

Moving on up

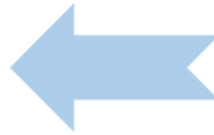


Managing the transition from
Primary to Blessed Thomas
Holford Catholic College.

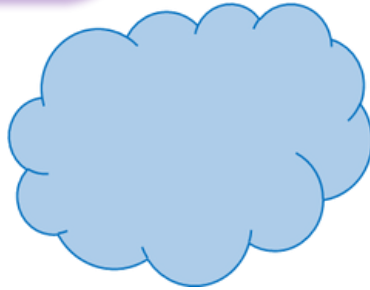
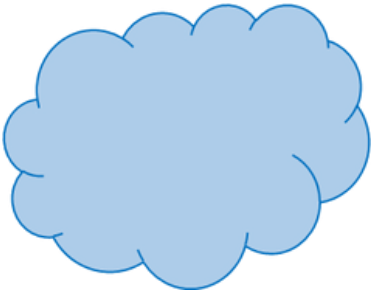


This is me

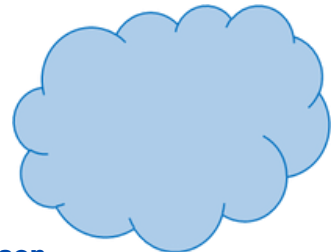
What would you like your new form tutor to know about you?



Cut out a picture or draw a picture of yourself.



In the speech bubbles, draw pictures or write words / phrases that tell us all about yourself.



Things to think about!

- Words to describe you as a person.
- What you like doing
- What you are good at
- Your strengths and positive qualities

power to change

Similarities and differences

When starting at Blessed Thomas Holford Catholic College there will be some differences to your Primary School, but there will also be some similarities!

Talk through what it's like in Primary School, then write/draw this in the Primary circle. Think about how it might be different at Secondary school and write/draw this in the BTHCC circle.

Then, think about what might stay the same when you move to Blessed Thomas Holford and write/draw this in the middle.



Primary School

BTHCC



Example: I always have the same teacher.

Example: I will have different teachers for each subject.

Example:
I will still
wake up
at
7:30am.

Power to change

Problem Solving

It can be very easy to feel overwhelmed by our worries but thinking about possible solutions to some of our worries can help us to feel confident and brave enough to face them if they do occur.

Talk with an adult about the worries you have around starting Blessed Thomas Holford Catholic College. Together, see if you can use the problem-solving chart to come up with some possible solutions that could calm your worries.

Worries	All possible solutions (no matter how weird and wonderful)	Pros and cons of this solution?	How good is this plan? Rate 0 - 10



Problem solving is an important skill for day-to-day life. It can help you to think about how to handle situations such as, getting lost, forgetting your homework, or missing the bus.

Checklist



Practice Packing

- Practise packing all the things you will need to bring to Blessed Thomas Holford. Get in the habit of packing the night before.



Get into a good routine

- Get in the habit of going to bed early and getting up in time to eat breakfast. Young people need plenty of sleep and fuel for the day!



Plan your Route

- Plan your route to school and make a few trial runs. You can also familiarise yourself with the route from home using google maps. Remember to apply for an IGO card if needed.



Talk to Friends

- Talk to friends and family members to find out who else will be joining you or who already attends Blessed Thomas Holford that you might already know!



Prepare your Uniform

- Make sure you leave plenty of time to order your school uniform. Read up on our school policies for items such as jewellery, piercings, and mobile phones.



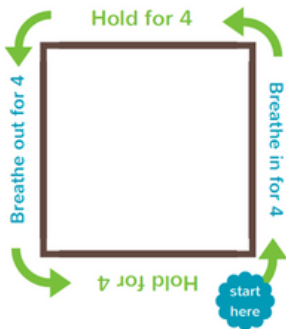
Take Responsibility

- Start taking responsibility for the things you need to do each day- getting your bag ready, completing home learning and getting yourself ready in the morning.

Relaxation Techniques

Breathing Exercises

If you feel nervous or worried, try one of these relaxation exercises to help yourself feel calm again. They can be used anywhere. in the classroom, the dinner hall, or even at home.



Box Breathing

Using your finger, trace the shape of a box on your leg, as you do this:

- Breathe in for 4 seconds.
- Hold for 4 seconds.
- Breathe out for 4 seconds.
- Hold for 4 seconds.
- Repeat as needed.



Hand Breathing

Spread your hand out wide and with your other hand trace your finger up and down each finger.

- As you go up each finger, breathe in for 4 seconds.
- When you reach the top, hold for 4 seconds.
- As you go down each finger, breathe out for 4 seconds.
- When you come back to your palm, hold for 4 seconds.

Grounding Exercises

Activate your senses!

Look around the room and name:

- 5 things you can see.
- 4 things you can hear.
- 3 things you can smell.
- 2 things you can touch.
- 1 thing you can taste.



Useful Contacts

Heads of Year 7 (Office located in the Hall)

Mrs Naughton

Mr O'Neill

Head of Behaviour and Culture KS3
(Office located next to Pupil services)

Mr Worth

Key Stage 3 Learning Mentor (Office located next to Pupil Services)

Miss Tanner

