

**Reading**

Task 1: Read the attached text 'Starting High School- Survival Guide'. Answer the questions providing evidence for your thinking where necessary using PEE. Complete the challenge questions if you would like to further your learning.



**Writing**

Task 1: Using the link <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

create a poster for your peers on how to successfully start high school. Your poster should be eye-catching, and you may want to use subheadings for your short and snappy pieces of information.

Starting secondary school



Task 2: Using the link <https://www.bbc.co.uk/bitesize/articles/zmgkf4j>

to help you, write a diary entry in the role of a Year 7 who has just experienced their first day of high school. Use the attached support sheets to help you.

**Spelling**

Hyphenated prefix words:

1. co-operate
2. co-ordinate
3. co-own
4. co-author
5. re-enter
6. re-educate
7. re-examine
8. re-evaluate
9. re-energise
10. re-elect

Task 1: Remember to practice the spelling pattern using:



Task 2: Create a rhyme to help you remember the spelling of the hyphenated prefix words.

E.g. co-own

**Cautious Owls - Only Wink Nightly**

Task 3: Complete the word search attached.

r k q t r e e l e c t e  
v e a r u c g e r h n r  
t s e d e o x t e c a e  
f i m n x o x a e o r e  
r g v a t p a c v o p x  
o r v g m e c u a r n a  
h e i e i r r d l d a m  
t n r s t a c e u i o i  
u e w q e t x e a n o n  
a e r o q e w r t a c e  
o r e o o e c t e t e y  
c l z i p c o a g e j d

**Maths**

Task 1: Complete the attached addition questions. You can choose the set of questions that you do depending on how confident you feel.

**A7: Column Addition**

$$\begin{array}{r} 100 \ 10 \ 1 \\ 687 \\ + 248 \\ \hline 935 \\ \hline \end{array}$$

**A7d: Column Addition**

$$\begin{array}{r} 4873 \\ + 3762 \\ \hline 8635 \\ \hline \end{array}$$

**A7e: Column Addition**

$$\begin{array}{r} 787567 \\ + 446278 \\ \hline 1233845 \\ \hline \end{array}$$

**A7j: Column Addition**

$$\begin{array}{r} 73.4 + 5.67 = 79.07 \\ \hline \end{array}$$

Task 2: Complete the word problems on the attached sheet.

**Geography**

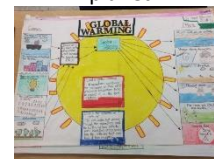
**(Global Warming)**



Task 1: Read the attached power points about 'What is Global Warming? Make notes as you read the information. Answer these questions:

1. What is your definition of global warming?
2. Is enough being done worldwide to combat climate change?
3. Is enough being done in this country to combat climate change?
4. Were the young protestors right to take time out from their learning to protest?
5. What would you like to see happen?

Task 2: Create a poster to persuade humans to take action on global warming and to start protecting the planet.



**Well-Being**

Watch the following clip about the 5 ways to well-being:

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>

Create a poster about the 5 ways to well-being. Use illustrations and write a description of each.

Think about:

- What you already do to achieve the ways of well-being
- What you could do to achieve the ways of well-being
- How has the current situation affected our ability to achieve the 5 ways of well-being?

**See attached sheets for more information on the 5 ways of well-being.**



# Starting High School- Survival Guide

So what's high school really like? Is there more work? More stress? Will it be difficult going from being one of the oldest primary school students to one of the youngest high schoolers?

If you're having thoughts like these, you're not alone: lots of other current Year 6s are feeling the same way you are — you're all starting out in a new place. With that in mind, here are a few topics that commonly worry incoming Year 7s.

## Starting Out at a New School



You may not know a lot of people when you start high school. Maybe your friends from primary school are going to a different high school. Even if you know other Year 7s, you might feel nervous that you don't know any of the older children. How are you going to make friends among this sea of unknown faces?

Most high schools hold a transition day before school actually starts. These are helpful not only because you learn your way around the building and get to meet some of your teachers, but you also get to meet fellow pupils. That way, when you show up on your first day of school, you may already recognize a few familiar faces.

When you talk to people at transition, you'll probably find that a lot of them are feeling just like you are. They're all new to the school and don't know what to expect. Talking about a common concern with your classmates can spark new friendships.

## Learning Inside the Classroom



How about the workload in high school — is it a lot harder? Again, this is something your classmates are probably worried about, too.

The work in high school builds on what you learned in primary school, giving you a more advanced knowledge of many academic subjects. So you may find you have more work to do or that it's a bit more challenging. But these challenges can make you feel less bored with the usual routine — it feels great when you've mastered something really tough. Maybe you'll find a new appreciation for biology or discover a passion for literature.

If you ever find your work too overwhelming, teachers and tutors are available for extra help. While you have more independence as a high school student than you might have had in primary school, there are still many resources to fall back on if you feel the work is too much or if there's something you don't understand.

## Extracurricular Activities



High school also has more extracurricular activities than primary schools do, such as clubs, music and theatre groups, student government, and sports teams. This is a fantastic time to explore your interests and try new things. Who said school has to be all work and no play?

These activities may take place before or after school. Because of this, it helps to sharpen your time management skills in your first year. Extracurricular activities are great, but remember to leave free time for yourself. Everybody needs some downtime.

## Learning Outside the Classroom

High school is a time of increasing independence and responsibility. As in primary school, you or your friends may have some tough times. But if you ever find that personal issues get really overwhelming, find someone to talk to. Just because you're becoming more independent does not mean you're alone.

Friends and parents can be great resources, but if you need them, school counsellors or therapists can be very helpful if you want to talk with someone outside of your friends and family. So many people are available to help you.

Primary school taught you the basics of academics, time management, and social skills while providing you with a little extra support and guidance — kind of like a bicycle with training wheels. High school gives you the chance to take off those training wheels and learn how to be more independent.

It's perfectly OK if you're nervous at first. Even if you don't get off to the best start, that's normal, too — everybody's a bit wobbly the first time they take off their training wheels. Just be patient and keep trying. Once you've adjusted to your new independence, you may find you can go farther than you ever imagined.

## Tips on Making New Friends

- Join a club or after school activity to meet new people
- Be yourself and you'll make friends with people like yourself
- Smile and be approachable
- Make an effort to speak to people even if it takes you out of your comfort zone
- Don't rush this: the most genuine friends come gradually as you get to know each other
- You will be seated with different people in different subjects and will have to work together. This is a good opportunity to get to know your classmates and form new friendships.

## Tips on Getting Used to The size of the school

- Always have your timetable with you so you know where you are supposed to be next
- Don't be afraid to ask for help if you are lost
- You'll get lots of practical help: a visiting day before you start at the new school; being shown around the school; a map of the school in your planner; people showing you the way and the routines
- Don't expect to remember it all at once, or to know everything on the first day



## Reading Questions

1. What type of text is 'Starting High School- Survival Guide'?  
Tick the appropriate box:

Fiction

Non-Fiction

Poem

Description

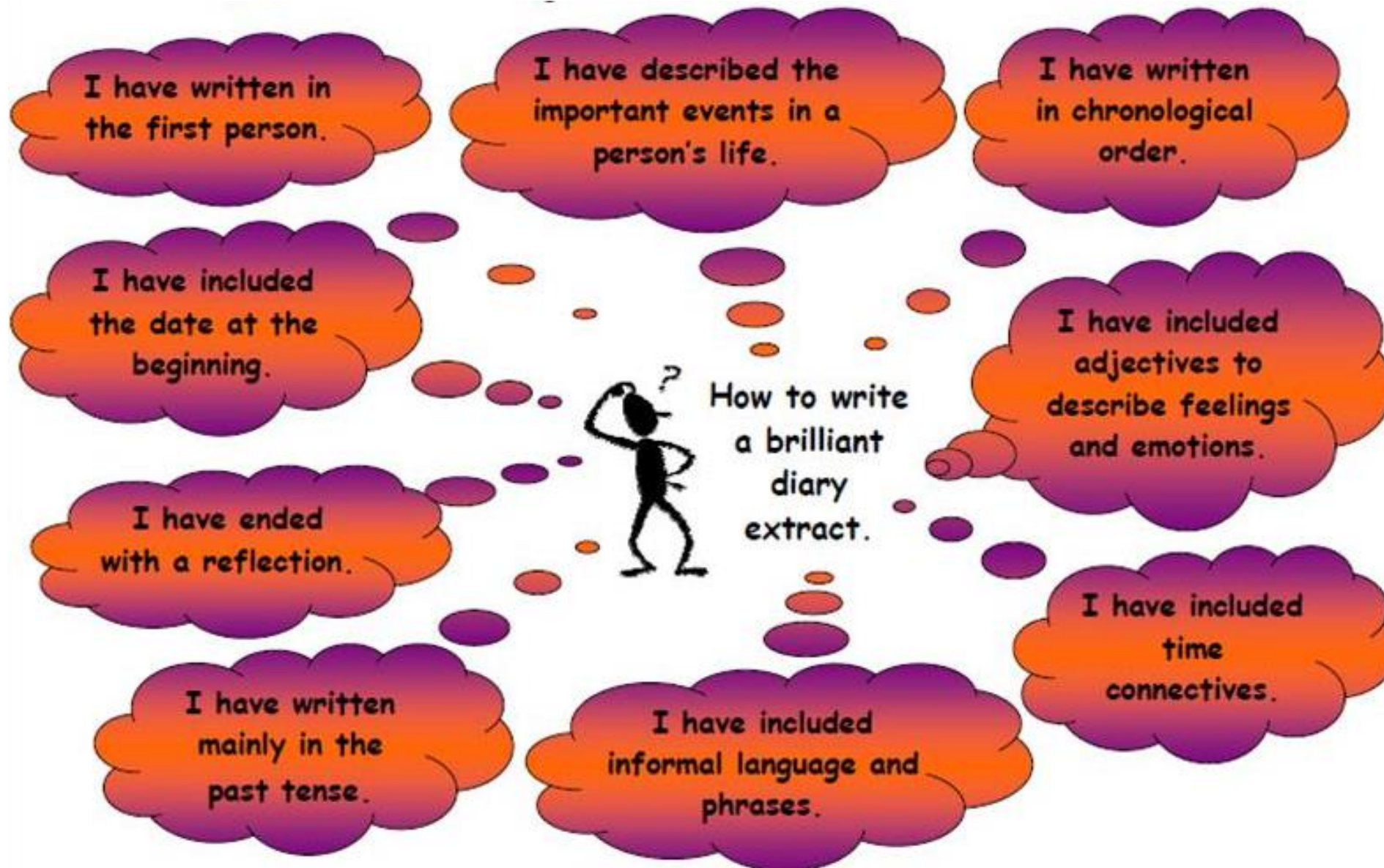
2. **Find** and **copy** the **subheading** for the paragraph which gives information about the before and after school clubs that are on offer to Year 7s.
3. Name 3 of the before and after school clubs that some high schools have.
4. What do most high schools hold before Year 6s start high school? It can help them to learn their way around the school and meet some of their teachers.
5. Name two things that you can improve on whilst at high school.
6. What does the text compare 'first day wobbles' to?
7. The text suggests not to rush making friends and it says, '**... most genuine friends come gradually as you get to know each other.**' Tick the word that is the most similar in meaning to the word genuine:
- Unkind       Organised
- Honest       Jolly

## Challenge Questions

1. The survival guide uses the following analogy to describe the transition from primary school to high school.  
**'...providing you with a little extra support and guidance — kind of like a bicycle with training wheels. High school gives you the chance to take off those training wheels and learn how to be more independent.'**  
Why has this analogy been used?
2. Can you give another analogy that could be used to describe the transition from primary school to high school?
3. The survival guide uses the subheading, '**Learning inside the classroom**' to explain what learning looks like inside a high school classroom. Write an alternative subheading that could be used for this paragraph.
4. Explore the meaning of the following words by finding their definition and writing two **synonyms** (words with the same meaning) and two **antonyms** (words with opposite meaning).
- Adjusted
  - Counsellors
  - Transition
  - Commonly

## Writing

### Task 2:



Sentence starters for your diary entry:

# Diaries

## When did it happen?

This morning  
At first  
As soon as I woke up  
Before long  
After a while  
Afterwards  
During  
Later  
In the meantime  
At that moment  
Eventually  
In the end

## How did it happen?

Without a sound  
Without warning  
As fast as I could  
In the blink of an eye  
Awkwardly  
Silently  
Cautiously  
In a flash  
Wildly  
Softly  
Trying not to make a sound

## How did you feel?

Sadly  
Hopefully  
Luckily  
Nervously  
Frantically  
Unfortunately  
I felt terrible  
It was the worst  
I was so happy when  
My heart was thumping  
In a state of terror

## Informal phrases

By the way  
You'll never believe this but  
Guess what happened!  
The thing is  
I won't even go there  
Anyway  
Besides  
Perhaps  
Maybe  
I wonder if  
Can you believe it?

Example:

Dear Diary,

As soon as I woke up this morning, the butterflies began swirling around in my stomach. It was time! Today was my first day at high school! You will never believe this, but I was the only year 6 from Charlestown going to my high school. Most certainly, I had mixed emotions; I would miss all my friends, but I was excited to make new ones! My heart was thumping as I set off. Not only was it my first day walking alone to school, but it was my first day catching the bus- I had pre-booked my pass to make sure everything ran smoothly, which it did! ....

Use the survival guide to help you with your writing and make sure to include:

- Waking up
- Getting to school
- What happened whilst you were there (friends/ lessons)?
- Getting home/ evening

**Maths** Task 1:

**I can add HTO + TO numbers.**

1.  $185 + 36 =$
2.  $269 + 82 =$
3.  $257 + 56 =$
4.  $384 + 45 =$
5.  $568 + 75 =$
6.  $697 + 58 =$
7.  $639 + 98 =$
8.  $789 + 65 =$
9.  $842 + 68 =$

**I can add ThHTO + HTO numbers.**

1.  $5448 + 895 =$
2.  $6854 + 987 =$
3.  $9421 + 841 =$
4. 1235 +  $154 =$
5.  $8549 + 426 =$
6.  $3594 + 159 =$
7.  $2596 + 485 =$
8.  $4689 + 753 =$
9.  $7439 + 816 =$

**I can add any two 5-digit numbers.**

1.  $65814 + 52896 =$
2.  $42359 + 12485 =$
3.  $71596 + 42593 =$
4.  $18654 + 23746 =$
5.  $32597 + 65812 =$
6.  $32486 + 27510 =$
7.  $10269 + 45038 =$
8.  $55421 + 81329 =$
9.  $69842 + 42659 =$

**I can add HTO + HTO numbers.**

1.  $305 + 469 =$
2.  $945 + 852 =$
3.  $447 + 188 =$
4.  $854 + 247 =$
5.  $854 + 586 =$
6.  $654 + 216 =$
7.  $145 + 874 =$
8.  $654 + 897 =$
9.  $386 + 719 =$

**I can add ThHTO + ThHTO numbers**

1.  $5296 + 3597 =$
2.  $3249 + 9845 =$
3.  $6485 + 1236 =$
4.  $5209 + 7853 =$
5.  $3496 + 7206 =$
6.  $4390 + 7539 =$
7.  $2583 + 4139 =$
8.  $9317 + 7135 =$
9.  $2376 + 8513 =$

**I can add decimals.**

1.  $3.56 + 4.89 =$
2.  $2.06 + 8.17 =$
3.  $63.56 + 89.12 =$
4.  $2.36 + 96.31 =$
5.  $671.25 + 456.29 =$
6.  $32.15 + 2.87 =$
7.  $52.10 + 45.96 =$
8.  $20.18 + 94.85 =$

## Maths

### Task 2:

Bilbo needs to restock his pantry.

He spends £24.79 on cheese, £32.76 on fruit and veg and £56.90 on plates.

What is the total cost of Bilbo's shopping?

Over the course of the year a school uses 3245 pens, 856 whiteboard pens, 44 rubbers. How many resources are used altogether?

15 987 people attended a football match in month 1.

23 867 attended in month 2.

34 675 attended in month 3.

How many people attended altogether over the 3 months?



5 ways to... **wellbeing**

ONE

**CONNECT**



**The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.**

Connecting with people can help you, and them, feel special. Meeting new people can also make us happy.

**Why not try some of these...**

- Talk to your friends and family
- Help a friend or neighbour
- Eat a meal with your family
- Make a new friend
- Say hello
- Bake some cakes and share them

**What ideas can you think of to...**

**CONNECT**

Find out more about the Five Ways to Wellbeing at: [derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)

**DERBYSHIRE**  
County Council

5 ways to... **wellbeing**

TWO

**BE ACTIVE**



**The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.**

Getting active can make you feel good and keep you healthy.

**Why not try some of these...**

- Dance to your favourite song
- Walk a dog
- Hula hoop
- Join a sports team
- Play a game in the playground
- Walk or cycle to school
- Help in the garden
- Run a race with friends
- Make up your own sport

**What ideas can you think of to...**

**BE ACTIVE**

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**DERBYSHIRE**  
County Council

## 5 ways to... wellbeing

THREE

KEEP  
LEARNING

The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Learning isn't just for school. Study something new - or try something different.

Why not try some of these...

- Learn a new word each day
- Visit a museum or art gallery
- Try out a musical instrument
- Do a word search
- Try a new food
- Learn to cook a new recipe
- Study an animal or bug
- Visit a new place
- Write a story or song

What ideas  
can you think  
of to...

KEEP  
LEARNING

Find out more about the  
Five Ways to Wellbeing at:  
[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)

## 5 ways to... wellbeing

FOUR

GIVE

The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

Giving to other people makes everyone feel special but it doesn't have to mean giving someone a present on their birthday.

Why not try some of these...

- Smile and say thank you
- Make a homemade present or card for no reason
- Hold a door open for someone
- Give someone you love a hug
- Send your old toys to a charity shop
- Share with others
- Help around the house - wash the dishes or do some dusting
- Listen to someone else and how they are feeling

What ideas  
can you think  
of to...

GIVE

Find out more about the  
Five Ways to Wellbeing at:  
[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)

## 5 ways to... wellbeing

FIVE

TAKE  
NOTICE



The Five Ways to Wellbeing are simple things to do everyday that can help you to feel happier and more positive.

**Taking notice means watching the world around you and enjoying the little things.**

**Why not try some of these...**

- Look at what you can see out of your window and how it changes
- Paint or draw a picture of something you've seen today
- Think about how you are feeling today
- Listen to the sounds of nature like the wind and rain
- Play I spy
- Notice how your friends or family are feeling today

**What ideas can you think of to...**

TAKE  
NOTICE

Find out more about the  
Five Ways to Wellbeing at:  
[derbyshire.gov.uk/fiveways](http://derbyshire.gov.uk/fiveways)