

Transition Activities

Monday- Starting secondary school is a time where organisation and independence can flourish; a good routine is essential for this. Ask your child to plan their morning routine (from waking up to arriving at school) and then plan their evening routine too (from leaving school to going to bed). Remind them to think carefully about how long each activity will take and what times of the day they will be able to complete hobbies such as reading or after school clubs.

Tuesday- What should I take to school? Lots of new and different equipment is needed for secondary school. Create a shopping list with your child which includes all of the equipment they will need; consider specific lessons such as P.E and Food Technology. Use their new school's website for support. Ask your child to draw the everyday items needed. Do they need different equipment on different days? What should they not take with them?

Wednesday- Travelling to and from secondary school requires careful planning and organisation. Talk to your child about how they will get to and from their new school. Will they walk or ride their bicycle? Take the bus? Or travel in the car? Following this, ask your child to plan their journey to school and their journey home from school (see template). What time will they need to leave the house to arrive at school on time? Which route will they take? Will they meet any friends en route? Do they need to take anything with them e.g. a bus pass or a bicycle helmet? These websites may help: Google Maps, Network West Midlands, Think!.

Thursday- Your child's new uniform may include wearing a tie. Encourage them to practise how to tie their tie by watching this tutorial. Once they've mastered it, can they write a set of instructions for someone else teaching them how to tie theirs?

Friday- As your child begins secondary school, they are likely to have greater freedom over what they choose to eat. Recap with your child what a balanced diet looks like and what a healthy food choice is using this clip and the NHS eat well website. Ask your child to think about what the school canteen may offer for lunch. Using these ideas, ask them to create a balanced lunch plate which they would want to eat. You may want to ask them to create a 5-day menu to encourage them to eat a varied diet.

Please ask your teachers any questions/worries you may have either on the Twitter page @UplandsManor or contact us on year6@uplandsmanor.sandwell.sch.uk