



Welcome Activities

For September 2021

Name: _____

Primary School: _____

Could we please have Life in all its fullness and the logos/badges at the bottom of the first page.

My New School

Either find a photo of your new academy and stick it here or, if you prefer draw a picture of it.

Using the Welcome Booklet or the internet, find out the following:

The address: _____

The telephone number: _____

The name of the Principal: _____

Coming to Secondary School - How do you feel?



Every child is unique. Every child has a special talent or strength.

Some children can run fast. Some children can play a musical instrument. Some children are creative and some can write amazing stories.

What are your strengths?

How might National Academy celebrate your strengths? For example, if you are really good at football, you could represent the school.

Every child will also face challenges and difficulties. Some children may not feel very confident. Some children may not feel very sporty or be confident at reading.

What challenges do you face?

What could we do to support you in your challenges?

What could you do to support yourself in your challenges?

We all respond differently to change and for most of us new beginnings will be both exciting and unnerving. Look at the table on the next page and, using two different colours, shade each box that states something you are looking forward to in one colour and those statements that you feel less confident about, in a different colour.

Being on time	Making new friends
Having a new uniform	Joining clubs
P.E. and the facilities	Homework
Being with older students	Lunch times
Getting to school	Learning new subjects
School rules	Finding your way around school
Break time	Being with older students

Where on the scale might you be in October, 6 months and a year?

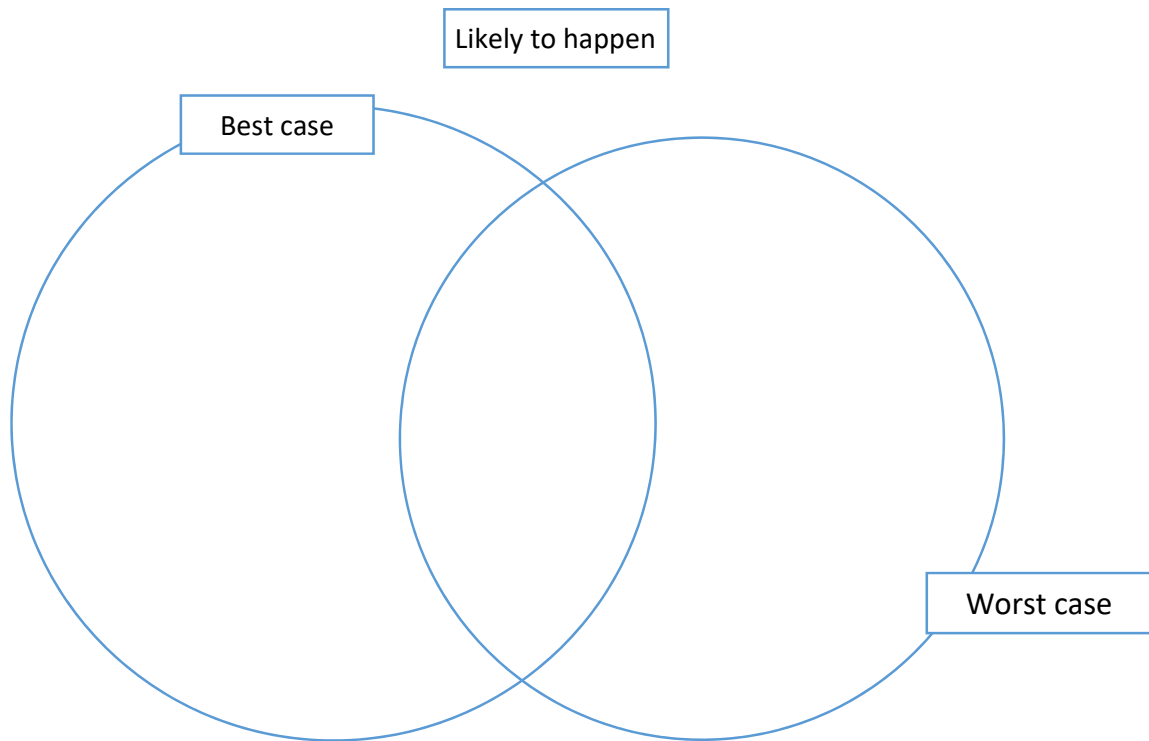
Solution Focused Approach

For those statements that you are feeling less confident about, score them 1 - 10 with 1 being a little nervous to 10 being really worried. You can add the score into the table.

Likely Outcomes

For those that you scored highest, copy and complete the Venn diagram on the following page. For example:

If you are worried about finding your way around school, the best case situation is that you will follow the map and be given a tour - this will help you find your way around. The worst case might be that you get lost. The most likely outcome is that, if you are unsure where you are going, someone will help you get to where you need to be.



It might be helpful to fill these in with an adult to help you consider what is likely to happen in each situation.

Challenging Negative Thoughts

Can you look at your concerns in a different way? In relation to your concerns, ask yourself the following questions?

Is it based on fact or opinion?

What evidence is there?

Is this thought helpful?

Is there another way of looking at it?

How might someone else see it?

What advice would you give someone else?

Look in your Welcome Booklet (there is also a copy on the website), on the website and the PowerPoint provided. What support is available to you at National Academy?

Making New Friends

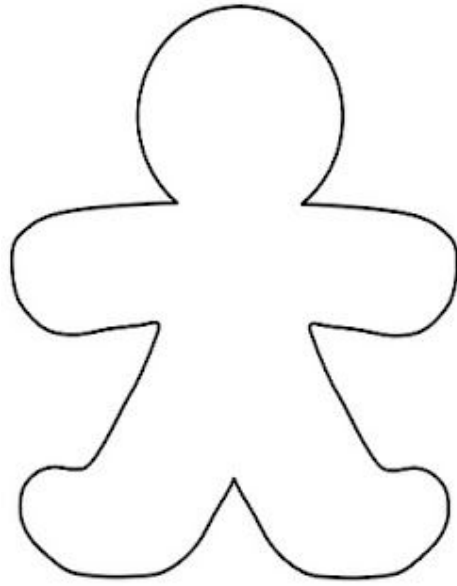
When you join National Academy, you will meet pupils from a wide range of primary schools. Several pupils are the only one from their primary school who coming. This provides lots of opportunities to make friends.

What, for you, makes a good friend?

What can you do to help you make new friends?

My ideal friend.

Use the outline to make a profile for your ideal friend.



Making New Friends: Tips

Smile and say hello.

Ask questions to start conversations such as 'What are you reading?'

Introduce yourself and ask their name.

Find out what they are interested in.

Remember it can feel really great when someone takes an interest in you.

Joining In

Joining in a conversation or group activity can be scary. Although it is one way to make new friends. Consider these strategies:

Watch and listen.

Make a friendly gesture or comment. Nod and smile, perhaps agree with what someone is saying.

Ask if you can join in. For example: 'Can I walk with you to English?'

Accept no for an answer if necessary. Sometimes people don't want you to be part of their group. Don't argue or complain; just go ask someone else!

It can be really helpful to invite others - especially if you notice they are on their own - if they want to join you.

How to be a good friend.

Support - listening is a really simple way to be supportive.

Empathise - put yourself in your friend's situation to help you understand their point of view.

Compliment - compliment them on what they are good at, where they are successful or even a new hairstyle. It is important to choose the right moment to give a compliment.

Respect Privacy - sharing secrets and confiding in one another is a key part of friendship. It is very hard to regain trust if confidences are broken.

Encourage - use encouraging statements to show that you have faith in them.

School Uniform

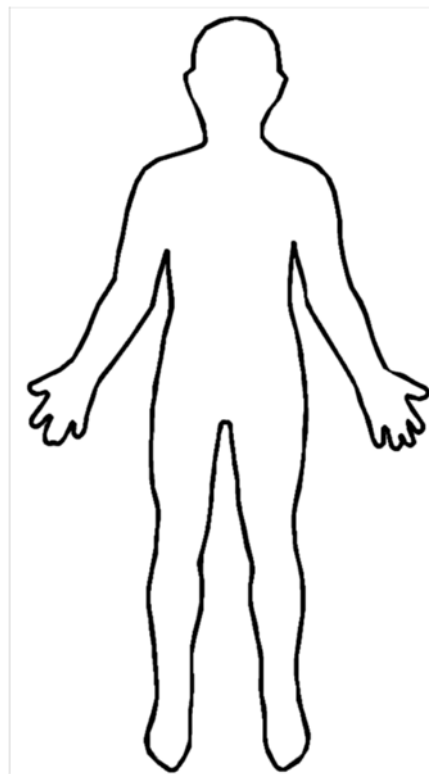
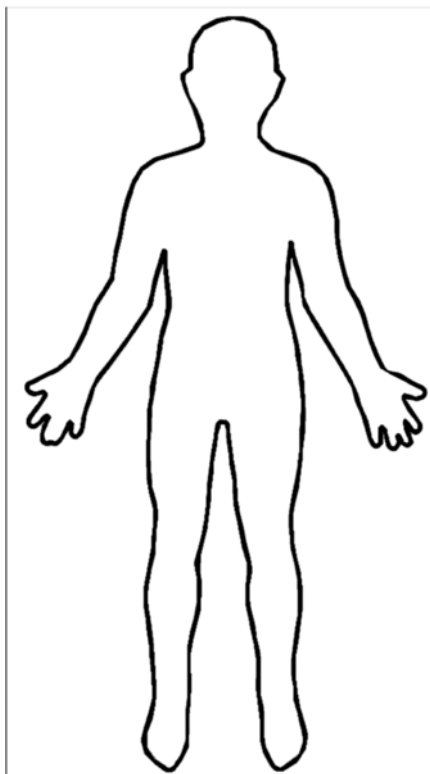
Look at page 2 in the Welcome Booklet at the National Academy uniform and P.E. kit.

List all of the items that you need that have the school logo on for your day to day uniform.

What item/s have your house colour on?

And the items with the school badge on them for your P.E. kit.

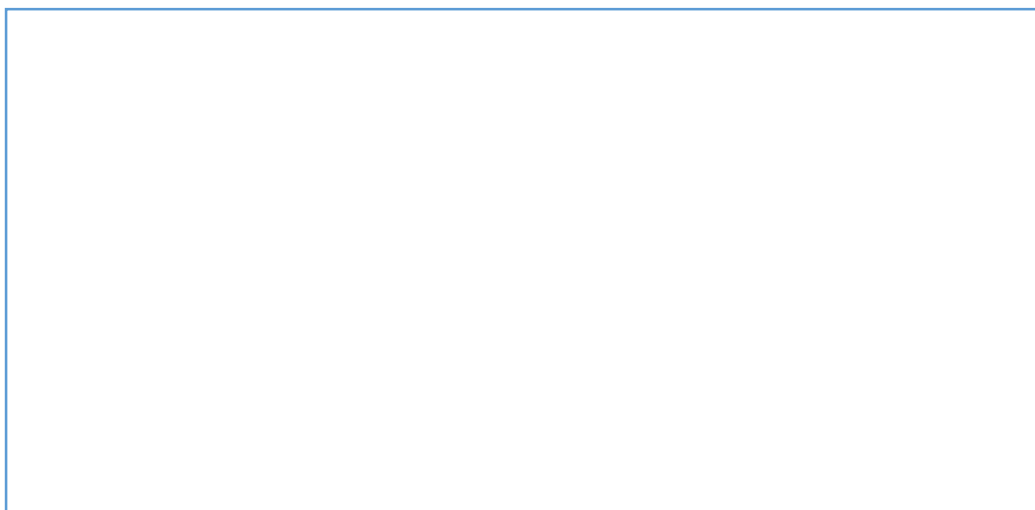
Use the outlines to draw yourself in both the school uniform and the physical education kit.



Journey to National Academy

September we will welcome you into our academy. It is likely that you will begin to travel to and from home alone or with friends.

Find a map of your journey to school and stick it here.



How will you get to school?

If you are getting a bus to school:

What number bus can you get? _____

How much is the bus fare? _____

With the help of an adult, write a detailed step by step guide to your route to National Academy from your home. You could do this in bullet points. For example:

1. Turn right onto my road and walk to the end.

2. Turn left onto....

At National Academy, you are expected to be at school by 8.35 am. What time would you need to leave your home each morning to ensure that you arrive in good time?

What alternatives are there? Is there a bus you could get if someone who usually collects you isn't able to for example? Make a note of the different ways you could get to and from school if necessary.

Around School

	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1	Art in D1	RS in 32	English in 23	PE in CWH	Math in 5
Lesson 2	English in 23	Science in L1	PD in 31	History in 9	Science in L1
Tutor Time	Tutor base in 61	Tutor base in 61	Tutor base in 61	Tutor base in 61	Tutor base in 61
Lesson 3	Math in 5	DT in D4	Math in 5	RS in 32	Music in 1
Lesson 4	Geography in 9	DT in D4	Science in L1	English in 23	RS in 32
Lunch	Archie's	Archie's	Archie's	Archie's	Archie's
Lesson 5	PE in Sports Hall	History in 9	IT in C3	Drama in 31	English in 23
Lesson 6	PE in Sports Hall	French in 21	Geography in 9	French in 21	History in 9

Here at National you will follow your time table (which you will be given when you start) and more often than not, move between lessons. You will find a copy of the map in the Transition section on the website. Please note that: the stairs up to the library can only be used to go up; the stairs between room 20 and 21 on the upper floor can only be used to go down; and the stairs near room 4 can only be used to go up.

1. Plan your route for Monday lesson 3 to 4.

2. Plan your route for Tuesday lesson 5 to 6

3. Plan your route from lesson 4 on a Friday to Archie's for your lunch.

Many primary schools provide basic equipment, colouring pencils, glue and so on. This is not the case at secondary school.

Look on the Welcome Day PowerPoint and in your Welcome Booklet and list all of the basic equipment you will need.

Virtual Schoolbag

For each English and Literacy lesson, you will need a reading book.

Teachers will also expect you to bring your books to each lesson.

When you have PE, you will need to bring you PE kit.






Using the timetable, make a list for each day of the week of what you will pack into your school bag the night before.


Monday	Tuesday	Wednesday	Thursday	Friday

Archie's

Lunch Menu

Menu for week commencing 6th January, 27th January, 24th February, 16th March

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Classic beef lasagne served with garlic bread and salad	Marinated chicken pieces served with side dishes including wedges and onion rings 	Roast gammon served with crispy roast potatoes, seasonal vegetables and gravy	Madras curried chicken served with rice, naan bread and a selection of side dishes 	Catch of the day served with chips and mushy peas or baked beans
Vegetarian Main Meal	Macaroni cheese served with garlic bread and salad 	Vegetable burrito served with side dishes including wedges and onion rings	Parsnip and sweet potato loaf served with crispy roast potatoes, seasonal vegetables and gravy	Cauliflower and spinach dhal tikka served with rice, naan bread and a selection of side dishes	Pizza served with chips and mushy peas or baked beans
Pizza, Pasta and Jacket Potato	 Pasta and jacket potato - add your choice of hot topping from our freshly prepared selection Daily pizza selection - meat and vegetarian options available				
Desserts	A daily selection of desserts are available.				
Light Bites	A daily selection of fresh wraps, baguettes and sandwiches available. Also available are hot sausage rolls and paninis along with a selection of home bakes and desserts.				
Kiosk (outside)	A daily selection of items which can include marinated chicken wraps and flatbreads, fresh chicken pieces, garlic bread, fries. Salad and condiments available. Also serves drinks and some home bakes/desserts.				



Using the sample menu for Archie's. Plan what you would pick for lunch each day.

Monday	Tuesday	Wednesday	Thursday	Friday
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Christian Ethos: ARCH Values

Our Christian ethos is embedded in our core values that are represented by the ARCH.



Our values are Achievement, Respect, Charity and Humility.

Find a definition for each of the four Arch values.

Achievement: _____

Respect: _____

Charity: _____

Humility: _____

Use this template answer the question: *What will you do to embrace life in all its fullness when you join your new academy?*

