

## STRONG START RESPONSIBILITIES



# DO NOW



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

1. What issues might you come across?
2. What advice might you offer?
3. Who would be able to help you?

Answer these questions in your workbook

Dear Deidre...

I have some issues at school, but don't know what to do. Can you help me?

Aspiration- Aim to achieve a Steps to Success grade 1



Date

Title: Bouncing Back



Objective: What are we learning?

To understand that sometimes things will go wrong  
To develop ways to 'bounce back'

Purpose: Why is it important?

This is an important skill to learn as not everything will always go as planned - you will make some mistakes and you need to know how to learn from them.



Keywords

Self sufficient

Mistake



Keystone words



**At secondary school, you will make mistakes because that is how you learn and because you are just getting the hang of things.**

1. You might handle a disagreement badly.
2. You might get offended more than you should.
3. You may fall out with people occasionally.
4. You might not score 100% on a test.
5. You might forget to hand your homework in on time.
6. You might not bring the right equipment.

These are opportunities to choose the correct mindset and turn these mistakes into learning experience.



# Are you....



## Kind to yourself?

- You are going to have days where you feel fed up and times when you are upset.
- You may panic about the future.
- You may feel overwhelmed.

## Kind to others?

Everyone has worries and sometimes people don't want to talk about them, but we can make a **HUGE** difference to the lives of other people with **KINDNESS**.

Now think about what you can do to be kind.  
How many of these things do you do already?  
Which ones that you would like to do more of?



## Dear Deidre...

I've just started a new school, and I'm finding it hard to make friends. I am really nervous and shy (which doesn't help!) and it is difficult being in lots of new lessons where I don't know anyone. Please help!

What advice could you give?





# What could you do?

- Join a club
- Speak to a teacher about different opportunities to meet new people.
- Ask your peer a question in the lesson - it might work as an ice-breaker!





## Dear Deidre...

When I am on social media, I see all my friends and people around me having these amazing lives. They go to fantastic places, eat the most delicious looking food and sometimes, I see that my friends have gone to new, cool places without me. I feel like they are all having more fun than me!

*What advice could you give?*

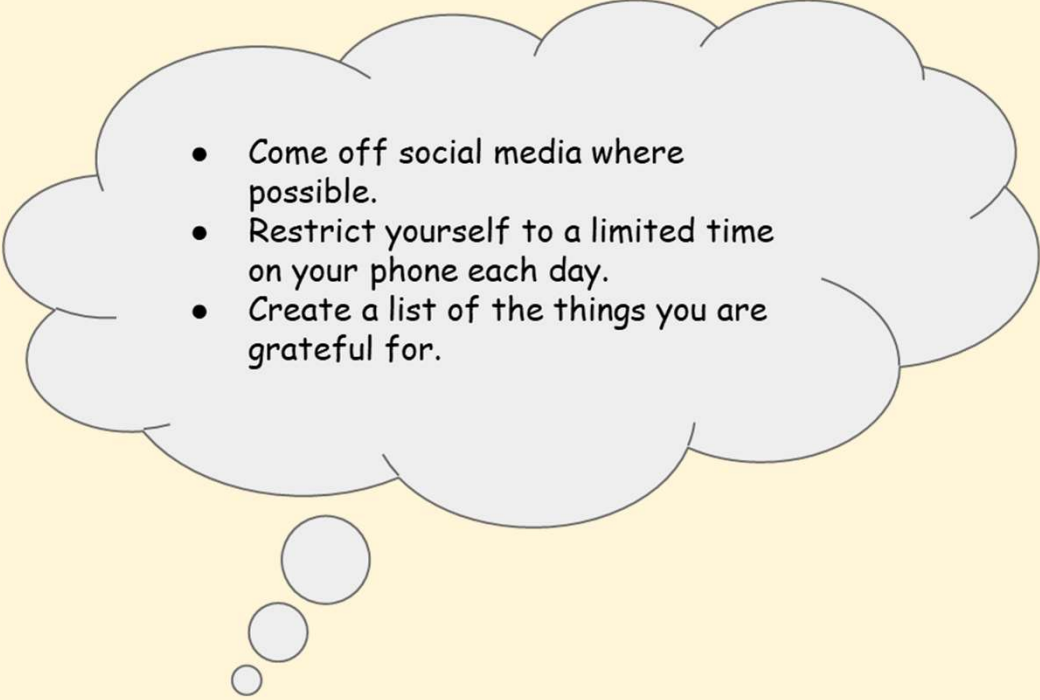




# What could you do?

Are there any other ideas?

Why is this so important?

- 
- A large, light gray thought bubble with a black outline, containing a bulleted list. Three smaller, light gray circles of decreasing size trail off from the bottom left of the main bubble.
- Come off social media where possible.
  - Restrict yourself to a limited time on your phone each day.
  - Create a list of the things you are grateful for.





## Dear Deidre...

I keep getting detention! I'm always forgetting my homework and my PE kit - I know I should remember it but I just don't think about it, until it's too late. I've spoken to my parents but they said I need to be more independent now! It's so unfair! What can I do?

What advice could you give?

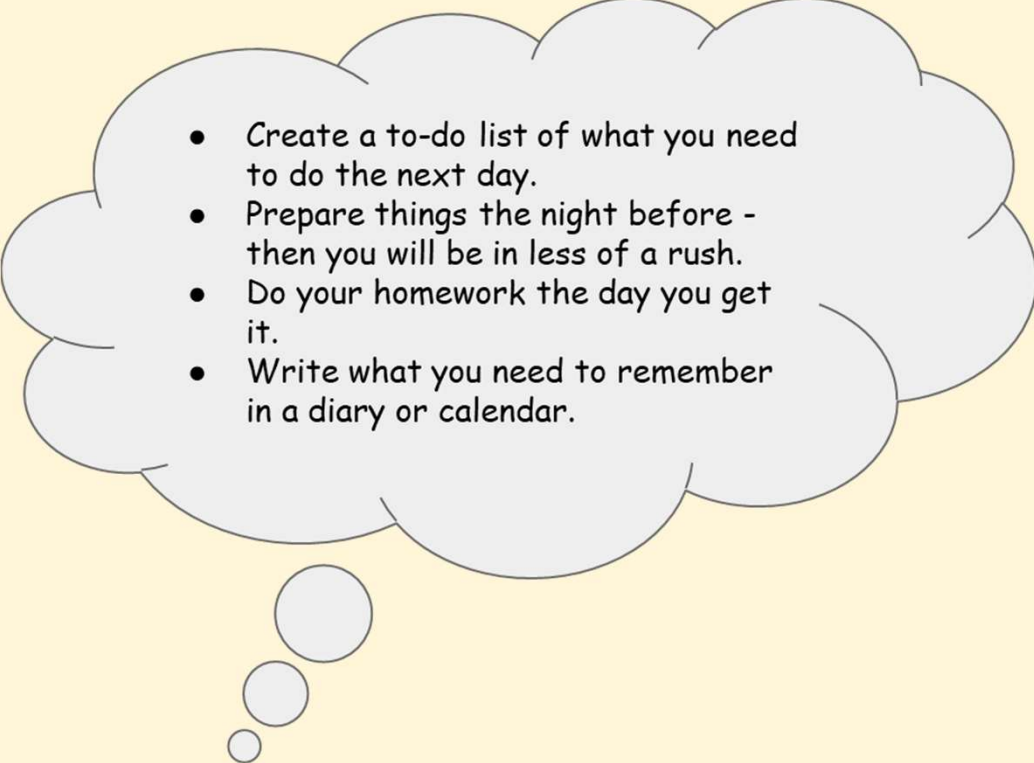




# What could you do?

What else can you do?

Why is it so important to be organised?

- 
- A large, light blue thought bubble with a black outline, containing a bulleted list. Below the main bubble are three smaller, light blue circles of decreasing size, also with black outlines, arranged in a vertical line.
- Create a to-do list of what you need to do the next day.
  - Prepare things the night before - then you will be in less of a rush.
  - Do your homework the day you get it.
  - Write what you need to remember in a diary or calendar.



## Dear Deidre...

A group of boys I'm friends with have started saying things to me which upset me. They say it's 'banter' but I don't think it is. It's not just in school either but on social media too. How can I get this to stop?

What advice could you give?

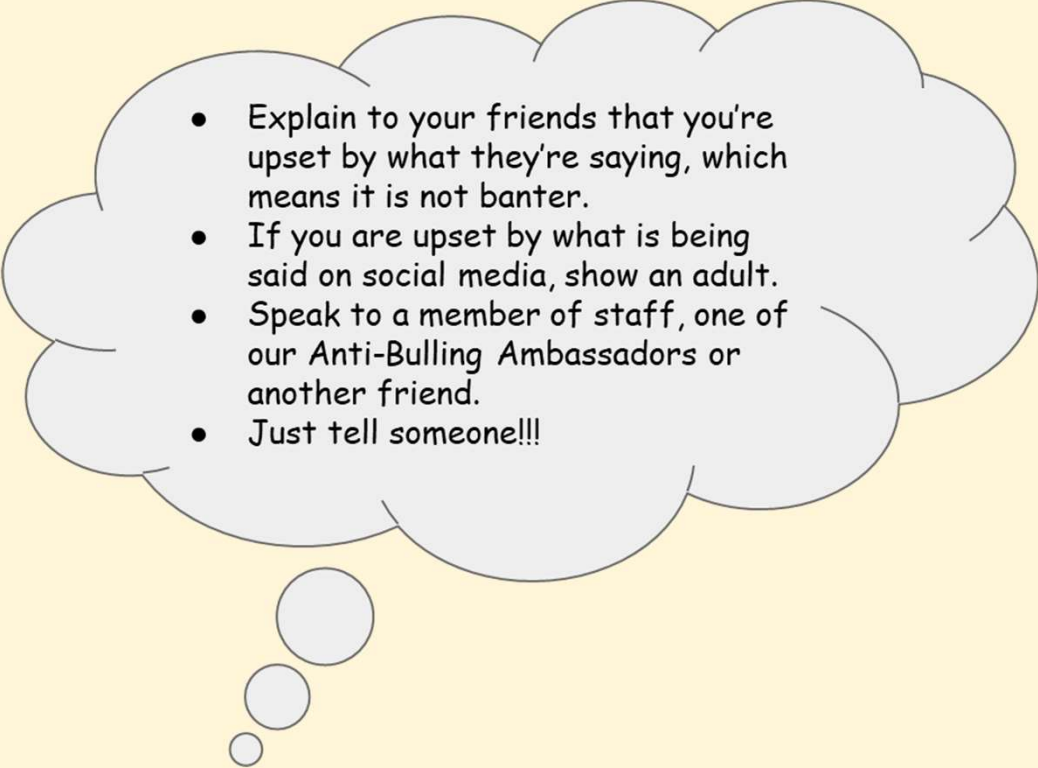




# What could you do?

We take bullying or being unkind very seriously at Hazel Wood and have a process that we follow to make sure you feel happy and safe.

It is really important that you speak up and tell someone how you are feeling so they can help.

- 
- A large, light blue thought bubble with a black outline, containing a bulleted list. Below the main bubble are three smaller, light blue circles of decreasing size, also with black outlines, arranged in a vertical line to the left, suggesting a trail of thought.
- Explain to your friends that you're upset by what they're saying, which means it is not banter.
  - If you are upset by what is being said on social media, show an adult.
  - Speak to a member of staff, one of our Anti-Bullying Ambassadors or another friend.
  - Just tell someone!!!



## Dear Deidre...

My lessons seem so much harder now I'm at secondary school. I don't know what I'm supposed to be doing sometimes! All the different teachers expect different things from me and the work expectations are different too. What can I do?

*What advice could you give? Write a response in your workbook*





# 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:

Think about the following questions and write a response in your workbook.

1. I need to show more determination when...
2. How do you handle making a mistake?  
What is your reaction?
3. Think of a time when you made a mistake.  
Were you kind to yourself?



# Homework

Complete Week 4 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 4



Activity	Preparation for secondary school	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to our school (Use the School Website) <a href="https://www.hazelwoodhigh.co.uk/">https://www.hazelwoodhigh.co.uk/</a>
Monday	From our uniform expectations, what is acceptable and not acceptable in relation to make up, shoes, bags and uniform?	What has been your favourite experience or proudest moment in primary school? Write a postcard to your Year 6 teacher to tell them.	<b>English:</b> At, we have a special reading project that we follow in form time. Complete the reading activities from this week – you can find on the school website under transition.	<b>Mini Work Out:</b> 25 sit ups <u>25 star</u> jumps <u>1 minute</u> jogging 25 press ups 25 squats	What are the two types of points you can be awarded at Hazel Wood?
Tuesday	Summarise our school's policy, thinking about mobile phones, using the corridors and behaviour at social times.	Paint a pebble or side of a log with a transition logo for 2020. Hide it on your daily walk or put it in your garden.	<b>Maths:</b> Choose a times table that you are not very confident with and create a song or rap to help you remember it.	<b>Mini Work Out:</b> 25 burpees 25 jumping jacks <u>1 minute</u> skipping 25 bicycle crunches 25 high knees	Name three different maths teachers at Hazel Wood.
Wednesday	Look at our rewards and sanctions information. How can you gain rewards at Hazel Wood?	Design and make a healthy meal for you and your family. Make sure you take a picture and bring it to <u>form</u> time to show us your culinary delights.	<b>Science:</b> Make a quiz about the human skeleton and human muscles and how they work – test it on your friends.	<b>Mini Work Out:</b> 25 squat jumps 25 high kicks <u>1 minute</u> mountain climber 25 bicycle crunches 25 high knees	How many points are needed for a bronze award?
Thursday	Research a career that you might be interested in. Our careers and aspiration lead is Mr Furey.	Design a rainbow that you can display at home and add your hopes, dreams and goals to it to remind you of what you want to achieve.	<b>Religious Studies:</b> Create a drawing, painting or collage of your local community and what makes you proud of it.	<b>Mini Work Out:</b> 25 squat jumps 25 lunges <u>1 minute</u> plank 25 high knees 25 sit ups	Who is the pastoral manager for year 7?
Friday	When you join school, you will receive your own email address. Write down 5 things that will ensure you remain safe online.	Design yourself an introductory profile to share with pupils from different schools.	<b>Music:</b> Choose one of the places on the world map attached. Research the style of music that can be found there and make a poster.	<b>Mini Work Out:</b> 25 bunny hops <u>25 star</u> jumps <u>1 minute</u> climb 25 sit ups 2 minutes jogging	What's the name of the app that parents can log onto?



# 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