




Key Stage 2 Weekly Learning		
Year 6 Elm and Oak	Theme: Transition and All About Me	Week beginning: 13/7/2020
<p>This is the last home learning for this school year. We hope you have enjoyed all the activities we have given you. We have enjoyed reading and seeing photos of all the amazing things you have been doing over this time. For the final Home Learning we want you to focus on some of the weekly regulars and also reflect a bit about yourself and Cherry Tree School.</p> <p>We wish you a very happy and healthy summer holiday and the best of luck next year!</p>		
Wake up & Shake up	Exercise with Joe Wicks (online videos), go for a walk, run or dance. You could also have a go at some Cosmic Yoga to focus your mind for a day of home learning.	
Reading - 10- 20 mins	Continue to enjoy reading books from home, school or online. Keep a book diary of what you manage to read over the 6 weeks holiday - do you think you could do a book a week?	
Maths- 20- 30 mins	Using online resources, test yourself on all the areas of maths you have looked at this year. Which areas do you feel confident on? Which do you know you need to focus on next year?	
BREAK	Eat a healthy snack, exercise or relax with some mindfulness. You could use some of the techniques that we have	
Times Tables- 10 - 15 mins	Log on to Time Tables Rock Stars or a similar Maths website to practise your tables. Complete some of the sessions that have been set for you.	
Spelling- 5 - 10 mins	Test yourself on 20-30 random spellings from the past few months. Have you managed to learn them all? Extension: put these spellings into a short story.	
Writing	Attached is a transition booklet for you to complete. This is designed to help you research your new school and think about your feelings about next year. It is a great resource to help you prepare. Remember to share your feelings with a trusted adult or sibling - they will be a great help.	
Our School Value	 <p>Our school values reflect the happy school we are. They ensure we can all work together, supporting one another and therefore achieve our best.</p> <p>What is your favourite thing about Cherry Tree school?</p> <p>What do you value the most? What is your best memory of school?</p>	



We have absolutely loved teaching you Year 6 and will miss you very much. Good luck! Keep in touch!





Nombre:

Fecha:

Our last lesson - I'm going to miss you all so much... Good Luck in your new schools please keep in touch and write to let me know how you are getting on. Don't miss the online survey I'd like you to complete and my tribute to you below.

As a favour I have done a lot of this work for you. Had we been in class we would have chatted and I would have signed your shirts and diaries. If you want - Have a go at reading the poem and do B.

En la ciudad (In the town)**A** Read the poem and identify the missing words.


La  tiene 	(un) <u>balcón</u>	(una) <u>dama</u>
la  tiene 	(un) <u>caballero</u>	<u>por qué</u>
	(una) <u>flor</u>	(una) <u>torre</u>
	plaza	

B Underline the correct form of the adjective:

1 la plaza <u>gris</u> / <u>grisa</u>
2 el <u>balcón</u> negro / <u>negra</u>
3 la <u>dama</u> joven / <u>anciana</u>
4 el <u>caballero</u> roja / <u>rojo</u>
5 la <u>flor</u> blanca / <u>blanco</u>

C Read the poem aloud. How well can you memorise it?

D Antonio Machado is the author of this poem. Find out 3 facts about him / his work.



31

If you do want to research my Spanish Writing Hero like our Shakespeare look up **Miguel Cervantes** now there is a legend of a man! And this version of Don Quixote is hilarious.

<https://www.youtube.com/watch?v=VzYkHuE0OPA>

This is a Poem written by Antonio Machado.

The town square has a tower, the tower has a balcony, the balcony has a lady, the lady a white flower. A gentleman passed by. Who knows why! And he has taken the square with its tower and its balcony with its balcony and its lady, its lady and its white flower.

La plaza tiene una torre, la torre tiene un balcón, el balcón tiene una dama, la dama una blanca flor. Ha pasado un caballero.

¡Quien sabe porque pasó!

Y se ha llevado la plaza con su torre y su balcón con su balcón y su dama, su dama y su blanca flor.

D] Personally I wasn't overwhelmed by the poem. But he was a very famous Spanish poet, playwright and teacher. Born 1875 and died 1939. His poetry is still studied in Spanish schools as it was very much about the landscape and culture of Spain.

B] -Do try matching the correct form of Spanish adjective

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h.uk

Our Initial thoughts on Spanish Culture

At the start of this year we asked 240 Cherry Tree Pupils their opinions about Spain.

15% said correctly that Spain had a King and Queen but no one knew their names.

25% said Spain had a King only. 25% thought Spain had a Queen only and 35% didn't think Spain had any royalty.

90% said correctly that Spain does have a Prime Minister - no one knew his name though.

99% thought Spanish was spoken in more than one country. Lots of pupils correctly named other countries in South America as Spanish speaking, but lots thought Portugal and Brazil were Spanish speaking countries too.

100% of pupils mentioned that the Spanish landscape was sandy and beach like. They also mentioned that the weather in Spain was mostly sunny and hot.

Please complete the online Survey so we can see if your views have changed over this academic year.

<https://www.surveymonkey.co.uk/r/TLK92JY>

It has been a very strange year hasn't it?

I will miss teaching you Spanish I have absolutely loved it and enjoyed every day. I am now needed in Nursery and so will be working there next year on Thursdays and Fridays.

Be sure to say 'Hola' if you see me around school.

Have a good Summer - Best Wishes Miss Cocks

Student name	
Primary School	
Secondary School	
Outreach worker	

Chessbrook ESC



Student Booklet

Secondary Transition and Resilience Tools

Chessbrook Education Support Centre, Tolpits Lane, Watford, WD18 6LJ
admin@chessbrook.herts.sch.uk
Telephone: 01923 212025

Summer Term & Secondary Transition

The Summer term when you prepare to move on to secondary school usually brings up a mixture of feelings. Often, there's excitement and celebration with your friends, knowing that you're finishing year 6, and you know deep down you're ready for a bigger adventure. Equally, you're not quite sure what that adventure looks like! You might have a few worries or even lots of worries. Know that this is completely normal.

This year in particular has been very unusual for most people across the world. Lots of children have spent many weeks away from school and it has changed routines, created some extra worries, and altered how we do some things in everyday life. Sadly, it has meant that students preparing to move to secondary school in September have not been offered the same level of support they would normally receive. However, your new schools are aware of this and so your teachers and support workers will be making additional changes to what happens when you start secondary school, in order to help you settle in.

Let's remember:

- You have come so far and achieved so much in your education. Well done!
- You have already been managing a huge change in the way you learn this year. Dealing with this change helps prepare you for handling change in a positive way in future.
- It is completely normal to have a few worries when we feel uncertain about change – and you will be supported.
- There are extra things you can do, to help yourself feel more confident (below).

Worry Thoughts

Whilst it's completely normal to have some worries about starting secondary school, it's really helpful to know how to handle them. First of all, they are just thoughts!

Worry thoughts often look like 'what-if' questions (what if I get lost? / what if I struggle with the work? etc) and this is useful to know, because it helps us to recognise when we have worry thoughts.

It is said that worry is a bit like putting an umbrella up and waiting for it to rain. We can't be certain it's going to rain, and yet we have the inconvenience of holding the umbrella up, just

in case. If it doesn't rain, you realise it was a waste of time carrying the umbrella. A lot like worrying about things, just in case. Yet, when it does rain, and we don't have an umbrella, we always find a way to deal with it. Equally, whatever challenges arise in future, you will be helped to find a way to handle them at the time.

Up until this point, you will have encountered many challenges. Once we adjust to something new, we tend to forget how much we have achieved. From learning to tie shoe laces, brush your teeth, learning new information, maybe riding a bike, you have already jumped many obstacles. To remind yourself, list 5 challenges you have already moved through:

Knowing this, can really help us to understand worry. Sometimes however, we might still feel really worried. When this happens:

- Notice the worry (usually the what-if question).
- Remind yourself this is okay. It's normal to have some worries.
- Do some gentle, deep breathing. Breathing in and out slowly and deeply, being aware of your stomach rising and falling, as you breathe. Keep this going for about 30 seconds and notice what changes.
- Remember all those times that you have overcome challenges before.
- Remind yourself of some of the personal qualities you have to increase your confidence.
- Talk to someone who can help with this (perhaps a parent or teacher).

Support in Year 7

As you settle into your new school, there will be lots of support available. You will be able to speak with subject teachers, form tutors, heads of year, and pastoral workers. In addition, there are outreach workers who visit your school each week.

Outreach workers visit your school and work with lots of students as they settle in to secondary school. Sometimes this happens in the early weeks, but the support is available to students in all year groups. It is usually an appointment each week to address concerns or worries. You may be offered this support, or you may let your form tutor or head of year know if you feel you would benefit.

Enjoy the celebrations in your final term (whether these are on-line or in school). After such a long time away from school, the Autumn / Winter term will feel different for everyone. We are all in this together and there will be a high focus on helping you to settle in.

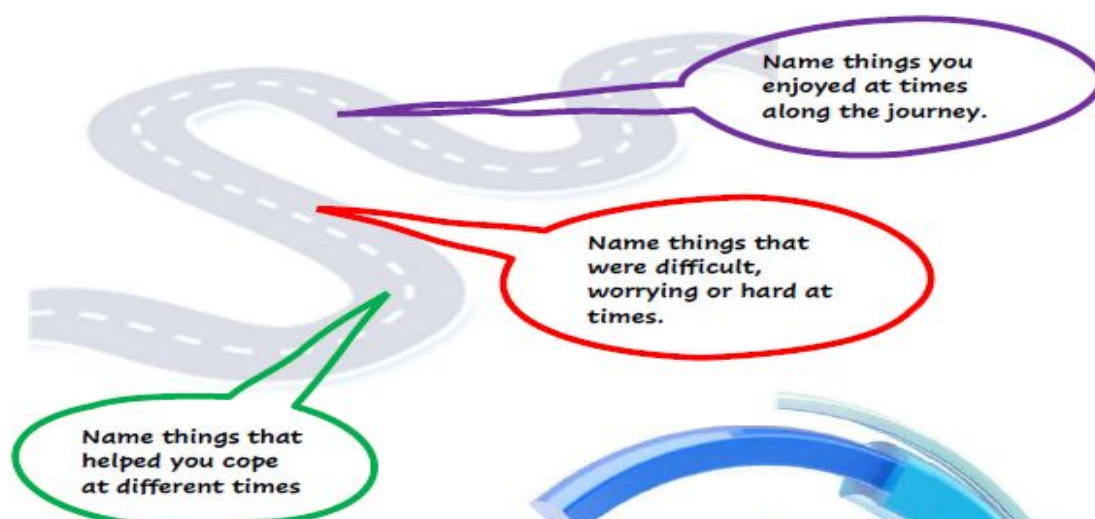
Meet The Secondary Outreach Team

			
<p>Maxine Clack <i>Bushey Meads</i> <i>Rickmansworth School</i> <i>Queens' School</i></p>	<p>Lisa Selmes <i>The Bushey Academy</i> <i>The Reach Free School</i> <i>Francis Combe Academy</i> <i>Parmiters</i></p>	<p>Amanda Pereira <i>The Bushey Academy</i> <i>The Reach Free School</i></p>	<p>Claire Emmerson <i>Westfield Academy</i> <i>St Michael's Catholic High School</i> <i>Queens' School</i> <i>Croxley Danes</i></p>
			
<p>Jo Turner <i>Watford Grammar School for Girls</i></p>	<p>Caroline Neale <i>Watford Grammar School for Girls</i> <i>Watford Grammar School for Boys</i> <i>Parmiters</i> <i>Croxley Danes</i></p>	<p>Michelle Proud <i>St Clement Danes</i> <i>St Joan of Arc</i></p>	<p>Alex Briton <i>Bushey Meads</i> <i>Francis Combe Academy</i> <i>St Michael's Catholic High School</i></p>

We acknowledge that there are likely to be additional anxieties, for both parents and students, linked to the current COVID-19 pandemic. Chessbrook is working very closely with all local schools in order to offer as much support as possible during this challenging time.

My Lockdown Journey...

Use the road on the next page to map out things you have experienced during lockdown. They can be small things like going on a bike ride or bigger issues like worrying about a grandparent, feeling lonely etc. You can write or draw. Choose colours that match how you felt at different times.



When you have finished, take a look at your lockdown journey.

Name some of the things you are proud of.

e.g.

- * I talked to someone when
- * I was worried,
- * I won a zoom quiz,
- * I played Houseparty with my friends,
- * I helped someone,
- * I learnt how to do a wheelie or flip on a trampoline
- * I watched a whole Netflix series
- * I completed school work

Mental Boost:

Moving to secondary school is all about adjusting to changes.

You have already had to adjust to huge changes this year in the way you live, see friends, learn etc.

This means that you have already started growing in the skills you need to move to year 7!

My Lockdown Journey...



What are looking forward to?



•
•
•



My.....told me about lockdown. I felt.....



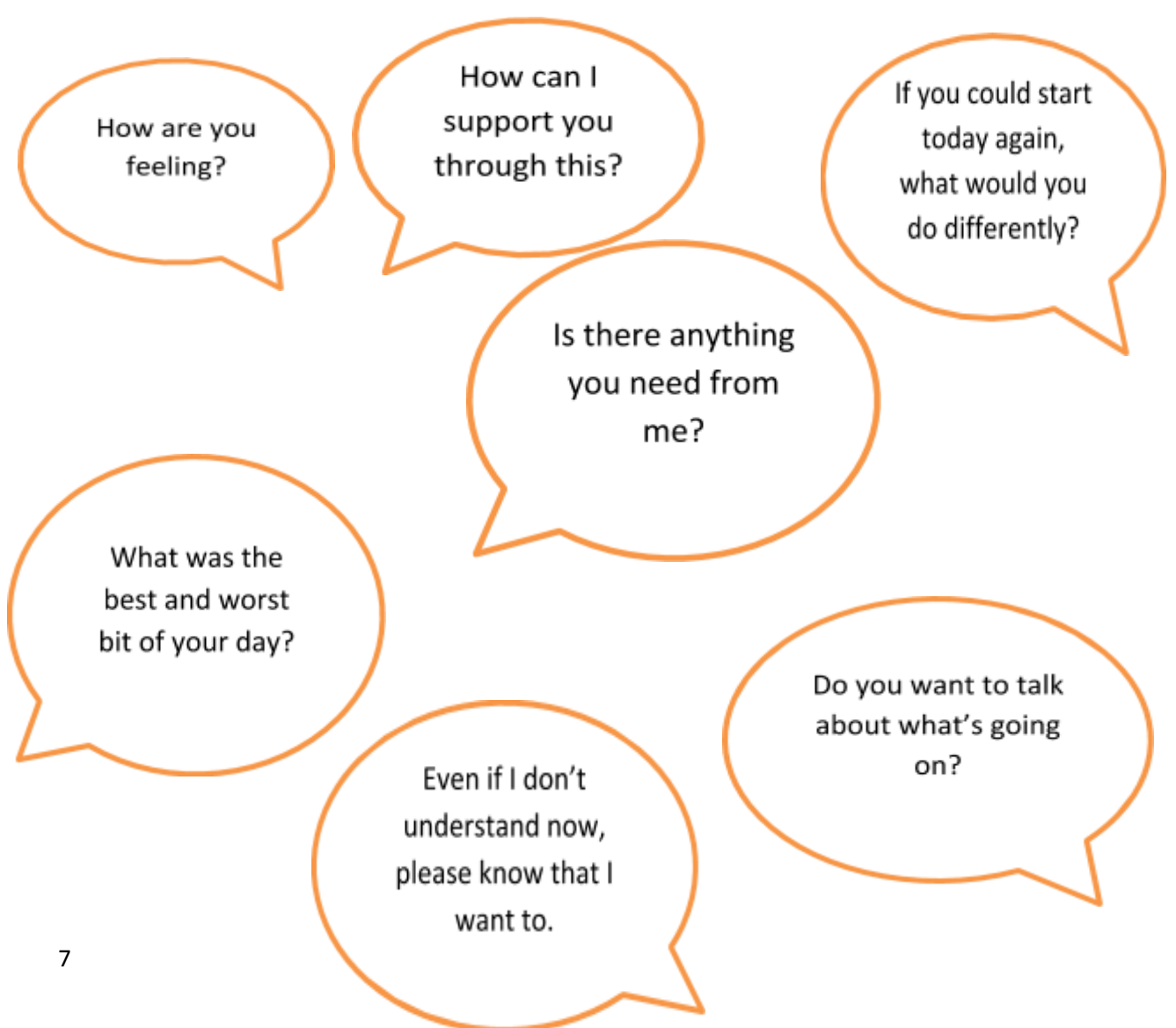
September 2020 Transition

Message to adults and students:

The transition from primary to secondary school is an extremely important stage for students. For many, this progression can be a very exciting time to learn new skills, to meet new people and develop independence; however for others these changes can often lead to feelings of great anxiety, fear and uncertainty.

This booklet has been developed to explore some of those difficult feelings; the various activities are designed to give you and your child the opportunity to discuss their worries, to aid preparation and to build resilience.

Transition concerns conversation starters...



How are you feeling?

How can I support you through this?

If you could start today again, what would you do differently?

Is there anything you need from me?

What was the best and worst bit of your day?

Even if I don't understand now, please know that I want to.

Do you want to talk about what's going on?

About me

Attach a favourite
photo of yourself or
draw a self portrait

Name or nickname:	Birthday:
Height:	Eye colour:
Favourite food:	Best job in the world:
Favourite colour:	Pets:
Best achievement:	Best place I've visited:



What is your happiest memory from
Year 6?

Draw a picture and write about it by
annotating your picture

My new secondary school

Name of school:	
Address:	
School telephone number:	
Name of Head Teacher:	
Number of pupils:	
How far away is the school?	
How will I get there?	
School starts at:	
School finishes at:	



Equipment and preparation

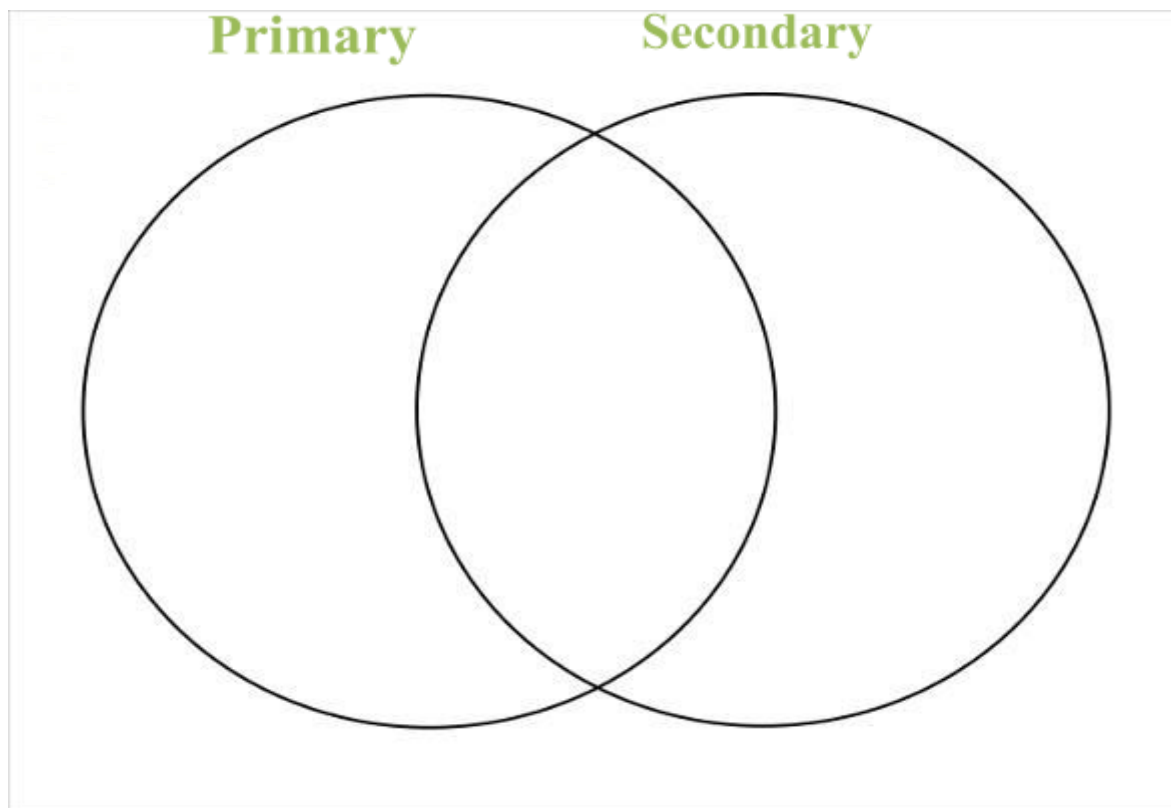
Every day you will need to take equipment to school to write, to draw, to measure etc.

In the box below draw what you think you need to pack in your bag. you can discuss in your groups, research on your new school's website or ask someone who may know.

Similarities and differences

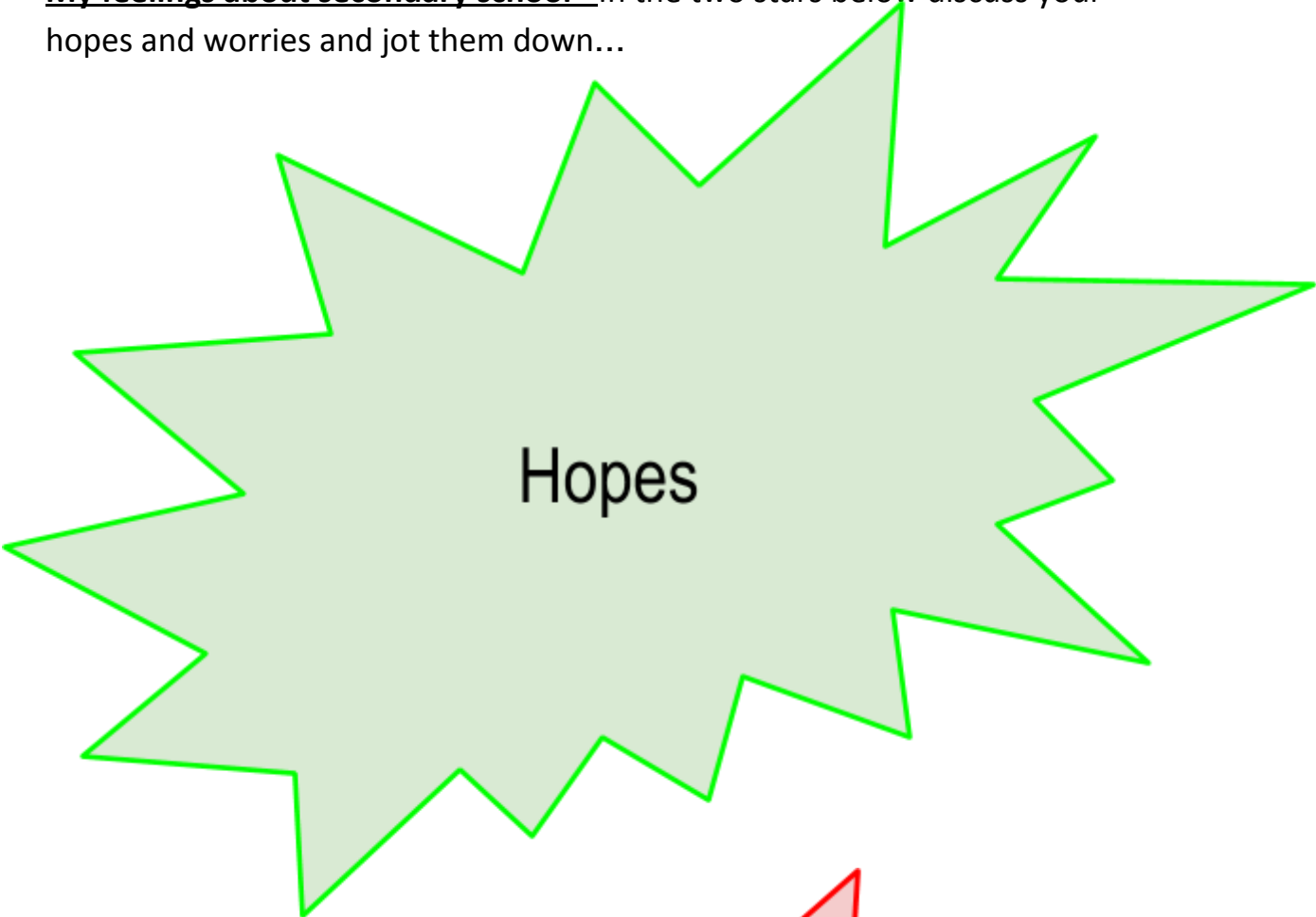
Using the lists in the boxes below, decide whether each item belongs in the **primary** or the **secondary** circle. You will notice that the circles overlap; in this space write all the things that you think you might find in **both** primary and secondary school.

What do you notice about your answers? Discuss these with an adult and/or your peers.
How do you feel about the answers? Are you surprised at anything?



Homework	Moving around buildings	Helpful adults
Uniform	Lockers	Assembly
Breakfast club	Rewards	Classrooms
Registration	PE kit	Trips
Form tutor	Sports day	Lunchtime clubs

My feelings about secondary school - In the two stars below discuss your hopes and worries and jot them down...



Hopes

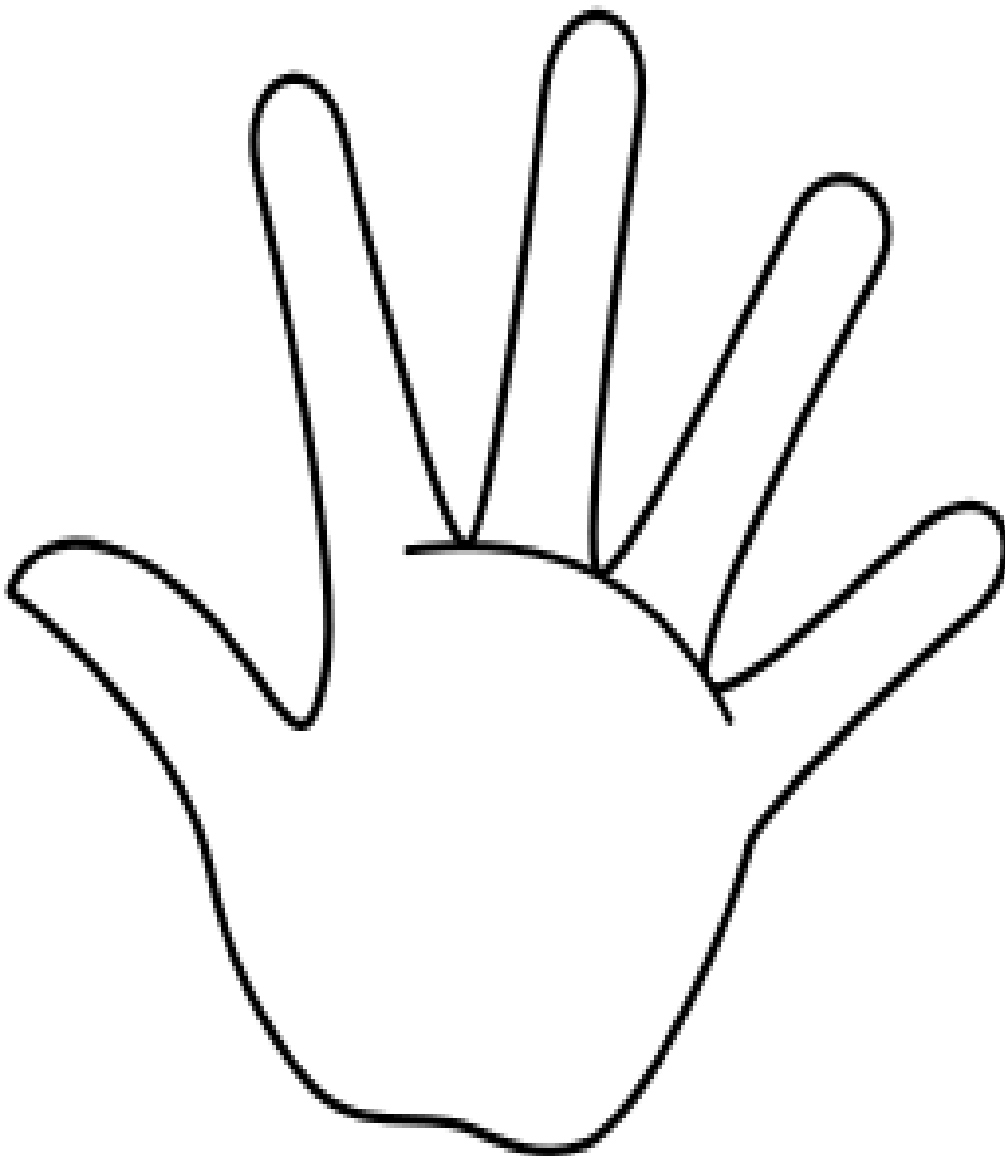


Worries

My feelings about secondary school

Who can help you with your worries and fears inside and outside school?

Complete the hand network below identifying people who you can turn to for support. The fingers and thumb represent people you can talk to or go to for help. You can also use the palm for other thoughts and ideas. Discuss this in your group or with your parents.



What makes a good friend?

What kind of friend are you?



Highlight **your** personal qualities:

ABOUT ME

Fun	Calm	Happy	Helpful
Brave	Intelligent	Kind	Patient
Reasonable	Funny	Patient	Polite
Tolerant	Quiet	Friendly	Confident
Warm-hearted	Trustworthy	Co-operative	Considerate
Thoughtful	Sporty	Affectionate	Responsible

When we think about friendships and the qualities that we like in others, it is also important that when we go to secondary school we recognise and value the positive qualities that **we** possess.

In this next activity below discuss in your group all the things that a good friend does and all the things that a good friend does not do.

Things a GOOD friend does	Make two lists	Things a GOOD friend doesn't do

How do you rate your skills as a friend?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Not good

Fair

Excellent

What skills do you need to improve?

Who can help you?

Three things I can do to improve my communication skills as a friend are:

1.

2.

3.

My character strengths

Think carefully about your strengths. Rate each one on the scale below to identify your top strengths.

1. I love learning and finding out new things.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Never

Sometimes

Always

2. I am brave and can face up to problems.

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Never

Sometimes

Always

3. I finish off things I start even if it gets hard.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

4. I am kind to others and take care of them.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

5. I can control my feelings and behaviours.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

6. I make careful choices and don't take big risks.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

7. I am thankful for the good things that happen to me and say thank you.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

8. I work well in a team and am loyal to the group.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

9. I am creative and think of new ways to do things.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

10. I am responsible for my actions and don't blame others.

0	1	2	3	4	5	6	7	8	9	10
Never			Sometimes					Always		

Reflection

Discuss in your group/ or with an adult the following:

1. Your **top** strength.
2. Identify a strength you'd like to build on and how you could do so.

1	
2	

Belonging

Think about activities and events you can get involved in at school and in your local community:

Name one club you would like to belong to:

Name one sport or activity you like or would like to take up:

List two ways you could help out at school:

List one way you could get more out of your tutor group:

Why do you think being part of a group would help you cope better with school life?

Problem solving & finding solutions

Match the questions to the correct answer.

Will I have to carry all my books and equipment around with me all the time?	Your secondary school will have lots of information about your learning and you will be grouped into classes accordingly. Remember to always ask for help in lessons. If you are still worried, check your hand network to see who you can turn to.
I get extra support with my work in primary school; will I have the same at secondary?	There will be lots of exciting new subjects at secondary school. Don't worry if you don't like all of them at first, just try your best!
What if I don't get on with one of my teachers?	Your subject teachers will give you homework and you will need to organise your homework diary to know when your homework is due in. The amount of homework will vary from school to school but roughly in Year 7 you can expect approximately 40 minutes per night.
How much homework will I get?	You will have the option to have a locker to store your belongings but you will need to be responsible for making sure you have the correct books, equipment and/or tablet for each lesson.
I feel worried about starting lots of new subjects. What if I don't like them?	Not everyone will get on with their teachers. Just like everywhere in life you will meet people who you get on better with than others. It is important to remember to treat teachers with respect and in turn you also have the right to be treated fairly and equally.

Getting to grips with your timetable

Imagine if this timetable were yours...answer the questions below

Y7CM		1 9.15 to 9.55	2 9.55 to 10.45		3 11.05 to 11.55	4 11.55 to 12.45		5 1.45 to 2.35	6 2.35 to 3.25
Monday	Daily Assembly Time (8.00 – 8.15)	Literacy	English	Break time (10.45 – 11.05)	Maths	ICT	Lunch time (12.45 – 1.45)	PSCHE	Geography
Tuesday		English	Art		French	Science		Design Technology	
Wednesday		Literacy	DT		Art	Drama		ICT	Science
Thursday		PE	Maths		RE	English		History	PSCHE
Friday		Literacy	Maths		Art	Science		PE	

1. What lesson do you have on a Monday morning, period 2?

2. What does PSCHE stand for? _____
3. How many lessons of literacy do you have a week? _____
4. How many PE lessons do you have? _____
5. What kinds of activities do you imagine you would do in DT?

6. What lesson do you have after RE on Thursday? _____

Feeling healthy and stressing less!

At times we can all feel stressed and tired. It is important that when we are going through such a big change that we focus on trying to keep both our bodies and minds healthy. In each of the boxes put an A, B or C next to the statement.

A= never

B= sometimes

C= always

I have a good breakfast		I get enough sleep		I have a hobby I enjoy	
I play sports		I drink lots of water		I manage my time well	
I watch TV		I have friends who care about me		I eat chocolate and sweets	
I build happy memories		I look for positives in life		I talk to my parents	

Try to identify some changes that would help make your life healthier and write them below:

Now that you have worked through this booklet, try to think about the following points about starting secondary school:

- The thing I'm most excited about is:
- The thing I'm most worried about is:
- The subject I'm most looking forward to is:
- The subject I'm most worried about is:
- If I have any questions or worries, I can talk to:

We hope this booklet has been helpful to you. It is yours to keep, so you can look through it again to remind you of some important things to remember. Good luck in year 7 and remember there is always someone to talk to!

Resources for additional support and signposting:

- Young Minds – the UK's leading charity for children and young people's mental health <https://youngminds.org.uk/resources/>
Young Minds Parents Helpline: 0808 802 5544 parents@youngminds.org.uk
- ELSA Support is a website which provides downloadable resources that support the teaching of emotional literacy.
<https://www.elsa-support.co.uk/about-elsa-support/>
- <https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>

Use this space for questions that you want to ask your new teachers when you see them face to face.

