

STRONG START RESPONSIBILITIES

- **NO FUSS ALLOWED**
- Place journal on desk.
- Complete the Do Now activity in silence.



DO NOW

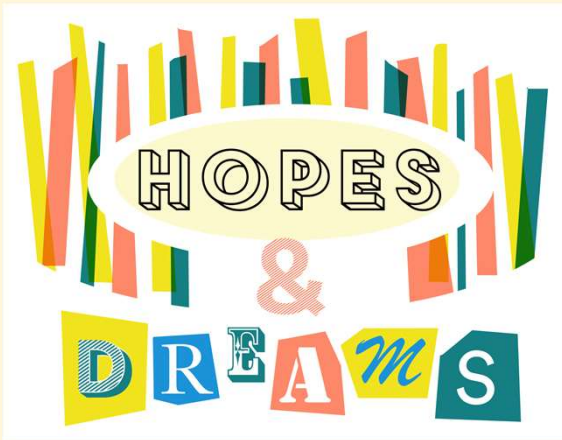


What are your hopes and dreams for secondary school?

You will be there from when you're 11 to maybe 16 or 18 years old. A lot will change in that time.

In your workbook, write down your thoughts about the following:

- What do you hope you will achieve?
- What kind of person do you hope you will become?
- Write down three words that you hope people will say about you.



Aspiration- Aim to achieve a Steps to Success grade 1



Date

Title: Hopes and Dreams



Objective: What are we learning?

To think about how our hopes and dreams can help us achieve our potential

Purpose: Why is it important?

Resilience is a life skill and children who develop resilience are better equipped to learn from failure and adapt to change.



Keywords

Resilience

Perseverance



Keystone words



Dream big and dare to fail.

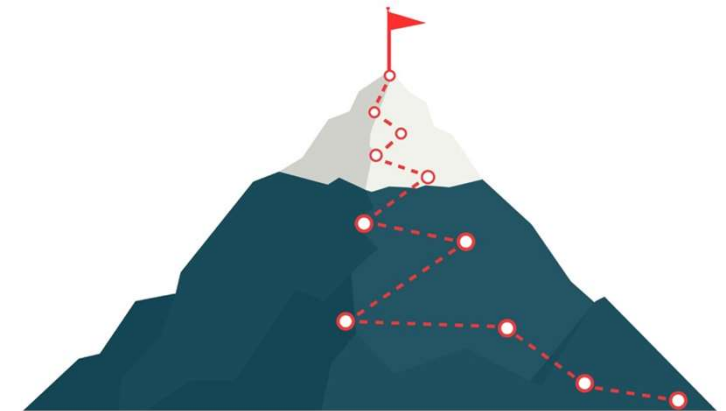
What does it mean?

Don't be afraid to
take a chance!

Be fearless!

Take a risk!

Don't be afraid
to give something
a try!





Are you scared of failure?

What are you worried about 'failing' in secondary school?

Some Year 6 students say that they are worried about some of the following:

- not making friends
 - not being able to do the work
 - that they won't know where to go.
-
- Think of something that didn't go as planned - what did it teach you?

IF YOU FAIL,
NEVER GIVE UP
BECAUSE
F.A.I.L. MEANS
**FIRST ATTEMPT
IN LEARNING.**

Big Life Journal - biglifejournal.com

Each one of us will be scared of failure at some point in our lives BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.



Why do we fear failure?



You don't want to feel stupid.

You don't want to be teased by others.

You don't want to disappoint yourself or others.

You don't want to be a 'loser'.



As you go to secondary school, you might worry about not getting things right.

- I'm worried about not knowing what to do.
- I am worried about getting lost.
- I am worried about not doing well on tests.
- I worry that I won't make friends.
- I'm worried I am going to say or do the wrong thing.

Not all of these things would mean you had failed. You can always start again and keep trying. It is completely natural that you might be worried.

Everyone is there to help you!



How can you see 'failure' differently?

- Start to see failure as an incredible learning experience.
- Learn a lesson each time you fail.
- Know that mistakes can help you grow and move forward.





Task:



Write a letter to your future self about how you are feeling about High School.

You might include:

- Any worries that you might be feeling
- The things you are looking forward to at Hazel Wood
- Your hopes and dreams
- Your proudest moment from Primary School
- What advice might you give yourself about starting something new?



PLENARY



END OF LESSON RESPONSIBILITIES

- The teacher will pull the learning together towards the end of the lesson. This is called the plenary.
- There will be a discussion/ activity/ assessment of main points learnt today.
- Teacher will award you their final steps to success grades.
- Achievement points will be awarded at this point for excellence in the classroom/lesson and homework.

Reflection Time:

Don't be afraid to fail and here is how...

- Change your attitude about failing.
- Remember that we have to make mistakes to learn.
- Understand that some things in life are hard and take work.
- Keep a positive mind, even when you get setbacks.
- Try and try again.

How will you use this tips as you prepare for High School?



Homework

Complete Week 2 of the '5 a Day Transition' sheets by completing the activities Mrs Davison (Head of Year) will collect these from your year 6 teachers.

Hazel Wood High School – 5 a day Transition					
Week 2					
Activity	Preparation for secondary school	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to our school (Use the School Website) https://www.hazelwoodhigh.co.uk/
Monday	From your alarm going off, how long will it take you to get up and be ready to set off to school? This will help you prepare for your morning routine and be on time.	Write down something kind you have done during lockdown that could be discussed with a friend when we start school.	English: Choose one of the books from the transition book list to read and write a review.	Mini Work Out: 25 sit ups 25 star jumps <u>1 minute</u> jogging 25 press ups 25 squats	What multi-academy trust is Hazel Wood part of? Can you name the other two schools?
Tuesday	Write down three questions that you want to ask on your first day.	What is the kindest thing you have seen / heard / watched someone else do this week?	Maths: How many mm in a cm and a m? How many cm in a m? How many km in a m? How many g in a kg? Convert the following from g's to kg's? 200g, 155g, 31g, 735g	Mini Work Out: 25 burpees 25 jumping jacks <u>1 minute</u> skipping 25 bicycle crunches 25 high knees	What extra-curricular activities are on offer? Write a paragraph explaining which ones you would like to join and why
Wednesday	Make a list of the equipment you need for your school bag. What thing have you already got and what do you need to buy?	Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking about them.	Science: Can you research the life cycles of a plant and an animal of your choice? What is similar and different about the lifecycles?	Mini Work Out: 25 squat jumps 25 high kicks <u>1 minute</u> mountain climber 25 bicycle crunches 25 high knees	What is the school address and telephone number?
Thursday	What items of school uniform will you need for September? Check out the uniform section in the welcome booklet especially the section on shoes.	What are your three proudest achievements so far that you could share with your new form and form teacher?	Art: Choose a famous artist – create a factfile about them and replicate one of their famous pieces – can you explain why you like it?	Mini Work Out: 25 squat jumps 25 lunges <u>1 minute</u> plank 25 high knees 25 sit ups	What are the school values? What do these words mean?
Friday	Write down <u>your</u> after school/weekend routine for September. For example: Tuesday – STEM club, Wednesday: Homework Sunday: Family time	Write down three conversation openers that you could use to introduce yourself to a new friend when you start at Hazel Wood. For example: I really like your hair style, <u>How</u> are you feeling today? My name is...	Geography: Locate the different countries, continents and oceans on a world map. Can you label <u>where the</u> equator would be? You can use your map from the Spanish task last week.	Mini Work Out: 25 bunny hops 25 star jumps <u>1 minute</u> climb 25 sit ups 2 minutes jogging	Use the website to find out the names of three English teachers



END OF LESSON RESPONSIBILITIES

- Stand behind your chair ready to leave when asked, remain silent.
- Leave the room when dismissed by the teacher, it may be in rows or one by one.
- Teachers will sign reports at the door.
- Go quietly and sensibly to your next destination.

RESPONSIBILITY

RESPECT

ASPIRATION