



Sturminster Newton High School



Starting at SNHS My Transition Workbook



Headteacher Welcome

Welcome to your new school!

My name is Mr Motteram and I am the very proud Headteacher of Sturminster Newton High School.

I am delighted to welcome you to our community and know you will settle right in. We know you may feel a bit worried or have anxieties but this is very normal as you move from Primary School. Please be reassured we have lots of helpful and kind staff that will support you. We have brilliant facilities that bring learning to life and will provide lots of different clubs and activities for you. The hardest part will be fitting all these new things in!

I am looking forward to meeting you on the Induction Day and getting to know you a bit better. I love working at our school and cannot wait to welcome you to the SNHS Family!

Warm regards,

Mr Motteram





Welcome

Welcome to our High School transition booklet.

Very soon you will be thinking about leaving your primary school and moving to your new High School.

This is an exciting time but also can feel scary as it involves many changes and new experiences

This workbook can be used both at home, and in your current Primary School, and will help prepare for all those changes that will happen.

It will also explain a lot about your High School and answer some of your questions.





All About Me

Insert a picture of yourself below:



Name:





My New High School



Headteacher:

Website:

Form Tutor:

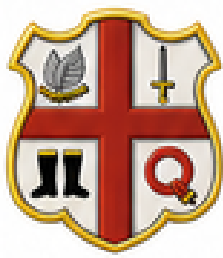
House:

**Any other
teachers I know:**

School starts at:

School ends at:

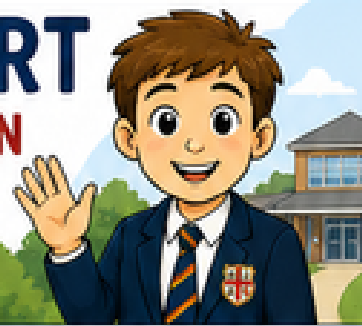
**I will travel to
school by:**



MY NEW START

AT STURMINSTER NEWTON HIGH SCHOOL

Welcome to your new school!



WELCOME!

Starting secondary school is a big step. I am joining a community where everyone belongs, learns and looks after each other. I will follow our values and the 3Rs every day.

OUR SCHOOL VALUES

At our school we have three important values.



RESPECT
for ourselves,
others and our
environment.



RESPONSIBILITY
for our choices,
learning and
community.



RESILIENCE
in the face of
challenges and
setbacks.



These values help me to learn, be kind and succeed.

THE 3Rs IN ACTION

I show the 3Rs in everything I do.

R

I am **RESPECTFUL**.
I listen and use
kind words.



R

I am **RESPONSIBLE**.
I am organised and
make good choices.



R

I am **RESILIENT**.
I keep trying and learn
from mistakes.



1 BEING READY TO LEARN

Being ready helps me and others learn well.



- ✓ I bring the right equipment and my planner.
- ✓ I wear my uniform correctly.
- ✓ I arrive on time.
- ✓ I am ready to learn.



When I am ready, I show I care about my learning.

2 LEARNING IN LESSONS

Lessons are for learning. I do my best.



Listen
Participate
Try your best

- I listen carefully.
- I put my hand up to speak.
- I take part and ask questions.
- I try my best, even when it is hard.

3 BEING RESPECTFUL TO OTHERS

I treat others how I want to be treated.



- ✓ I use kind words.
- ✓ I respect differences.
- ✓ I keep others safe.
- ✓ I look after school property.

If something is wrong, I will tell an adult.

4 FOLLOWING SCHOOL RULES

Rules keep everyone safe and help us learn.



PHONES OFF
AND AWAY



Follow
instructions



Move calmly



Be where
I should be

I follow instructions and make good choices everywhere in school.

5 WHEN I DO WELL

Good choices and effort are noticed.



REWARDS

- ★ Praise
- ★ Achievement Points
- ★ Postcards Home
- ★ Certificates
- ★ Celebrations

My hard work and kindness can earn me praise, points and rewards.

6 IF I MAKE A MISTAKE

Everyone makes mistakes. I can learn and make better choices.



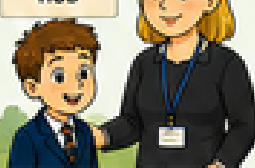
- ! I will be reminded of expectations.
- ↻ I will have a chance to put it right.
- 💡 I will learn how to improve.

I will reflect, rebuild and move forward.

7 IF I NEED HELP

It's okay to ask for help.

PASTORAL
HUB



I can talk to
any adult.



I can go to the
pastoral hub.



I will get the
support I need.

I am not alone. There are people who care.

8 OUR SCHOOL COMMUNITY

We work together to make our school a happy place.



We belong
here



We know our
community



We are
ambitious

We are proud of our school.

9 MY JOURNEY

Secondary school is a new adventure!



If I follow our 3Rs every day, I can have a successful and happy journey.

10 I CAN SUCCEED!

At my new school:

- ★ I will learn new things.
- ★ I will make new friends.
- ★ I will grow in confidence.

If I follow the 3Rs, I will succeed!



11 MY PROMISE

I will follow the 3Rs every day.

- ✓ I will be respectful.
- ✓ I will be responsible and resilient.
- ✓ I will do my best and make my school proud.

This is my new beginning!



12 I AM READY!

I am excited about my new start.

I am ready for
my new start!

Let's make it a great year! ★





What do you want to know?

What do you think it will be like at High School?

What things would you like to know about your High School?

What are you looking forward to?

What do you think you will need help with?



Our School Houses

Every new student joins one of our four Houses.

Which House will you belong to?



BARNES HOUSE

DORSET'S CELEBRATED POET AND AUTHOR



HARDY HOUSE

MASTER OF WESSEX AND LITERARY LEGEND



RALEIGH HOUSE

EXPLORER, COURTIER, AND ADVENTURER



THORNHILL HOUSE

PAINTER OF PALACES AND HISTORICAL SCENES



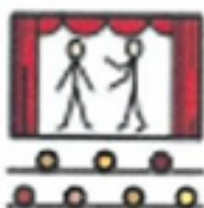
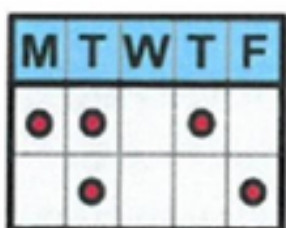
My Timetable

One of the first things you will receive when you come to High School is a timetable.

This is very important as it will tell you what lessons you will have each day and an idea of what equipment you will need so you can pack your bag the night before.

It will tell you what time each lessons starts and finishes as well as which room the lesson will take place.

You may have 4 or 5 different subjects each which may be in different rooms - some of which you may not have seen before, such as a Science Lab or a Design and Tech Workshop, or even our drama theatre! But do not worry, as you will get to do exciting things in these lessons such as experiments and cooking!





Example Timetable

	1Mon	1Tue	1Wed	1Thu	1Fri	2Mon	2Tue	2Wed	2Thu	2Fri
leg	Registration Mr M Roca 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mrs T Piper 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mrs T Piper 7BmrRg M2	Registration Mr M Roca 7BmrRg M2	Registration Mr M Roca 7BmrRg M2
1	French Mrs C A J Cot 7-4/Fr M4	English Ms Y J Curtis-Mount 7B/En 8	English Literature Mrs S C Hoffmann 7-4/Lt 2	Textiles Mrs N Williams 7A2/Tx TX	Geography Mr G Chapman 7-4/Ge M7	Computing Mr A E Henley 7-4/Co 19	Mathematics Mr A Harrison 7-4/Ma M1	Mathematics Mr A Harrison 7-4/Ma M1	Mathematics Mr A Harrison 7-4/Ma M1	English Ms Y J Curtis-Mount 7B/En 8
2	Physical Ed Miss A C Jackson 7BHG/Pe PECE	Mathematics Mrs T Piper 7-4/Ma 13	Religious Ed Mrs L Phipps 7B/Re 4	Mathematics Mr A Harrison 7-4/Ma M1	French Mrs C A J Cot 7-4/Fr M4	Music Miss L P Osbourne 7B/Mu 20	English Ms D Sumner 7B/En DR	French Mrs C A J Cot 7-4/Fr M4	Art Mr D M Pallett 7B/Ar AR	Computing Mr A E Henley 7-4/Co 18
3	English Ms Y J Curtis-Mount 7B/En 8	Science Mrs S Fahey 7-4/Sc S2	Art Mr D M Pallett 7B/Ar AR	Science Mrs S Fahey 7-4/Sc S2	Physical Ed Miss A C Jackson 7BHG/Pe PECE	Religious Ed Mrs L Phipps 7B/Re 4	Music Miss L P Osbourne 7B/Mu 20	Religious Ed Mrs L Phipps 7B/Re 4	French Mrs B M Pirie 7-4/Fr M2	Mathematics Mr A Harrison 7-4/Ma M1
4	Science Mrs S Oswald 7-4/Sc RC	Textiles Mrs N Williams 7A2/Tx TX	Geography Mr G Chapman 7-4/Ge M7	English Ms Y J Curtis-Mount 7B/En 8	Music Miss L P Osbourne 7B/Mu 20	Science Mrs S Fahey 7-4/Sc S2	Textiles Mrs N Williams 7A2/Tx TX	Physical Ed Miss A C Jackson 7BHG/Pe PECE	Science Mrs S Fahey 7-4/Sc S2	Physical Ed Miss A C Jackson 7BHG/Pe PECE
5	Drama Ms D Sumner 7-4/Dr DR	English Ms Y J Curtis-Mount 7B/En 8	History Miss K Allen 7B/Hi M5	Science Mrs S Fahey 7-4/Sc S2	History Miss K Allen 7B/Hi M5	Mathematics Mrs T Piper 7-4/Ma 13	Mathematics Mr A Harrison 7-4/Ma M1	Science Mrs S Fahey 7-4/Sc S2	English Ms Y J Curtis-Mount 7B/En 8	French Mrs C A J Cot 7-4/Fr M4



Timetable Activity

Using your High School Timetable, can you answer the below questions?

What day do I have PE, and need to bring in my kit?

Which classroom will Maths be in?

When is my favourite lesson?

What is the name of my History Teacher?



Help with Homework

It may help to ask your teacher/tutor the expectations for homework. Here are some questions you could ask:

How will I know what homework to do and how will I record it?

How long do I usually get to complete homework?

What should I do if I am stuck or cannot do my homework?

What can I do if I forget to bring it in?



School Day Times

Arrive in School: 8:25

Registration: 8:30-8:40

Period 1: 8:40-9:40

Period 2: 9:40-10:40

Break: 10:40-11:00

Period 3: 11:00-12:00

Period 4: 12:00-13:00

Lunch: 13:00-13:35

Tutor: 13:35-14:00

Period 5: 14:00-15:00

After School Clubs!





Equipment



Pencil, Eraser, Sharpener

2 x Black Pens

Purple Pen

Ruler

Scientific Calculator

Pencil Case

Water Bottle

Reading Book



Uniform



Winter uniform

Summer uniform



PE kit





Difficult Situations

What might you do in these situations? If you cannot think of an answer, who might you ask for help with these questions?

I have forgotten or lost my PE Kit or Cooking Ingredients

A teacher tells you off in class but you were helping someone

I get lost while making my way to a lesson and am late for class

Either I or someone I know has had a fall out with other students



MEETING NEW PEOPLE

In your primary school you will know all your classmates, teachers, support staff and even other children in school. This can make you feel comfortable and safe.

Moving up to high school will be different as you will not know everyone, it may take time to get to know your new classmates.



Remember you are not alone, everyone will feel the same!

You will soon make new friends and get to know your different teachers as well as learning lots of new things!



Making new friends is not always easy.

Some people are very chatty and make friends easily, some are shy and find it hard to talk to new people.

Some people don't even know how to start making friends and that's ok – we are all different.



Be patient, be kind to yourself and remember, new beginnings can lead to amazing friendships.





IS IT BULLYING?



RUDE

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE**.



MEAN

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN**.



BULLYING

When someone says or does something *intentionally* hurtful and they *keep doing it*—even when you tell them to stop or show them that you're upset—that's **BULLYING**.



If you're not sure, talk to a trusted adult.
You don't have to deal with it on your own.



HERE ARE SOME TIPS TO HELP YOU MAKE FRIENDS...

- 1 Smile.
- 2 Tell them your name and ask what they are called.
- 3 Find out what they like – you may have similar interests.
- 4 If you do talk about them, you both might like computers, top trumps or even skateboards.
- 5 Ask if they want to do something at breaktime or lunchtime.



Everyone is different – be yourself and be kind.
Great friendships start with small steps!





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