#### Welcome to Humphry Davy School Raising Aspirations | Achieving Excellence

#### Transition from Year 6 to Year 7

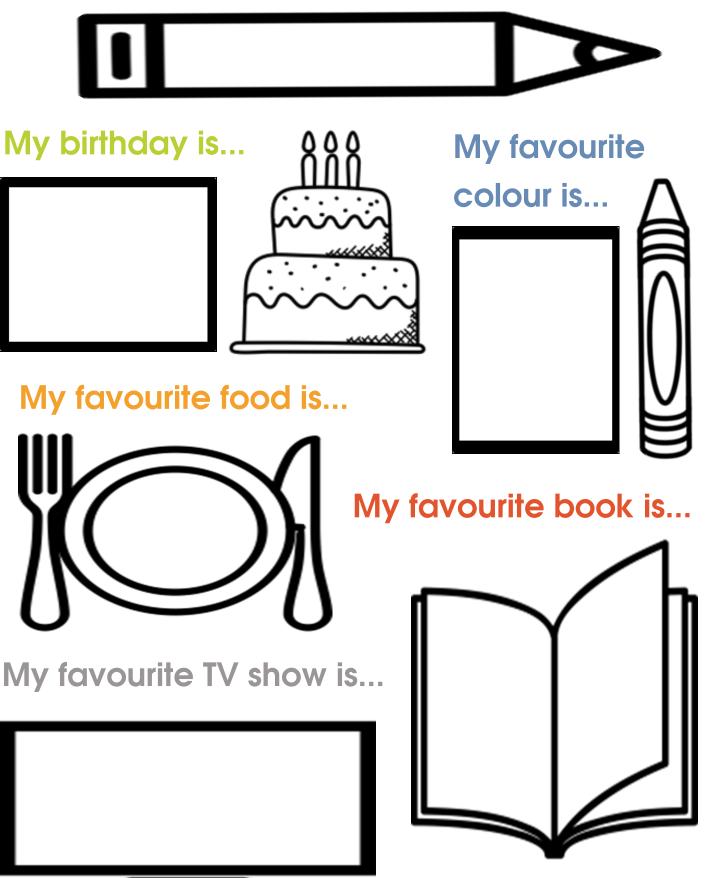


#### All about me!

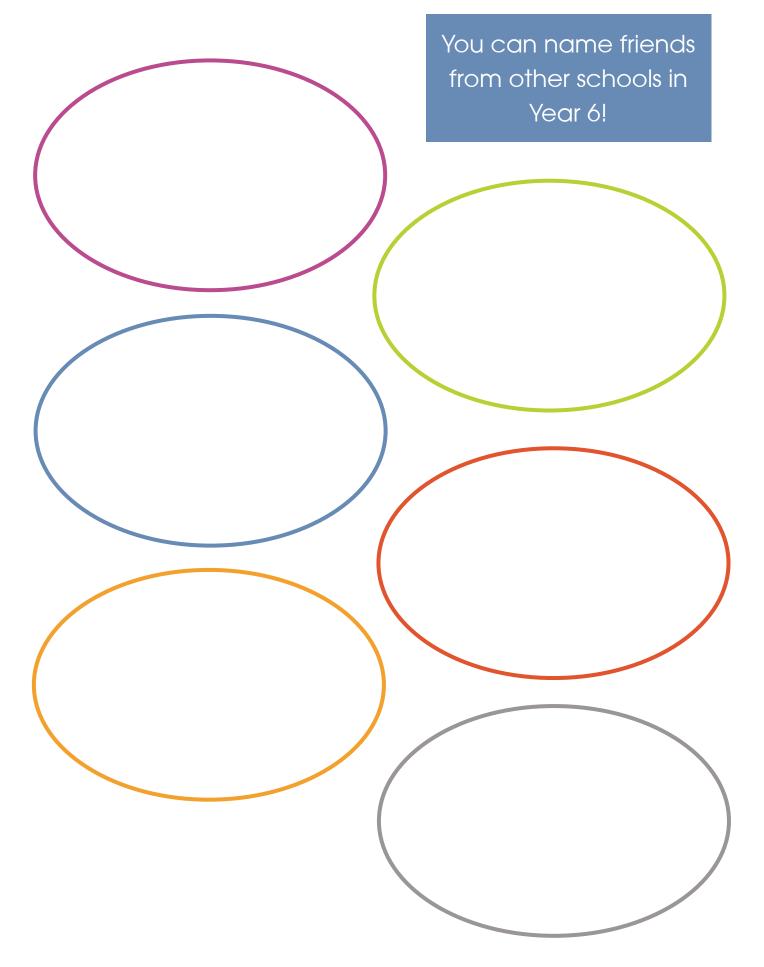


### All about me!

#### My name is...



#### The names of my friends from Year 6 who I would like to be in a mentor group with...



### All about school!

What is your favourite subject and why?

What is your favourite part of the school day and why?

What is your favourite sport or PE activity and why?

Which is your favourite day of the school week and why?

What do you like learning about the most and why?

## What am I excited about?

Starting secondary school is a very exciting time! There are new people to meet, new things to learn, new places to go and new experiences to have. Think of all the things you are excited about and write them in the stars below.



# Humphry Davy School Challenge

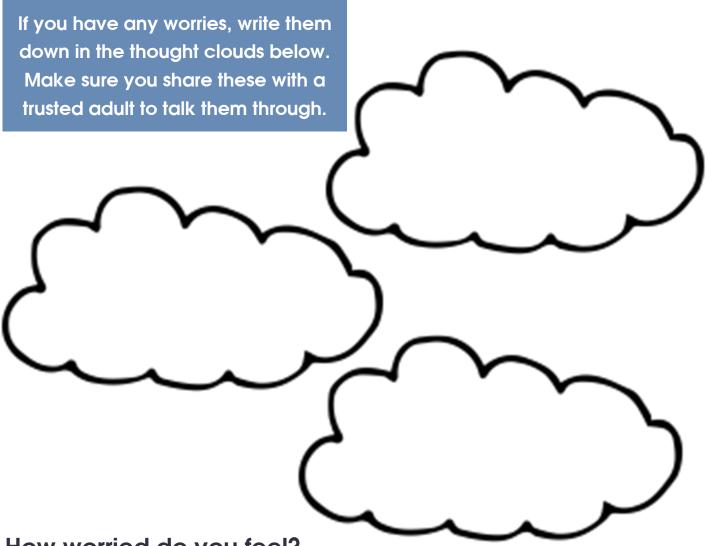
Write yourself a HDS Challenge about starting secondary school! These are little goals to set yourself that we will look at again when you start with us.

Here are some examples of HDS Challenges:

- I will make at least one new friend when I start school.
- I will try to complete all my homework and hand it in on time.

### What am I worried about?

Sometimes you might have worries about starting a new school. This is really common but most Year 7's at Humphry Davy School find that within a couple of days they feel at home in their new school.



How worried do you feel?

For each of the worries you have listed above, think about how worried it makes you feel. Choose the right colour from the scale below and colour in your thought clouds.



1	2	3	4	5	6	7	8	9	10	(;;
										6

# Reducing the worry

Being worried or anxious is a totally normal part of life and we all worry at times. It is more common before big changes in our lives.

However, there are things that we can do to reduce our worries. Make sure you talk to a trusted grown up about any worries you may have and they can always contact us at school if you need questions answered.

Use the questions below to see if you can reduce your worry about moving to secondary school.

Think of a time when you have been worried before. What were you worried about?

Where were you on the worry scale then? \_\_\_\_\_

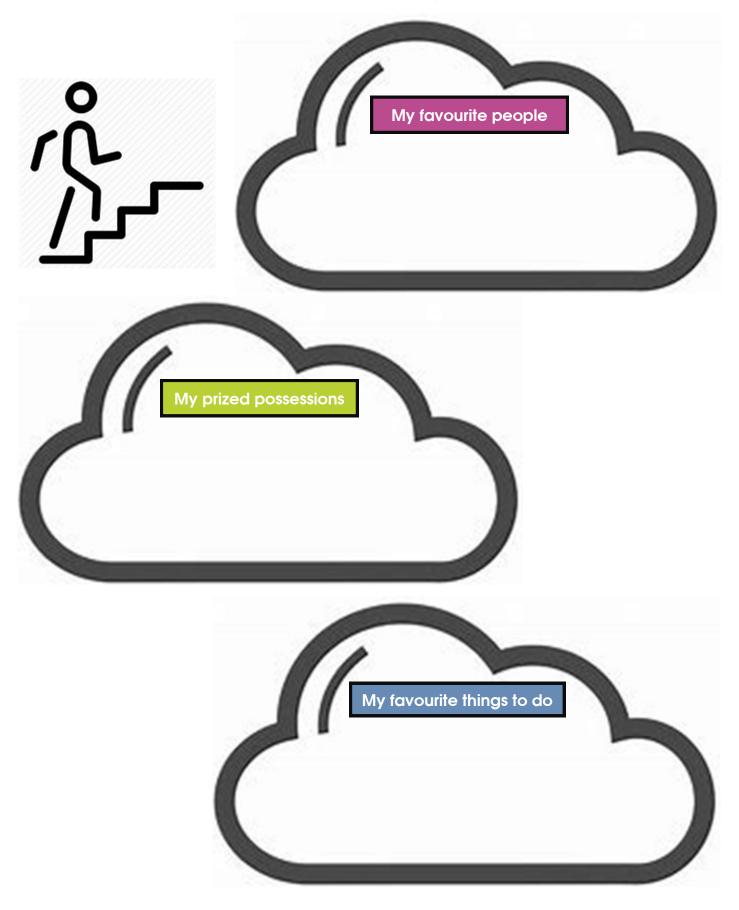
What helped you move down the scale that time?

What would help you move down the worry scale this time?

How will you know when you are less worried?

# Steps to get to know me ...

Fill in the template below to tell us a little more about yourself. You could add colour to make your clouds look amazing!



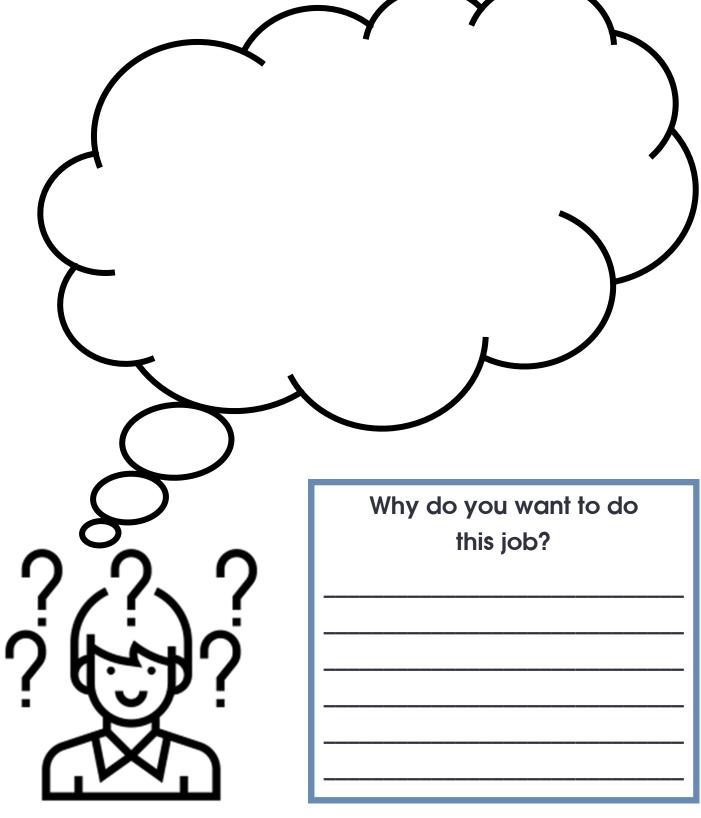


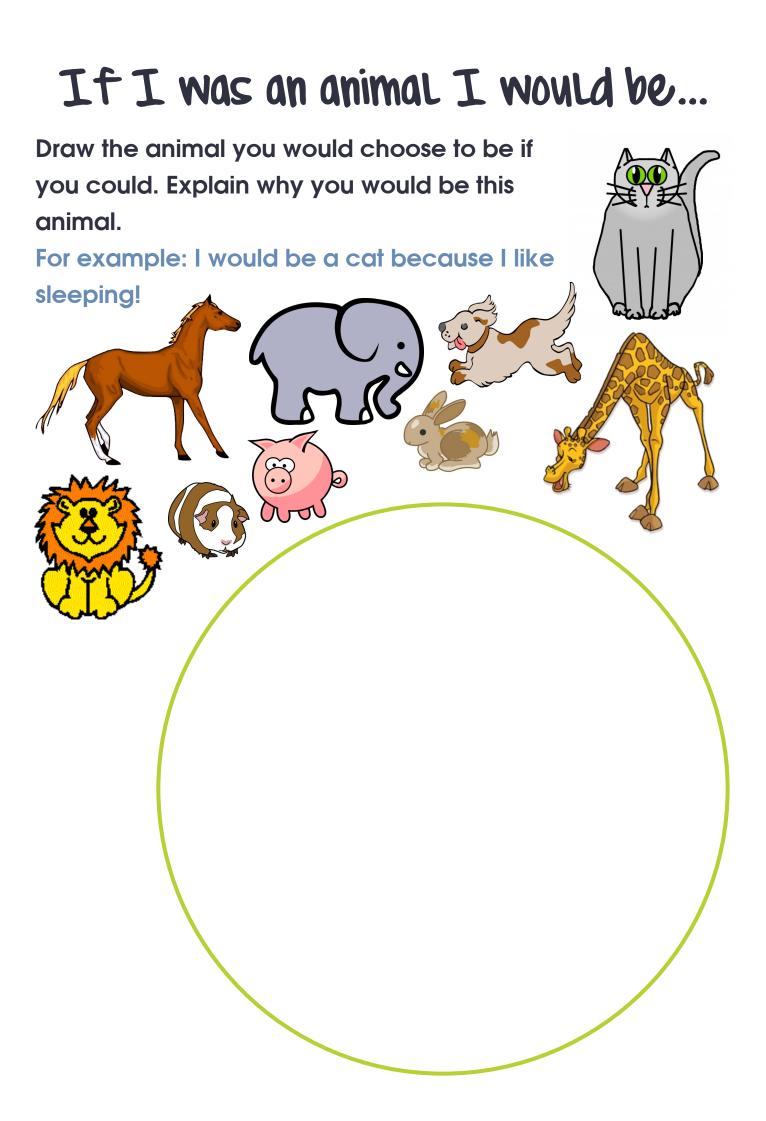




# Dreaming big

When you are at HDS we will spend time thinking about careers and jobs. In the thought bubble below, draw a picture of the job you would like to do when you leave education.





# Guess where these photos are in school

(Answers are on the next page).









Answers: 1. Music Suite 2. Main Entrance 3. G4 Pitch 4. Art Studios

5. The Library. 6. Sports Field











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