



Welcome to

Oasis Academy Don Valley
Transition Booklet
2020/2021



Name: _____

Exceptional Education at the Heart of the Community

Part Two

Dear New Year 7 Students,



Welcome to our second Transition Booklet. This week we will be looking at the changes that will be happening in September and how you can deal with them including any worries or concerns you may be having. By identifying worries and concerns now, we can start to look at how we can begin to overcome them and plan how we can face them together in September.

Working through this booklet will also help you identify key people in your life, both at home and at Oasis Academy Don Valley that you will be able to rely on to help you through different challenges and milestones throughout your transition from primary school to secondary school.

What is Transition?

Transition is the changing from one thing to another. Moving from primary to secondary school is a big transition. Teachers in your primary school and every member of staff here at Oasis Academy Don Valley are working extremely hard to prepare you for this change.

Here at Oasis Academy Don Valley we understand that this can be both an exciting and worrying time. We want to reassure you that you are not alone and that every member of staff and all of our students are here to welcome you and to ensure you feel safe and happy throughout your time at our academy.

Here is a reminder of members of our pastoral team that you can speak to if you have any worries. We are here for you whenever you need us!

Mr Pape – Principal
Miss Dalton – Director of Inclusion
Miss Gormal – Assistant Principal
Mr Mills – Key Stage 3 Leader
Miss Benefer – KS3 Pastoral Manager
Miss Horsfall – KS3 Pastoral Manager

Please visit the OADV Secondary Transition webpage to see the pastoral teams introductory videos to get to know them a little better.

<https://www.oasisacademydonvalley.org/admissions/secondary-transitions>

Advisory Groups

In addition to this all students have an advisory tutor who will be another key support person during their time in the academy and a first point of contact for parents. Students can speak to their advisory teacher about any issues they may have and they will do their best to help or advise on the wider support available.

Students meet their advisory tutor for 15 minutes each morning to check that they are ready for the days learning and for 30 minutes each afternoon where they will complete sessions such as ERIC (Everyone Reading in Class), numeracy, and where we will deliver our character curriculum where students engage in discussions and activities on topics such as careers and citizenship.

Moreover, they will have the opportunity to work together as an advisory group to win prizes each week and half term. These prizes can be won for best attendance, completing homework and gaining achievement points for working hard in lessons.

At least 3 times each year students will have a 1 to 1 meeting with their advisory tutor to review progress and to determine next steps in their learning.

Who is there to help and support me?

Who do you talk to for help and support when you need it?

In the circles below write down who you have to support you. We have already included the people in school who will be there to help.

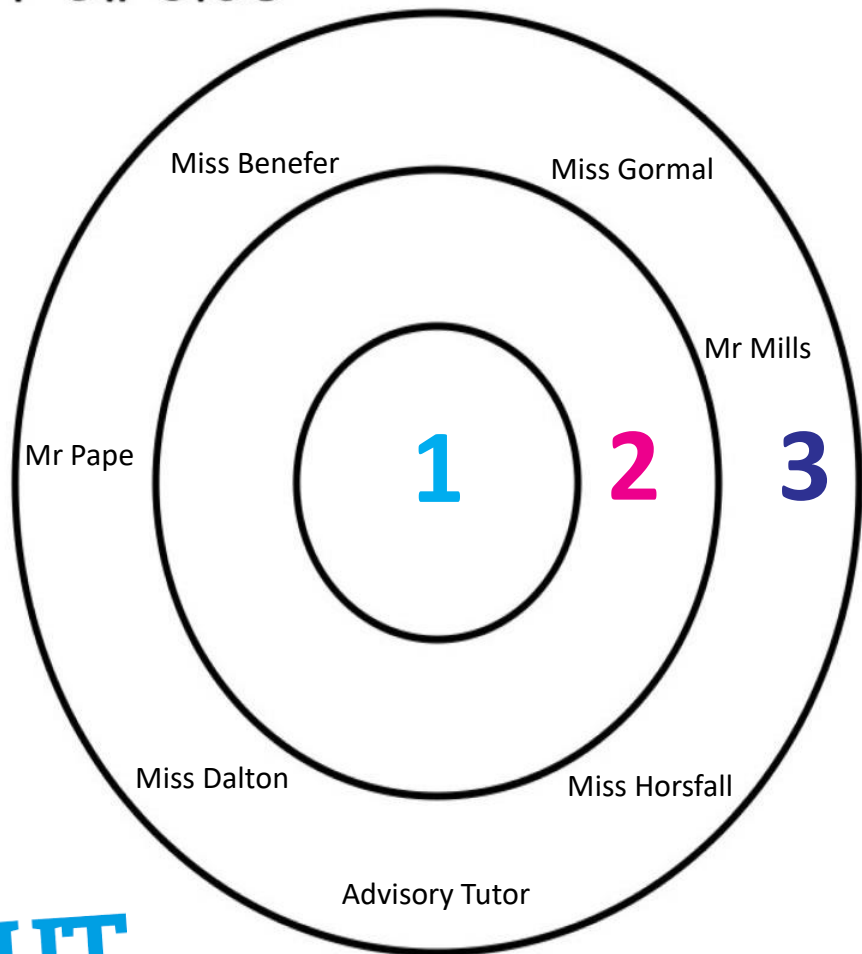


Support Circles

Circle 1:
Family

Circle 2:
Friends

Circle 3:
Teachers
and anyone
else who
you can
turn to for
help and
support



Write about a time someone has helped you. What did they do? Why not also give them a thank you in real life?

Making a Change

In life, we go through many different changes or 'transitions'.

Here are some examples:

- Moving house
- Becoming a brother or sister
- Joining your first sports club or team
- Going to secondary school



Every change we make helps us to grow into the person we want to become. Without change we would never make progress, learn something new or have new experience what the world has to offer.



Look how far you've come already!

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come!

You started primary school when you were just 5 years old – you couldn't read or write back then!

Name three things that have changed the most about you since you started primary school.

- 1.
- 2.
- 3.

There are many ways we can embrace the change of going to secondary school:

- See it as an opportunity to make new friends.
- Try out new clubs and activities.
- Make a great first impression with your behaviour, organisation and presentation
- Experience new subjects and new ways of working
- Enjoy more independence

What are you looking forward to most about going into Year 7 at Oasis Academy Don Valley?

Making the Change from Primary to Secondary

There are many differences between primary and secondary school. Here is what to expect:

Primary	Secondary
Smaller school	Bigger school and you will move to different lessons.
Same class all the way through	Different subjects
A smaller range of subject	Different types of homework
Playtime activities to do	Different teachers for each subject
It could be closer to your home with friends nearby	You will have an advisory group and class groups so will meet lots more people
Less independence	More independent learning

Here are some top tips for making the change:

1. When you go for your first day, ask people their names.
2. Be kind – everyone is nervous, we just display it in different ways.
3. Make yourself talk to new people.
4. Ask if you are not sure.
5. Be determined to make a good impression – be polite and have the right equipment.
6. Smile!

Starting with us is just the beginning ...

What are your hopes and dreams for secondary school? You will be there from when you're 11 to maybe 16 years old. Over that time a lot will continue to change so what do you want from your time with us?

Write down your thoughts about the following:

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



Dealing with your Worries

Writing down your worries is a great way to deal with them. On this page we have two different activities that you can try to find the best way to help you deal with them.

The Worry Jar

A worry jar is a helpful way to decrease your anxious thoughts and worries. Placing them in your worry jar will help get them off your mind. You can come back and look at your thoughts and worries each week to see if they are still on your mind or take them out of the jar if your worries and concerns have gone away after speaking to your support circle.



How to use a 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 (or you can write them here in your booklet).
- 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 your **Support Circle**).

The Worry Wall

We know that its completely normal to feel a little worried about starting Secondary so we want to create a worry wall that over time we hope to be able to break down brick by brick as you realise that starting a new school is an exciting time.

When you post your worry to our wall it will be seen by our pastoral team and answered by our staff or students.



Or click on the link below:

https://forms.office.com/Pages/ResponsePage.aspx?id=zz3XjXy17EC3-HVbUS2fe4Y_PpPAbxNLqRKILqZsWeJUOThMODhKQjJFRU1ESTRQV0JOUjIFMzNNMC4u

