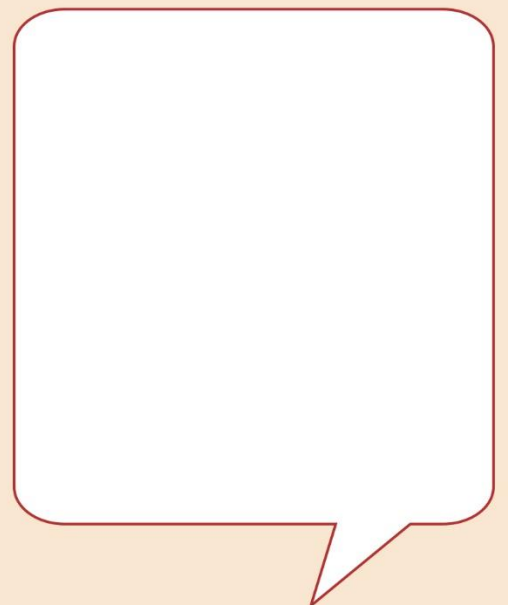
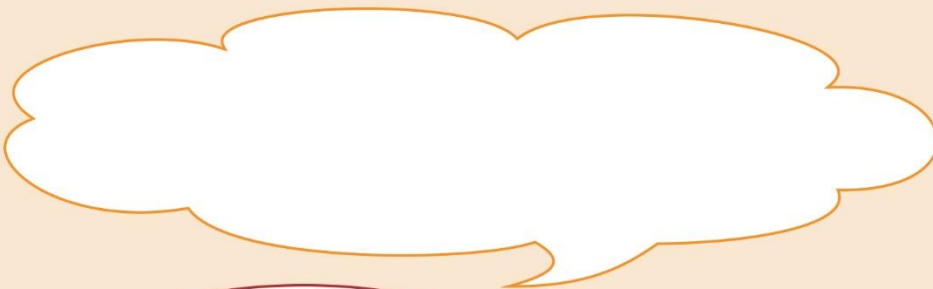
The bubbles below are a great space to write down all your positives, ask a member of your family or a friend to do the same and write the positive things they would share with others about you on this page.



I think my positives are...



My friends and family say my positives are...





Getting Organised

Preparation is key for any adventure and your journey to secondary school is no different! The more you understand your destination and plan ahead, the more prepared and comfortable you and your family will feel on your first day.

Travelling to School

Moving to secondary school means more independence and is a time when many students start to walk or travel to school by themselves for the first time. Students at The Bridge take pride in everything they do, this includes ensuring that they arrive at school on time every day ready to learn.

Talk about the questions below together...

How am I getting to school?

Where am I going?

What is the quickest way?

Where is the bus stop?

Will I go with friends?

Do I need to get a bus pass?

Do I have a warm coat and suitable shoes?

Will I get the Beaver Bus?

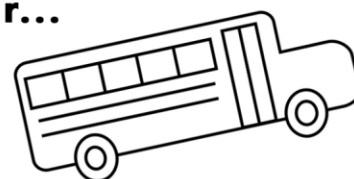
Where can I leave my bike helmet?

Do I have a bike lock?

How long will it take?

What time do I have to leave?

Is the route well lit?



Not all of these questions will apply to every type of journey, it depends on your mode of transport. However, they will help you and your family to plan your daily commute to and from school.

Write any useful answers or notes here...



Route Planner

Now you have discussed your journey together,
use the route planner below to plan how you will get to school every day.



My starting point is...



Arrive at The Bridge!

Practice makes perfect!

Don't underestimate how useful practicing your journey to and from school can be. It can help you to feel prepared for your first day and ensure everything goes smoothly.

Plan you practice journey here...

Date: _____ **Time:** _____

What time do I need to leave? _____

How long will it take? _____

Who is going? _____



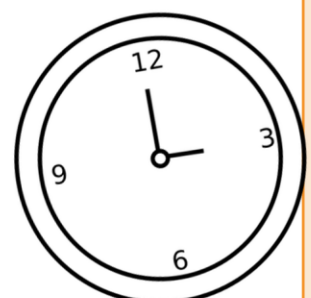
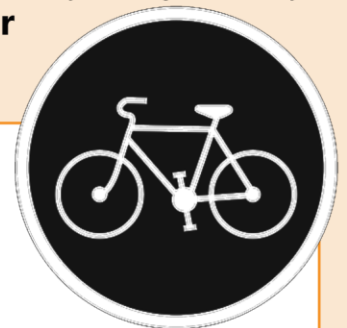
This may be the first time you have travelled anywhere on your own. This is an exciting step and gives you more independence, however, like with any journey, **safety is the most important thing.**

Some things to think about are...

- Crossing the road safely
- Wearing a helmet when cycling or scooting
- Contacting home if you will be late
- Making sure your family know any after school arrangements, or if you will be staying late at school to enjoy an enrichment club
- Knowing the arrangements if you want to visit friends after school

Take a moment to think about how you can keep safe on your journey.
Discuss this as a family and then write down your own safety rules here...

My Safety Rules...

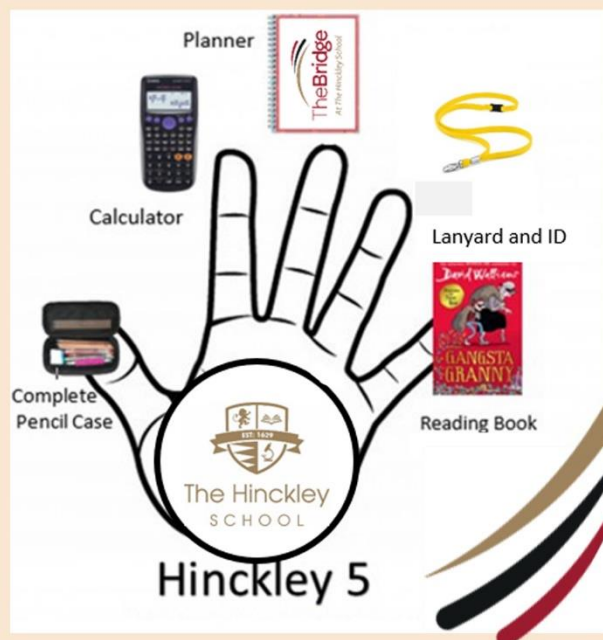


Equipment

There are a few things that you need to remember to bring to school every day. Remembering your equipment means that you are prepared for each lesson and that there are no barriers to your learning.

At The Hinckley School we call this equipment 'The Hinckley 5', as there are five items you need to bring to every lesson.

Your planner and lanyard will be given to you by your tutor when you join The Hinckley School. Your reading book will also come from the school Library.



Now that you know your Hinckley 5, circle the items below which you think are important to bring to school...

A Bag



Planner



Make Up



Reading Book



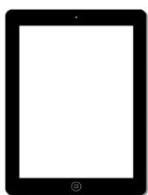
Pens



Pencils



lpad



A Pencil Case



Can you cross out two things which you shouldn't bring to school?

Shopping List

What do I need to buy?

This image shows a blank sheet of white paper with horizontal blue lines. A single vertical red line runs down the left side, creating a margin. On the right side, there is a vertical column of ten empty square boxes, each spanning two horizontal lines. In the bottom right corner, there is a small graphic of two black pencils.



Coping With Change

Take part in the 'puzzler' activity on the next two pages to play a fun game with older family and friends. Listening to other people's positive experiences of starting secondary school can be really helpful and make you feel more relaxed.

Communication skills are woven into all lessons at The Bridge. Why not have a go at developing your oracy and active listening skills by taking part in the 'Puzzler' activity?

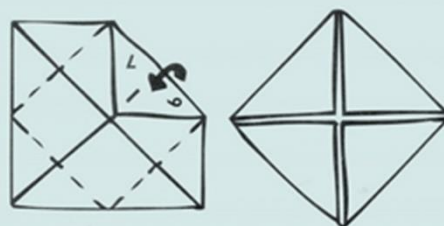
To make your puzzler...

1. Cut out the Puzzler square.

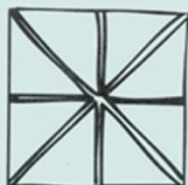
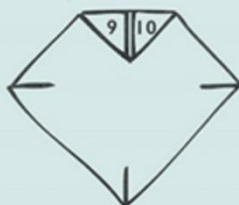


Fold and crease the square along each diagonal. Open it out and lay it flat.

2. Turn the square over so that the writing is on the back. Fold all four corners into the centre.



3. Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



4. Fold the square towards you in half.



5. Push the top corners towards the centre



6. Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the puzzler.

Coping With Change

Take part and ask your parent, carer, neighbour, grandparent or older siblings...

'What was it like when you went to secondary school?'

'What do you remember?'

Cut out the puzzler below or get creative and make your own!

Cut along dotted lines 





It is important to remember that there are a lot of things which will stay the same when you start secondary school. For example: *'My favourite food will still be sausages!'* *'My brother and I will still play football together after school'...*

What will stay the same for you?

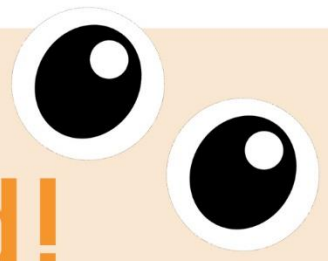
Now take a moment to talk together about what primary school is like and what you think will be different at The Hinckley School? You can write or draw examples in the box below.

What will change for you?

"Every success story is a tale of constant adaption, revision and change."

Richard Branson

Look Ahead!



Looking ahead to joining The Bridge, talk to your family about the exciting changes you will all experience over the coming months. Listen, think and share what these changes mean for each member of your family.

Change can make you excited or a little nervous, use the bubbles on this page to record you and your family's thoughts.

Are they the same or different?

We are looking forward to...

You...

Your Family...

We are a little nervous about ...

You...

Your Family...

Now talk to your family about what you have written. Is there anything you could do together to feel better prepared?

Write any solutions you come up with in the space below...



Remember and Reflect



School memories, from both primary and secondary, are ones that you and your family will treasure forever. So, it is important that you take some time to reflect upon your experiences, achievements and memories together to mark the end of your primary school journey. Leaving primary school is a big milestone, so hunt out drawings, certificates, photos and awards and celebrate your achievements.

Tell your family about...

- Your first primary school memory
- The trips and visits you took part in
- The after-school clubs you enjoyed
- The funniest moment
- Your friends at primary school
- Your favourite subjects and teachers

**Take a moment to ask your family
about their own primary school
memories too..**

Write your family's memories here...



I would describe my time at primary school as...

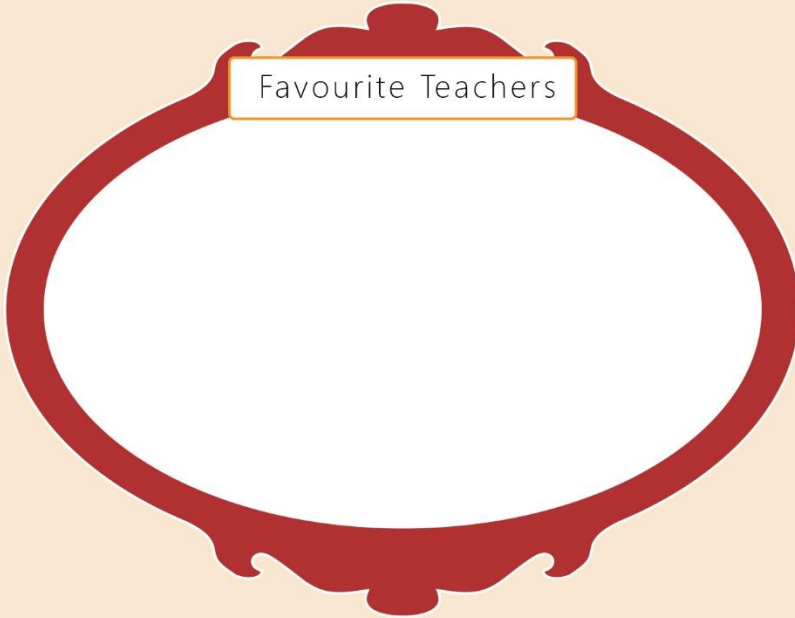
Use this box to write all the words which come to mind when you think of your time at primary school. For example: fun, friendly or even challenging.

Are there any words which you think will also apply to your first day at secondary school? If so, circle them in the box above.

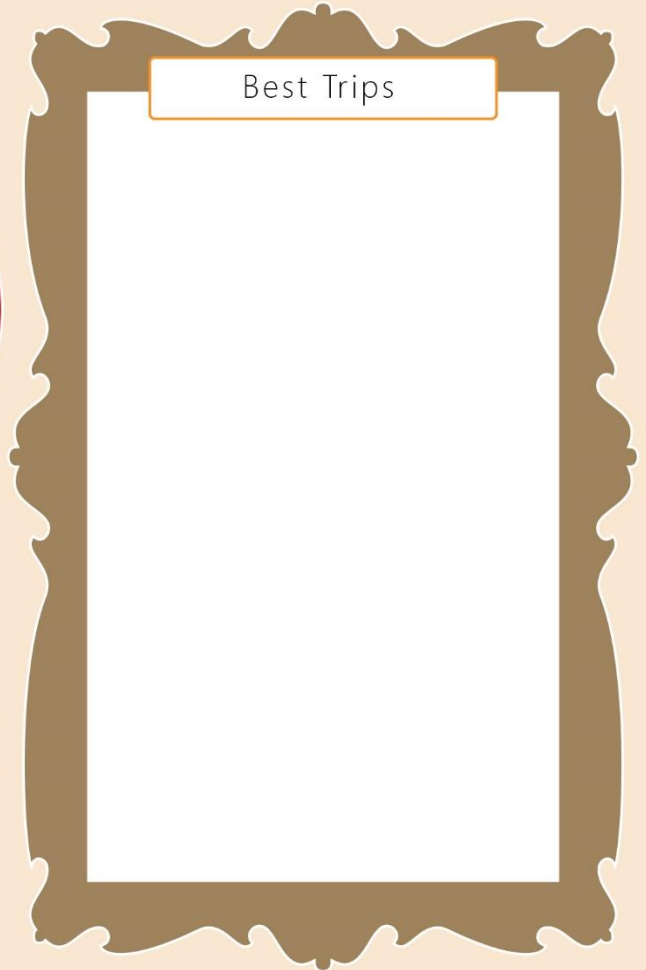
Memories

Use your certificates, photos and memories to fill in this memory page. Draw your memory in each box.

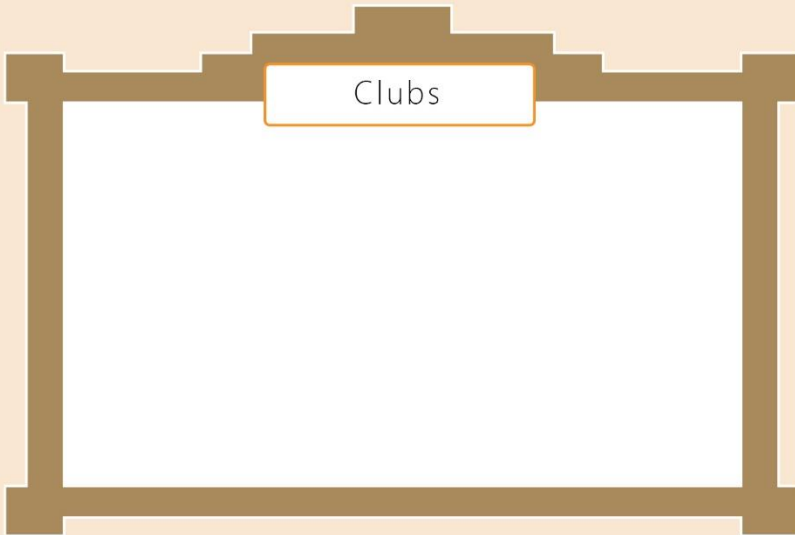
Favourite Teachers



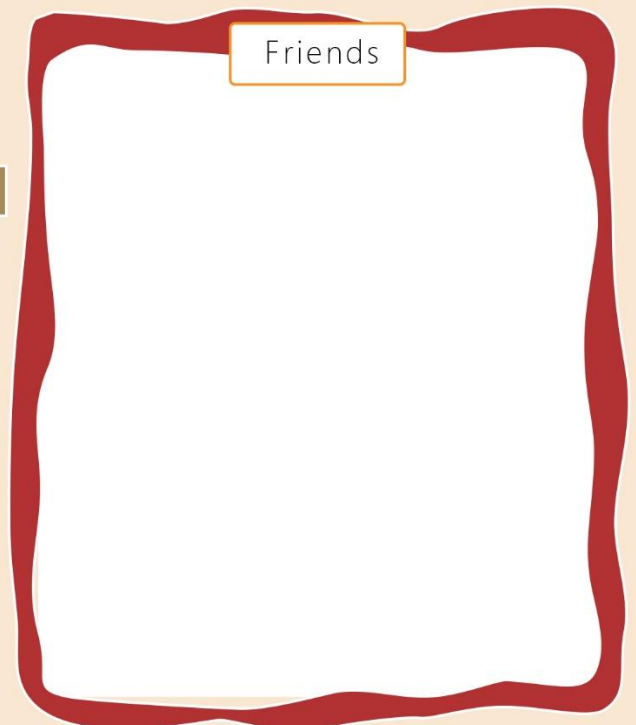
Best Trips



Clubs



Friends



Certificates & Awards



Thinking about
the year
ahead...

On the road map below, write down events or things that have happened since you found out that you would be joining The Hinckley School.

What has happened recently and what are your hopes?

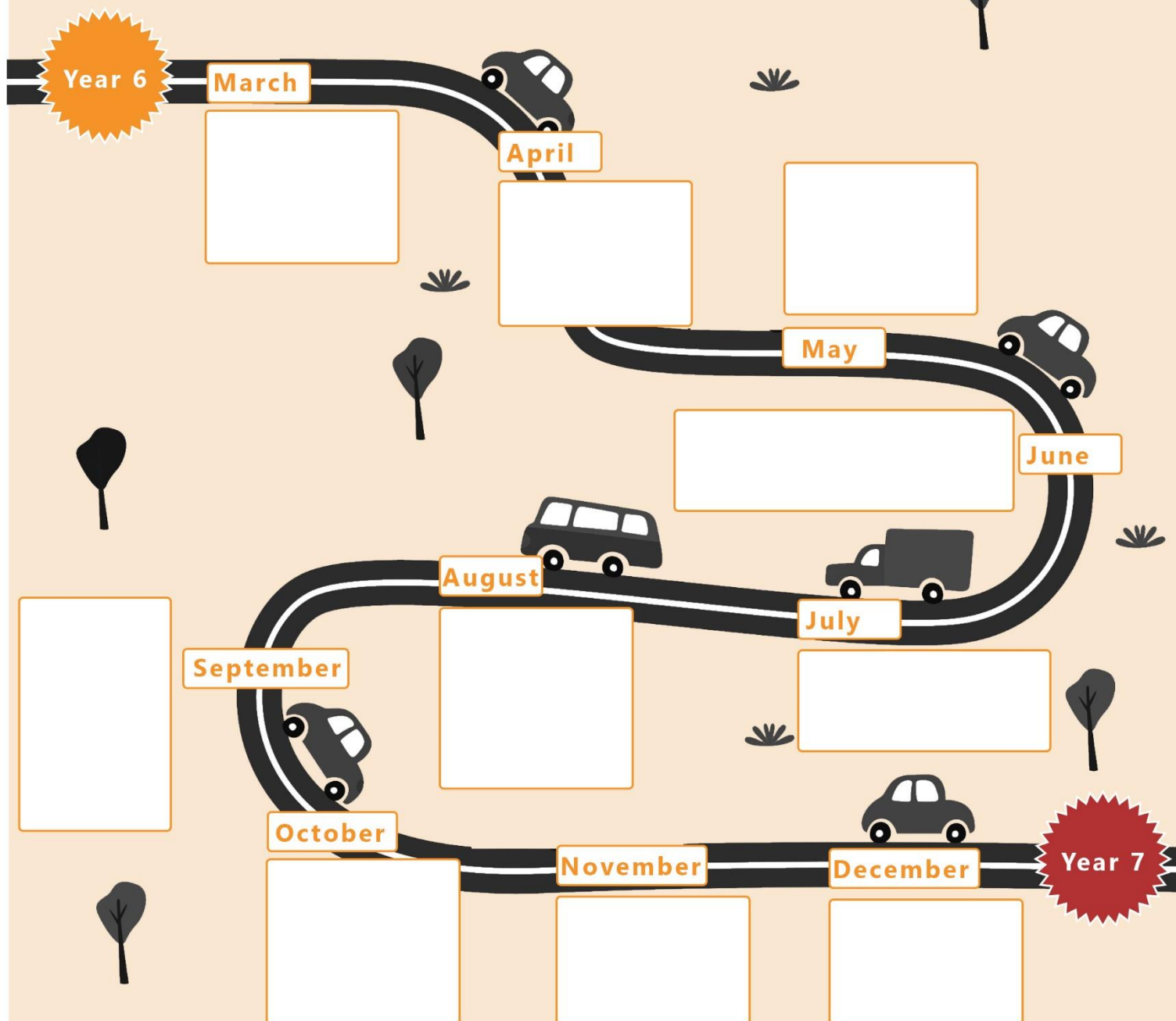
What has happened at school or at home and how have you felt?

As well as thinking back, let's look ahead...

Is there anything you know will happen at home in the summer holidays?

Upcoming transition events at secondary school?

Write these on the road map too.



Planning Ahead



Now you have reflected on your primary journey, let's look ahead and get excited about the new things to come!

Your routine will change when you start secondary school, you may need to get up at a new time or organise your morning in a different way. However, this is great opportunity to take ownership of your own routine and build your independence.

Talk as a family about your current morning routine, is there anything you think will stay the same? If so write it in this box.



Our five top tips for a super smooth morning routine are...



Print your timetable and put it up in your room or on the fridge, this way you can check quickly what you have the next day.



Pack your bag the night before, using your timetable to help you.



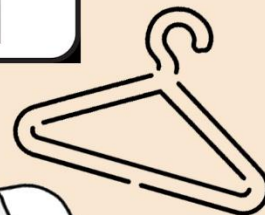
Lay your uniform out ready the night before - this makes sure there aren't any frantic rushes trying to find things in the morning!



Don't hit the snooze button!



Leave the house with plenty of time for your journey to school - no one likes rushing.





Taking pride in planning your own personal daily routine is really important. Use the table below to assign a time to each daily task. Discuss as a family how long you think each thing will take as you work down the list.

Planning Your Morning Routine...

Activity/Task:	Time:	
Wake Up Alarm Clock Set For	:	am
Washing	:	am
Getting Dressed	:	am
Breakfast Time	:	am
Brushing Teeth	:	am
Leaving for school	:	am
Meeting friends or transport links	:	am
Arrive at School by	8 :	20 am

Why not give your routine a practice run?

From setting your alarm to leaving at the right time, practicing your morning routine before your first day can really help.



PM

Planning Your Evening Routine...

Activity/Task:	Time:
End of School	3 : 00 pm
After School Clubs/Activities	: pm
Arrive Home	: pm
Learning Preparation/Homework	: pm
Evening Meal	: pm
Leisure/Family Time	: pm
Packing Your Bag For The Next Day	: pm
Brushing Your Teeth/Getting Ready For Bed	: pm
Bedtime	: pm

Ensuring you plan a sensible bedtime is really important. Sleep allows our brain to rest and recharge, ready for another exciting day of learning. It also aids our concentration and benefits our mood.





When you start secondary school, it is important that distractions don't hinder your progress. We all love technology, however sometimes too much screen time can get in the way of preparing for the next day and family time.

Talk as a family and agree on how much time you will spend on screen and how much to keep safe. Make an agreement together and think about:

- ✧ Hours watching television
- ✧ Being on the phone at mealtimes
- ✧ Playing video games
- ✧ Use of social media
- ✧ Giving yourself an hour away from screens before bedtime
- ✧ Hours watching Youtube

Screen Time Agreement

1.

2.

3.

4.



Did you know that
The Hinckley School
is a 'Phone Free
Zone'?

If you bring your phone to
school it must remain
switched off in your bag
all day, to help you focus
on learning.

Planning Ahead



Now let's visualise your perfect first day at secondary school... *You wake up on time... you enjoy your favourite breakfast...you are confident...you are made to feel welcome by friendly staff... you begin to make new friends... you enjoy your lessons...*

What do you think the ingredients are for a fantastic first day?

Write them on the recipe card below.

RECIPE

My Recipe for a Fantastic First Day at The Bridge...



Don't under estimate the power of positive thinking and visualisation. Imagine your perfect first day and make it happen!



TheBridge

At The Hinckley School



CONGRATULATIONS!

**You have now successfully completed your
Transition Journal and are equipped with tools
and ideas to support your transition to The Bridge
at The Hinckley School!**

You can use this booklet over the coming months as a helpful resource to remind yourself of the activities and your family discussions.

We can't wait to welcome you to The Bridge at The Hinckley School. You have so many exciting things to look forward to!

If you need any additional support, please do not hesitate to contact a member of our team.

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The Hinckley
SCHOOL





The Hinckley SCHOOL

Are you ready to start your seven-year journey?

