

# Extra Activities & Useful Tips

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

Primary School: \_\_\_\_\_

**Year 6-7 Transitions 2025**



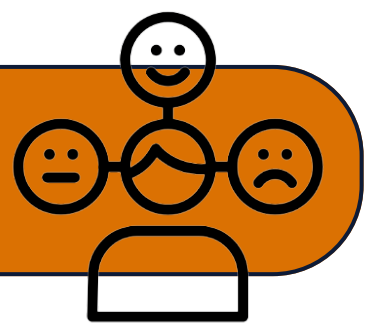
*This booklet can be taken home.*

*Courage*  
**LOVE**  
*Ambition*



Throughout this booklet, look out for this sign to read more Tor Bridge Top Tips as your prepare for your time here

# How do you feel?



Tick or circle how you feel about each question.

How do you feel about leaving primary school and coming to secondary school?



How do you feel about find your way around the school?



How do you feel about managing the homework you'll have to do?

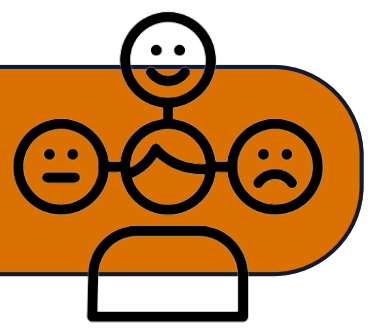


How do you feel about being responsible for your books and your belongings?





# How do you feel?



How do you feel making new friends?



How do you feel about meeting lots of new teachers?



Are you looking forward to using The Restaurant?



Are you looking forward to using different P.E. facilities?



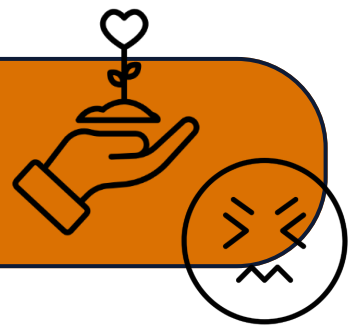
## Tor Bridge Top Tip

*If you ever worried about something in school, speak to an adult you trust, such as your tutor, Miss Cretch or a member of the Pastoral Team.*





# Hopes & Worries



Consider any questions or concerns you might have and think about the things you are looking forward to.

***What am I looking forward to?***

***What is my biggest worry about starting secondary school?***

***What can I do and who can support me?***

***What are my hopes for secondary school?***

***What are my other worries about starting secondary school?***

***What can I do to achieve these?***

***What can I do and who can support me?***

# Tor Bridge Top Tips



Follow these Tor Bridge Top Tips to ensure you have a great start to your time with us:



## REMEMBER TO BE YOU!

You will meet lots of different people at Tor Bridge. We all have different qualities that make us interesting, try to enjoy finding out about others. There will be lots of other people who feel the same as you.



## SANCTIONS

We will clearly explain to you what our behaviour and attitude expectations are. If you don't meet these expectations, you may be issued with a sanction such as a Reminder, Reset or detention. You will have the opportunity to reflect on your behaviour choices.

## CROWDS

Lesson changeover times and breaks can be busy with everyone trying to get somewhere. Keep left in corridors to keep moving smoothly. At breaktimes, Year 7 have dedicated use of the MUGA for your own social space.

## GETTING AROUND

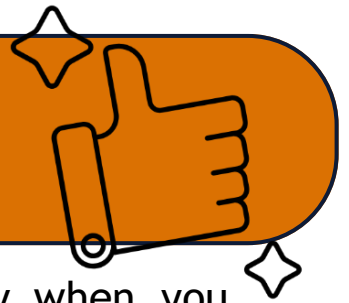
You will be shown around Tor Bridge before you are expected to find lessons. There are also signs on doors and we will give you a map on your first day to help you find your way around. **If you get lost, don't panic!** Ask a member of staff for help.

## REWARDS

Tor Bridge High has many awards up for grabs. You can collect ClassCharts points and Golden Tickets in lessons, which will give you the chance to win treats and prizes.



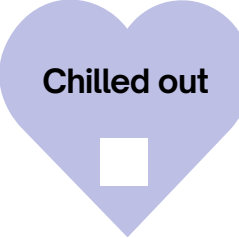
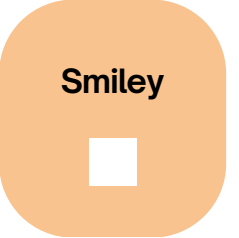


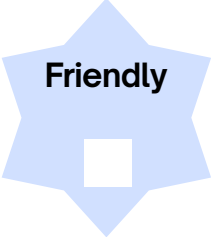

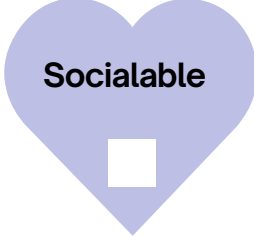


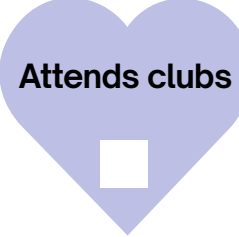





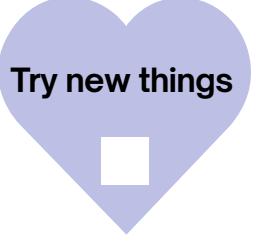



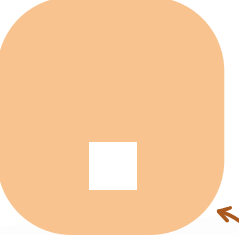
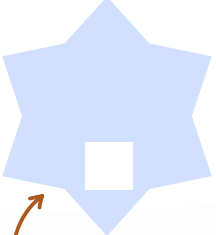


# Me on my Best Day



It's important to know what you are like on a good day, when you are feeling your best. Knowing this helps you and others to recognise when you are not feeling your best and might need some extra support.

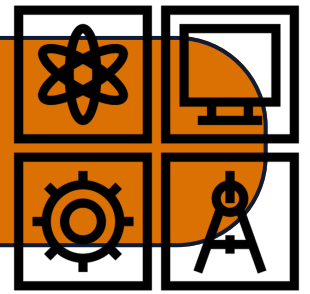
Think about what you look like on a good day. What would your friends, family and teachers notice about you? Tick all that apply.

 <b>Happy</b> <input type="checkbox"/>	 <b>Chatty</b> <input type="checkbox"/>	 <b>Chilled out</b> <input type="checkbox"/>	 <b>Smiley</b> <input type="checkbox"/>	 <b>On the move</b> <input type="checkbox"/>
 <b>Helpful</b> <input type="checkbox"/>	 <b>Friendly</b> <input type="checkbox"/>	 <b>Organised</b> <input type="checkbox"/>	 <b>Socialable</b> <input type="checkbox"/>	
 <b>Creative</b> <input type="checkbox"/>	 <b>Like to go out</b> <input type="checkbox"/>	 <b>Attends clubs</b> <input type="checkbox"/>	 <b>Sleeps well</b> <input type="checkbox"/>	 <b>Plays music</b> <input type="checkbox"/>
 <b>Enjoys some alone time</b> <input type="checkbox"/>	 <b>Use social media</b> <input type="checkbox"/>	 <b>Eat well</b> <input type="checkbox"/>	 <b>Try new things</b> <input type="checkbox"/>	
 <b>Spends time with family</b> <input type="checkbox"/>	 <b>Style hair</b> <input type="checkbox"/>	 <b>Make an effort with appearance</b> <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

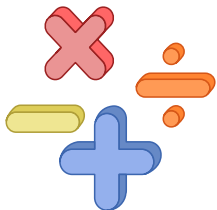
Add anything else here!



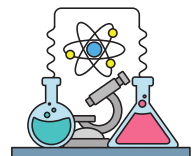
# Subjects at Tor Bridge High



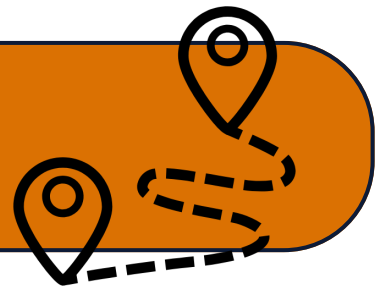
Match up the subject to the icon!



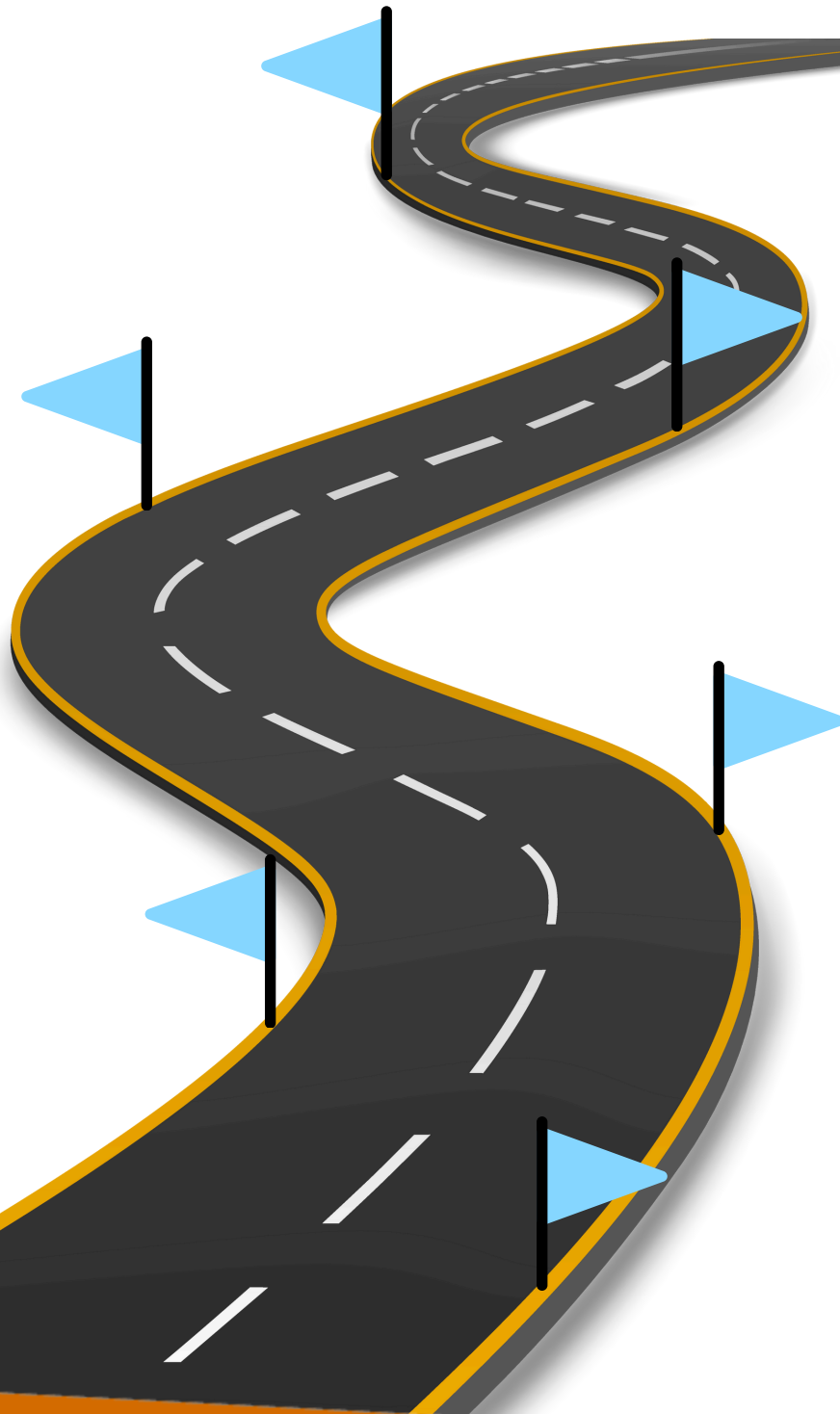
**Maths**  
**English**  
**Science**  
**Geography**  
**History**  
**Art**  
**Drama**  
**Music**  
**PE**  
**Cooking**  
**Computing**  
**Engineering**  
**RE**  
**Tutor Time**  
**Languages**



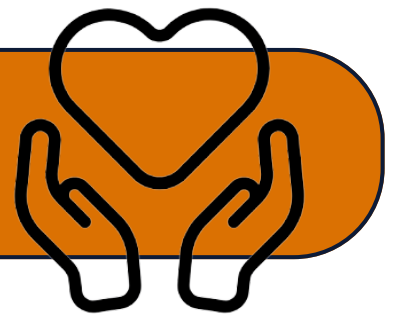
# Your Journey so Far



Life is a journey! Think back through primary school and write down your favourite memories or events that have shaped you to become the amazing young person you are!



# Wellness Tools



Wellness tools are the things we do that we enjoy and that make us happy. We can use our wellness tools when we are not feeling great to help lift our mood. Most wellness tools are simple, safe and free. Your list of wellness tools will grow and change over time, just like you!

Here are some examples:



**Listen to music** - music has the power to influence our mood. Consider the types of music that help you feel good.



**Keep active** - exercise can help you sleep better, have more energy and keep your heart healthy. Even if you just go for a walk.



**Connect with others** - spend time with new friends, old friends and family.



**Get outdoors** - connecting with nature can lift your mood. Walk to school if possible and try to listen to the birds, notice the change in the trees or the different flowers.



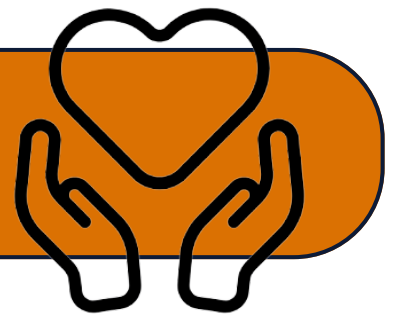
**Read or watch something funny** - laughing can make you feel better and lift your mood.



**Talk about any troubling thoughts or feelings** you might have with someone you trust. You could write it in a journal or even talk to a pet.



# Wellness Tools



Use this space to write down your own wellness tools - the different things you like doing that make you feel good.

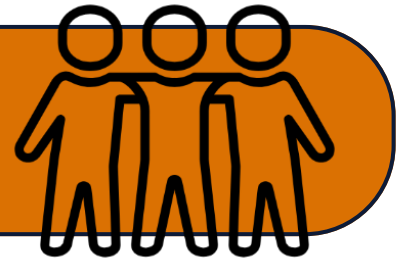
*People can be part our wellness tools too, so remember to add the names of people you enjoy spending time and connecting with.*

## Tor Bridge Top Tip

*Getting a good night's sleep is important for your mood and concentration.  
Not having enough impacts on how you feel in a big way.  
The average 11-12 year old should get 9-10 hours sleep every night.*



# Meeting New People



You will meet lots of new people at Tor Bridge High. It's normal to feel excited, nervous or a mixture of both; here are some ideas that might help:

## Get involved



*Spend time with others at lunch and break times. Joining a club is a great way to meet new people.*

## Get to know your friends' friends

*You can meet up in The Restaurant, on the walk home or you could ask your friend to introduce you to them.*



## Take the first step



*Say 'Hi' or ask how someone's day has been. Giving someone a compliment on their hair, shoes or bag can be a good way to start a conversation.*

## Give everyone a chance



*Difference is what makes us interesting, you could learn something new or try a new activity that a friend enjoys.*

## Be a good supporter

*Help people where you can. Just offering a smile or saying 'Hi' could help someone to feel better.*

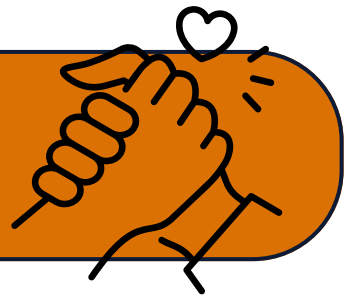


## Be yourself!



*Spend time with people who accept you for who you are.*

# Positive Friendships



Real friends encourage you to be the best you can be.

Think about the qualities you would look for in a good friend and what might warn you that a friendship was unhelpful. Write them in the boxes below.



## Helpful friendship

### Examples:

- *Respects my opinions*
- *Listens to me*

## Unhelpful friendship

### Examples:

- *Tells lies about me*
- *Makes fun about me*



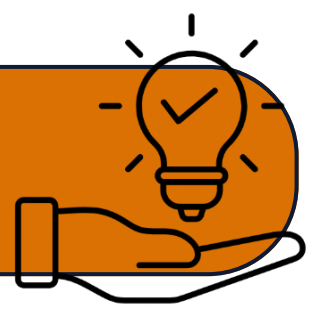
## Tor Bridge Top Tip

***If you feel you or someone you know is being bullied, report it to a trusted adult as soon as possible. Bullying at Tor Bridge is not tolerated and will be dealt with seriously.***





# Snappy Solutions

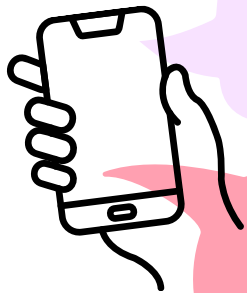
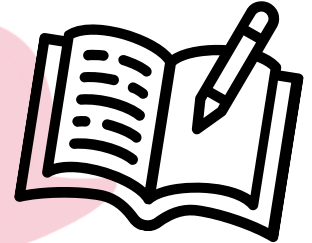


Any one of us can experience an unexpected challenge at some point. Some Year 7's have shared solutions to some that you might find useful.



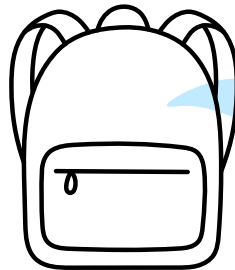
***If you miss the bus home, don't worry. Go back into school and tell a member of staff.***

***Forgot your homework? Explain the situation to your tutor in the morning.***



***Check you have important numbers in your phone.***

***Put your phone on silent or turn it off in school or it will get confiscated. If you need to contact home, go to see Student Services or Miss Cretch.***

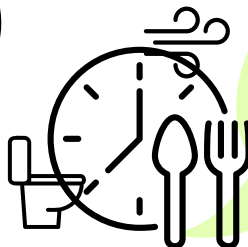


***Only bring what you need in your bag because you will have to carry it around all day.***



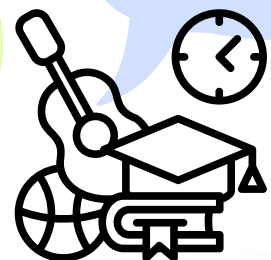
***If you don't have any money on your lunch account, let Miss Cretch or Student Services know. Don't go hungry; you'll still be able to get something to eat.***

***If you get up late for school, still go in. It's better to be late to school than not go in at all. Get your school bag ready the night before to avoid rushing in the morning.***



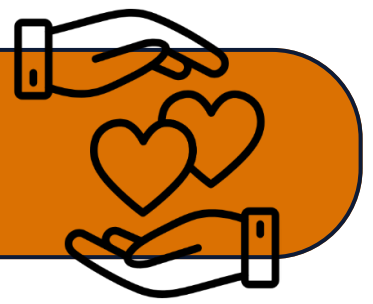
***Make the most of your break times by using The Restaurant, toilets and getting some fresh air. There will be staff on duty if you need anything.***

***Join clubs and school activities, this will help you make new friends.***



**Don't be hard on yourself. You're not expected to know everything straight away in your new school. Remember, everyone in Year 7 is starting together and so the experience is new to you all.**

# Helping Friends



Below are some problems you or a friend may experience when settling into secondary school. Imagine that a friend has come to you with this problem; how would you help them to solve it?

Discuss with your partner and be ready to feed back to the group.

<b>Your friend has forgotten their Knowledge Organiser</b>	
<b>Your friend is lost on their way to their next lesson</b>	
<b>Your friend is being bullied</b>	
<b>Your friend wants to join a lunchtime club but is worried they won't know anyone else there</b>	
<b>Your friend has lost their timetable</b>	



We hope you enjoyed your enhanced transition to  
Tor Bridge High!



See you in September!

Ted  
Wragg  
TRUST







Ted  
Wragg TRUST

Courage  
LOVE  
Ambition

ACTIVITIES, ICONS AND RESOURCES COURTESY OF:

**BARNARD'S**



HeadStart  
Hull



Noun Project

Canva