



Welcome to

**Oasis Academy Don Valley  
Transition Booklet  
2020/2021**



Name: \_\_\_\_\_

**Exceptional Education at the Heart of the Community**

**Part Three**

Dear New Year 7 Students,



Welcome back to the third section of your Transition Booklet. This week we will be looking at preparing you for the next steps in your exciting educational journey. We want you to have all the information you need to make sure you are as confident and prepared as you can be for your transition to Oasis Academy Don Valley so you can enjoy every single minute of your time with us!

In this section we will look at what our Academy day will look like including start time, timings of lessons, break and lunch as well as timings for enrichment activities.

We also want you to think about how you will get to and from the Academy to make sure that your first few weeks with us are as smooth as possible. We will look at how you can prepare yourself for your new challenge of starting Year 7 and activities that allow you to react positively when things don't always go to plan!

### What will my school day look like?

During a normal school day here at Oasis Academy Don Valley you can arrive into school from 8am where you are welcome to come and join our breakfast club. Here you can sit down and socialise with your new friends and peers. There will also be pre-school available to you which will allow you to participate in various activities each morning. Following this, all students go outside and join their Advisory Teams for morning line-up to prepare for the days learning at 8.27am. From here you will go to your Advisory classroom before going onto Period 1 to start your 1<sup>st</sup> lesson at 8.45am.

Morning Line-up	Morning Advisory	Lesson 1	Lesson 2	Break	Lesson 3	Lesson 4	Lunch & Afternoon Advisory	Lesson 5
8.27am	8.30am – 8.45am	8.45am – 9.45am	9.45am – 10.45am	10.45am – 11.00am	11.00am – 12.00pm	12.00pm – 1.00pm	1.00pm – 2.15pm	2.15pm – 3.15pm

Enrichment activities take place after the school day finishes at 3.15pm until 4.30pm. Below is an example from last year's enrichment timetable. You will find out all the enrichment information and list of activities during your first few days in September.

Below are some of the activities that were available as part of our enrichment programme last year:

- Cricket club
- Science club
- Arts and crafts
- Book club
- Year 7 & year 8 football
- Board games
- Basketball
- Badminton
- Dance/drama
- Air clay
- Lego club
- Girls football
- Study zone

Please visit the OADV website to find out all information on the academy day.

<https://www.oasisacademydonvalley.org/academy-life/academy-day>

# How Will I Get To School?

## Walking to Oasis Academy Don Valley

If you live within one mile, please consider walking to and from the Academy each day and encourage others to join you.

### Why Walk?

Its good exercise, it's fun and its good for the environment.

Planning your route:

- Practice walking to the Academy with your parents, carers or older brother or sisters.
- Work out your safest route (Keeping to a route that you are familiar with and has the least amount of main roads to cross).
- Identify danger spots (think about busy roads and industrial estates where large vehicles are often going to and from).

## Cycling to the Academy

If you cycle to school your bike can be locked up in the cycle shelter.

Cycle check list:

- Is your bike-roadworthy?
- Does your bike have LIGHTS THAT WORK and a reflector?
- Have you taken part in a cycle training course?
- Do you have safety equipment including a helmet?
- Can you use a safe cycle route?

## Travelling by Bus

Travelling by bus is more environmentally friendly than driving by car.

- Ensure you know where your nearest bus stop is to the Academy and know the bus that you need to catch that takes you the quickest route to school.

The main bus routes to the academy are:

- X1 City Centre to Attercliffe
- 52 City Centre to Stanforth Road (Handsworth/Woodhouse)

## Remember you are representing Oasis Academy Don Valley on your journey to the Academy and when you are travelling home!

- How you behave on your way to and from OADV reflects on us all.
- You are expected to behave appropriately and respect the surrounding communities.
- Remember that while you wear the OADV uniform you are an ambassador for the Academy.

# How Will I Get To the Academy?

**This is the route I take to get to the Academy:**

**Draw a map of how you will travel to the Academy. Include your house, the Academy and any other important things you pass on the way such as shops, buildings, parks and main roads.**



These are some of the places I pass on my way to the Academy: \_\_\_\_\_

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These are some of the features I see on my way to the Academy (trees, roads, zebra crossings, traffic lights): \_\_\_\_\_

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I travel to the Academy by: \_\_\_\_\_

# Making New Friends

As part of your transition you will meet new people. We all like to make new friends and meeting new people offers you the opportunity to create lots of new friendships at Oasis Academy Don Valley.



**Circle the ways you think will help you make new friends:**

Offering to help people

Being kind

Shouting

Trying out new clubs

Gossiping

Chatting

Keeping quiet

Listening to others

Complimenting others

Starting rumours

Finding things in common

Smiling

Staring at the ground

Frowning

Supporting someone



**Think of three questions you could ask a new friend:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Think of three interesting things you could tell a new friend about yourself:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Resilience

Resilience is the ability to 'bounce back'! To get up, dust yourself off and try again.



## Expectations:

I'm never going to fall off. This is easy!!

## Reality:

I fell off straight away and barely stayed on the bike for more than a few seconds!!

Nobody can be successful first time every time. We can learn from previous mistakes and make sure we don't repeat our mistakes, we don't give up and keep trying until we are successful.

Resilience is all about how we 'bounce back' from what we think are failures and mistakes. It is something that we must develop, practice, exercise and sharpen. When things go wrong the easy thing to do would be to say that everyone else is wrong, refuse to listen and keep doing what we are doing. The tough thing to do is to accept "this time, I didn't get things right."



**Its okay to make mistakes because that is how you learn and you are just getting the hang of things!**



- You might handle a disagreement badly
- You might get offended more than what you should
- You might fall out with people occasionally
- You might not get every question right in a test
- You might forget to hand in your homework
- You might forget your PE kit
- You might be late for school

Let's think about how we have been resilient in the past?

1. I have shown resilience when \_\_\_\_\_

2. I need to show more determination when \_\_\_\_\_

3. How do you handle making a mistake? What is your reaction? \_\_\_\_\_

4. Think of a time when you made a mistake, were you kind to yourself? \_\_\_\_\_

# Resilience

Have a look through the scenarios below and write a little about what you would do if they ever happened to you.

You have just got the bus and have forgotten your PE kit for your lesson today during period 5:

How would you feel? \_\_\_\_\_

\_\_\_\_\_

What would you do? \_\_\_\_\_

\_\_\_\_\_

You have left your homework at home and it is due in today:

How would you feel? \_\_\_\_\_

\_\_\_\_\_

What would you do? \_\_\_\_\_

\_\_\_\_\_

You have had a fall out with one of your friends at break time:

How would you feel? \_\_\_\_\_

\_\_\_\_\_

What would you do? \_\_\_\_\_

\_\_\_\_\_

