

READY,
STEADY,
TRANSITION!






























Coming to St Joseph's RC High School is an exciting
but nervous time.













Use this booklet along with the information on the
school website and the Transition Instagram to
prepare for what will be an amazing adventure.

How am I feeling about Transition?

To help you understand how you feel about coming to SJHS, circle or highlight how you feel about each of the common things that people worry about when they change schools. At the end of this booklet complete the task again to see if things have improved.

	I'm fine with this.	I'm a little worried about this.	I'm very worried about this.
Changing Schools			
Making new friends			
Keeping my old friends.			
Being in a form class with people I don't know very well.			

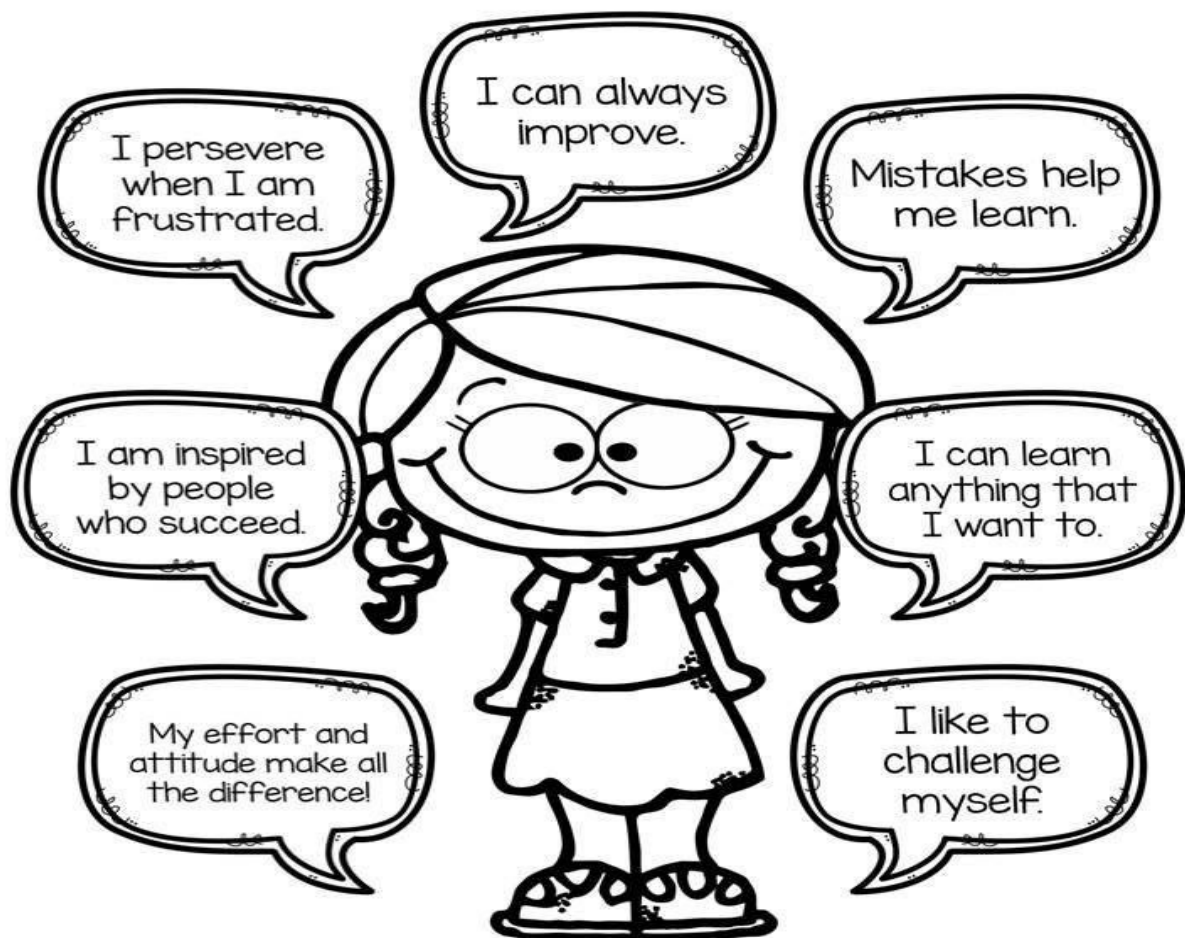
New teachers			
Asking for help from my teacher			
New routines			
Using my timetable			
Finding my way around the school.			

Being late for my lessons			
Using the canteen			
Using the school toilets			
Using the school bus			

Having a Growth Mindset

When we face new challenges it's always important to have a growth mindset. A growth mindset is the belief that you can always improve through study and practice. At St Joseph's we expect all pupils to have a growth mindset. We don't expect you to always get things right but with practice and perseverance we'll get there.

I have a **GROWTH MINDSET!**



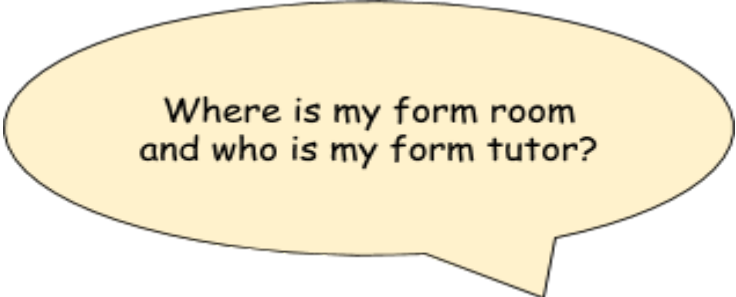
The School Day.

The school day follows the same routine everyday, the only things that change are which lessons you attend.

Only on very special occasions do we change our routine, for example Mass, the school Eisteddfod, guest speakers.

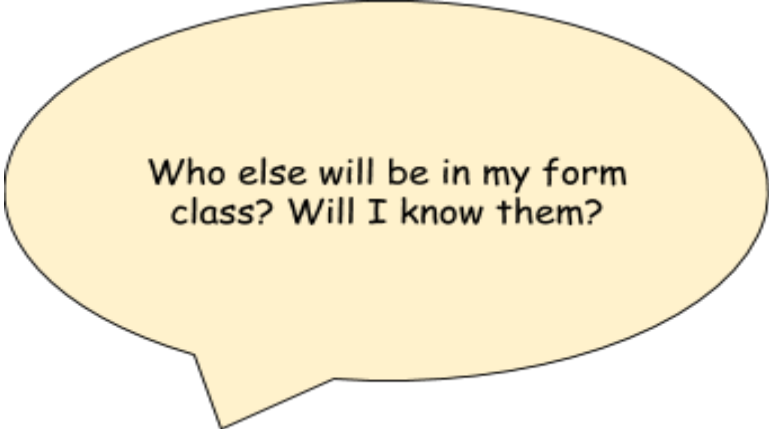
Time	What's happening ?
8:50 am	Start of the school day, this time is spent in your form class with your form tutor.
9 am	Lesson 1
10 am	Lesson 2
11 am	Break time, a time to meet up with friends, get a snack from the canteen or access the library or IT rooms.
11:20am	Lesson 3
12:20 pm	Lesson 4
1:20 pm	Lunchtime, a time to meet up with friends, get a snack or meal from the canteen, access the library or IT rooms, take part in a scheduled activity like a sport or club.
2pm	Form Period, this time is spent in your form class with your form tutor. On some occasions we spent this time in an assembly, PSHE, undertaking charity work, pastoral catch up, reflection, prayer or discussion time.
2:20pm	Lesson 5
3:20pm	End of the school day, time to go home, walk, catch a bus, ride your bike, be collected or take part in extra curricular activities.

Questions about the School Day.



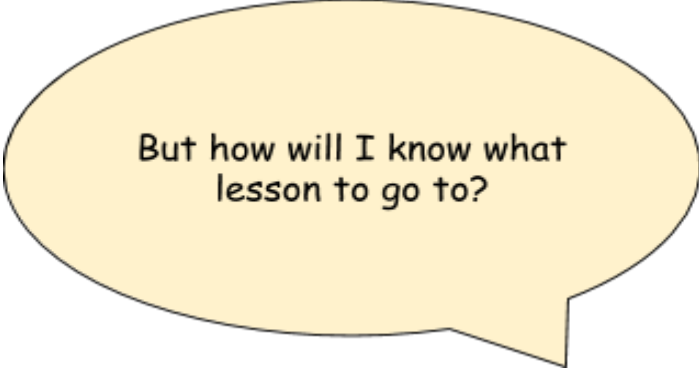
Where is my form room
and who is my form tutor?

Every form class has a dedicated form room, this will be the room that you go to every morning and every day after lunch. These rooms are around the school building and are usually your form tutors teaching classroom. On your first day your form tutor will take you to your form room. Your form tutor is your go to person within the school, your form tutor is there to help you, answer your questions, offer advice and support, praise you for your good work and have those difficult conversations if things don't go quite right.



Who else will be in my form
class? Will I know them?

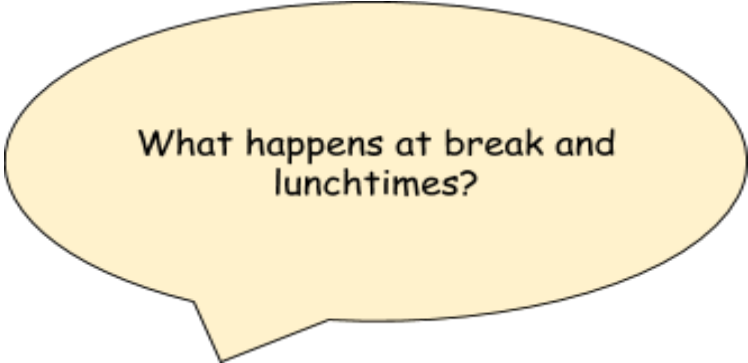
Each form class is made up of pupils from different primary schools. Mr James has worked very hard with your Year 6 Teachers to make sure that you're in the right form. We will always try to put pupils in a form with pupils from your primary school that you've said you'd like to be with. However sometimes you can't be with everyone you've said you'd like to be with.



But how will I know what lesson to go to?

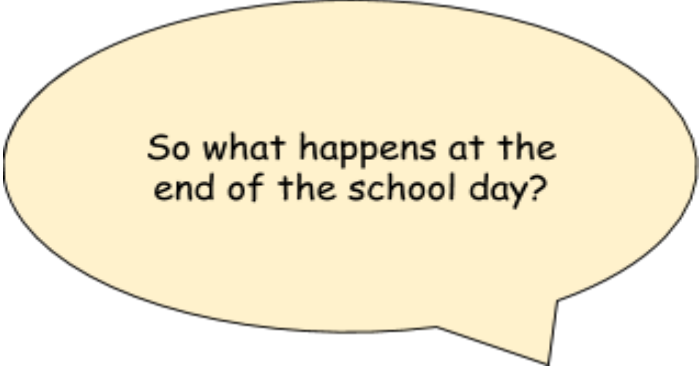
On your first day you will be given a school timetable. Your form tutor will spend time with you showing you how this works. You'll need to write or stick this into the school planner that you will receive on that day too.

It's also a good idea to take a picture of your timetable, just in case you forget or lose your planner.



What happens at break and lunchtimes?

At break and lunch times you can access the canteen to buy a snack, a treat or a meal, you can also eat your own packed lunch from home in the canteen. You can spend time with your new and old friends, you can complete your homework in the school library or IT rooms, you can access a club or sporting activity. This is your time to relax and enjoy being at St Josephs. During the start of Year 7 we encourage you all to stay within the quad area so that you get to meet your new year group. For the first few weeks of Year 7, we let you go to lunch 10 minutes earlier than the rest of the school.



So what happens at the end of the school day?

To end the school day your lesson 5 teacher will always end the lesson with the Year prayer and the sign of the cross. Once the bell rings, you'll need to make your way out of the school building. Most students catch the school buses, so make their way to the front of the school. Some pupils walk home or ride their bicycles, these pupils tend to head for the back of the school. In your first few weeks you will be allowed to leave lesson 5 ten minutes early so you can avoid the crowded corridors and get on the bus first.

Map of the school.

The school has three floors:

The Ground floor where all the classrooms have the letter G before them, for example G1.

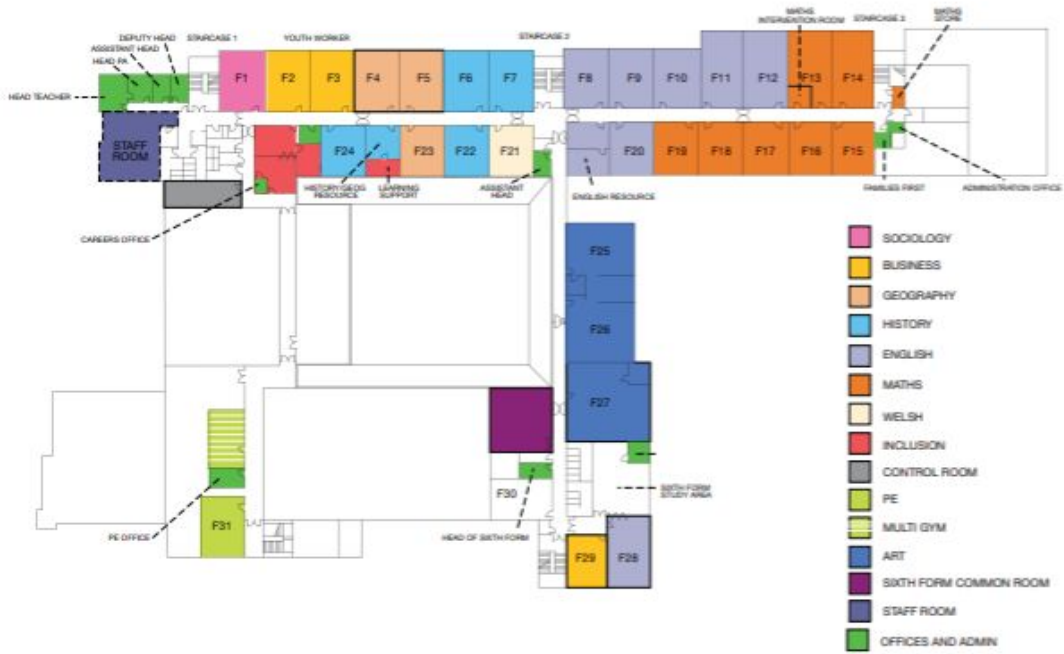
The First floor where all the classrooms have the letter F before them, for example F2.

The Second floor where all classrooms have the letter S before them, for example S3.

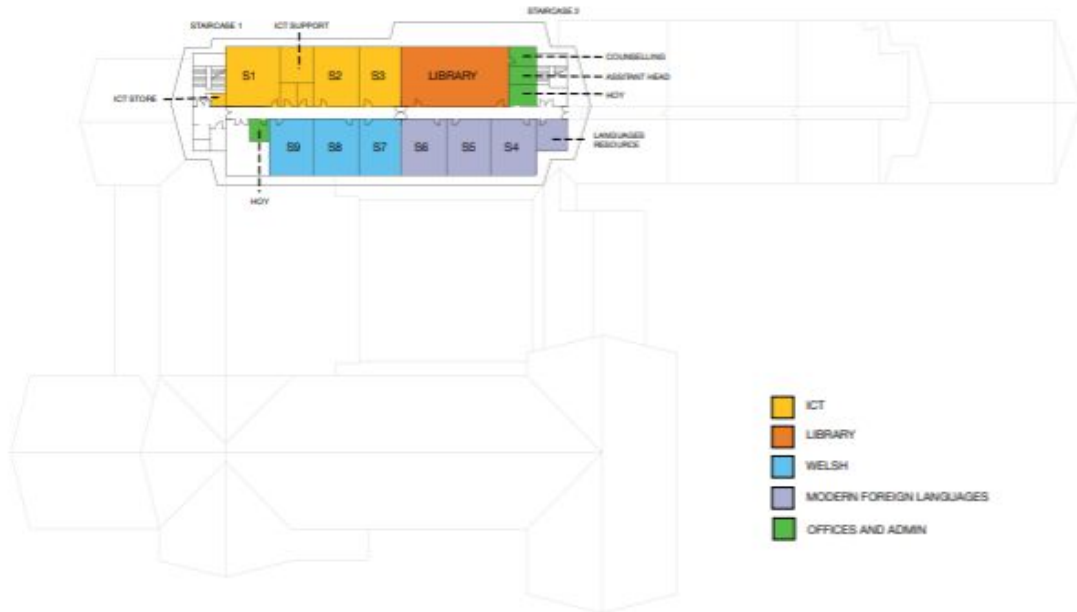
This system makes it easier for you to find your way around the school building.

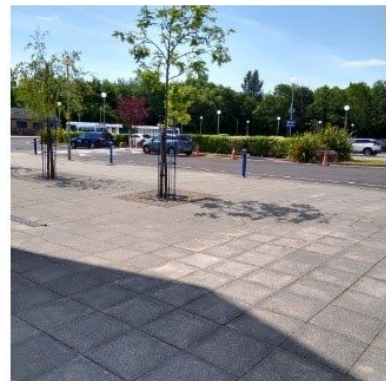


SJHS FIRST FLOOR

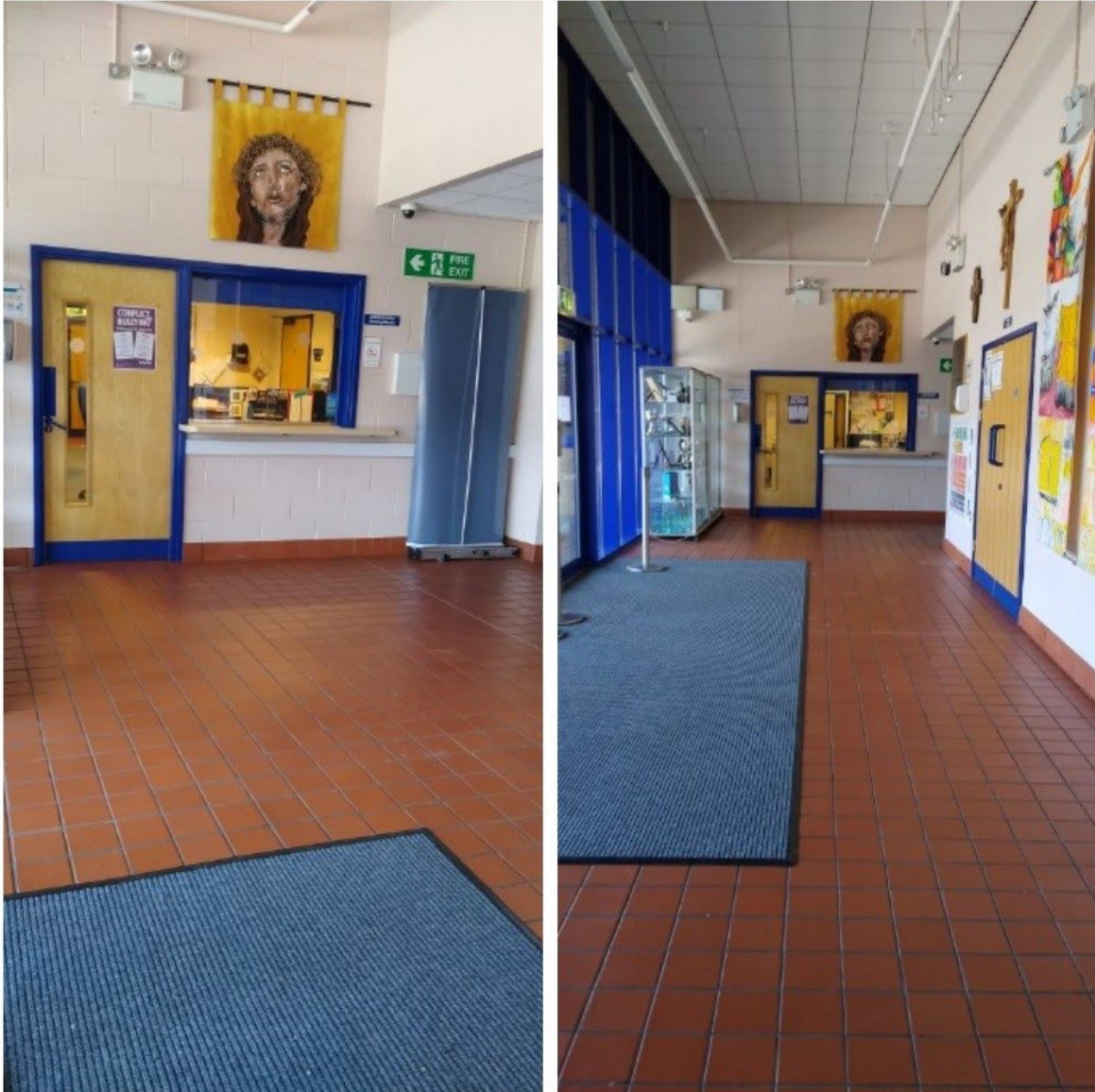


SJHS SECOND FLOOR





These images show the front of our school. The outside classrooms 01 and 02, along with the bus stops. This is where the bus will drop you off in the morning and pick you up at the end of the school day. They also show the school's main reception area, where pupils and parents can access the school.



This is our school reception. This is where you will sign in if you're late to school, sign out if you have a medical appointment, or visit if you have lost something. If you are feeling unwell your teacher may send you to reception to access the first aider on site.

The School Chapel

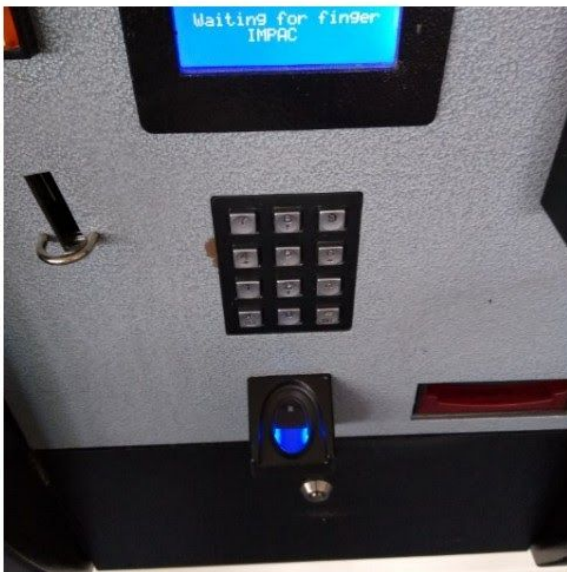
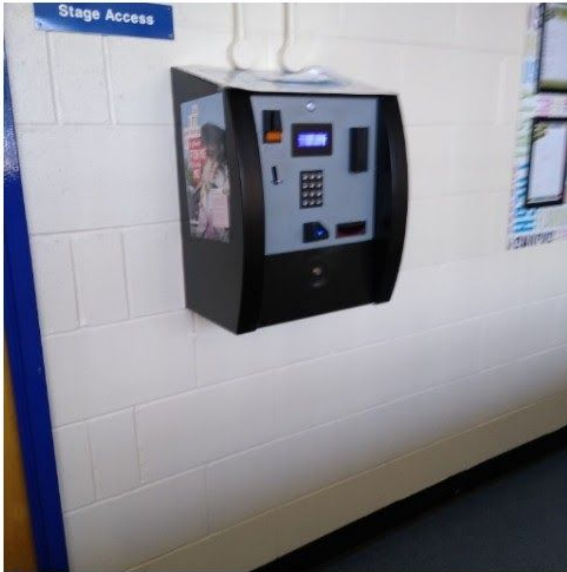


The school chapel is a very important place for us as a faith school. The chapel is an area for prayer, reflections and reverence. We use the school chapel as part of our RE lessons, for form reflection, assembly and for Mass.

The School Canteen:



There is a huge variety of food available within our canteen, there are hot and cold snacks along with main meals, drinks and puddings. You'll get far more choice than when you were at primary school. It's really important that you choose balanced healthy meals so that you have the energy to learn.



We use a biometric system in our canteen that means that you use your finger to pay for your food rather than money or a dinner card. Your parents will be able to top up your accounts from home, check what you're eating and what you're spending your money on in the canteen.

You can top up your account using money and putting it into one of the machines in the picture above.

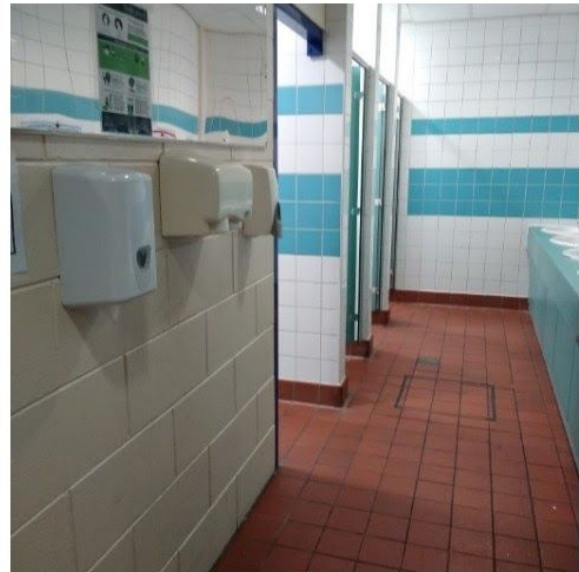
If you prefer to bring your own lunch to school that's no problem, you can still access the canteen to eat your lunch in.

The Main Hall.



The main hall is used when we come together as a year group for prayer and reflection. It's also used for events like the school Eisteddfod, guest speaker, concerts, drama events and Mass.

The School Toilets



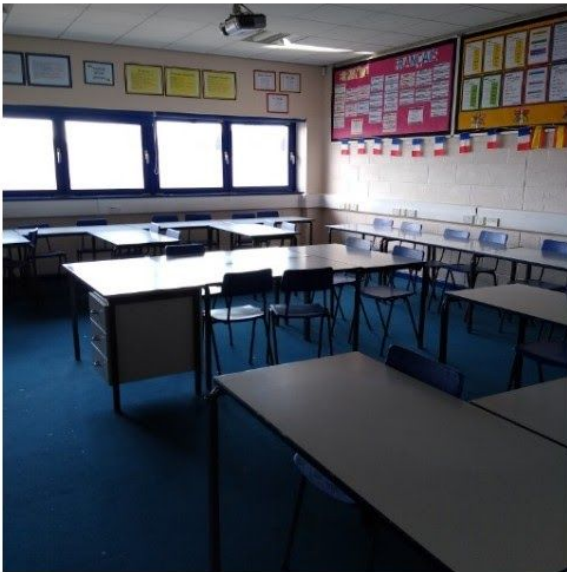
Although there are toilets across the school building, we encourage all pupils to access the toilets on the ground floor. Pupils should access the toilets before school, at break times and lunchtimes. It is so important to remember to wash your hands before leaving and maintain excellent personal hygiene.

We have classrooms that range in size and style depending on the subject that is being taught within them.

Below are some images from our Science department.



A science classroom is unlike any classroom you're likely to have used at primary school. The science classrooms have their own set of rules to ensure that you are safe. Don't worry you'll get taught these in your first Science lesson.



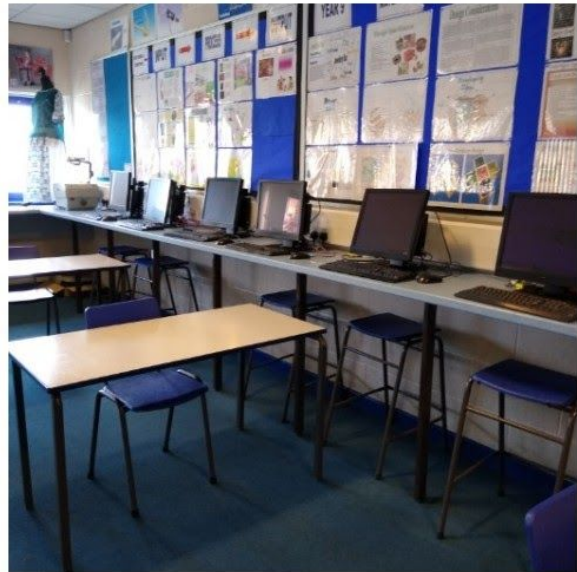
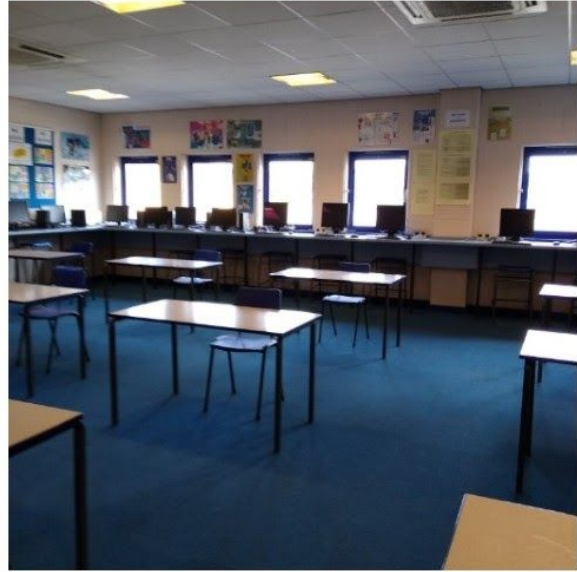
Above are some images from Maths, Art, MFL and Welsh. You can see that each teacher sets their classroom out slightly differently. Some prefer you to sit in a row, whilst others prefer you to sit in groups.

Most teachers will have a seating plan and will expect you to sit in your allocated seat.

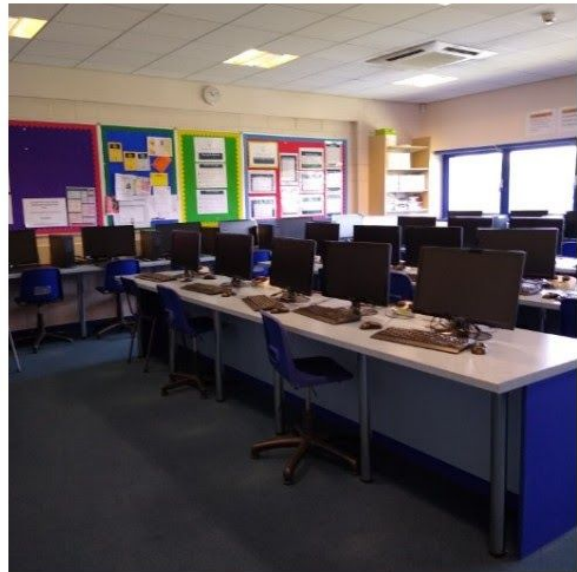
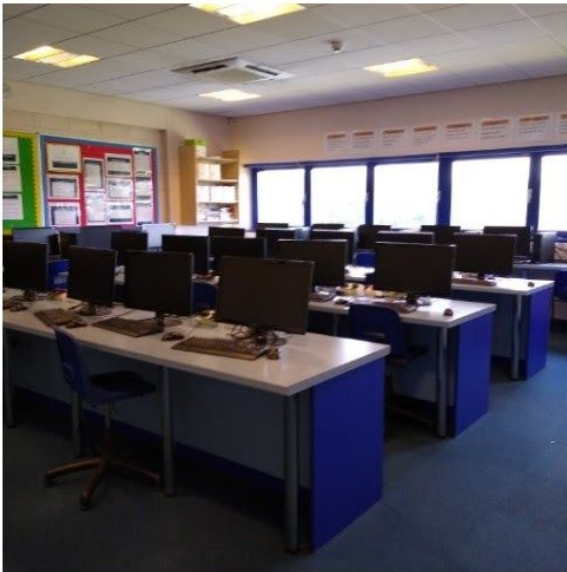
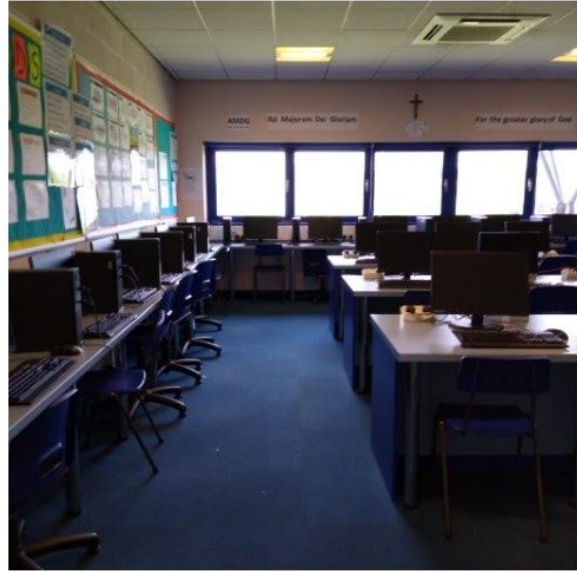


Here are some images from our drama studios, are you ready to take centre stage?

Don't worry, drama isn't just about acting, it's about developing your team work, communication and problem solving skills.



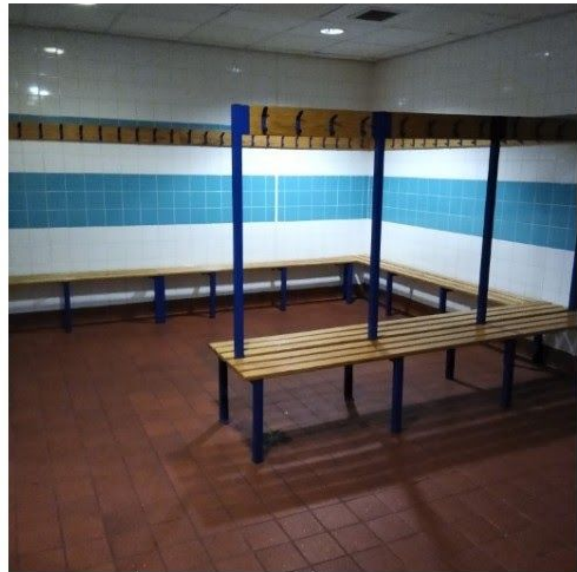
Here are just a few of our Technology rooms, we have a range of practical and theory based rooms as well as a food technology classroom where you can make some great creations. Pizza anyone? . Just like the Science classroom, some of the technology classrooms have their own rules to keep you safe.



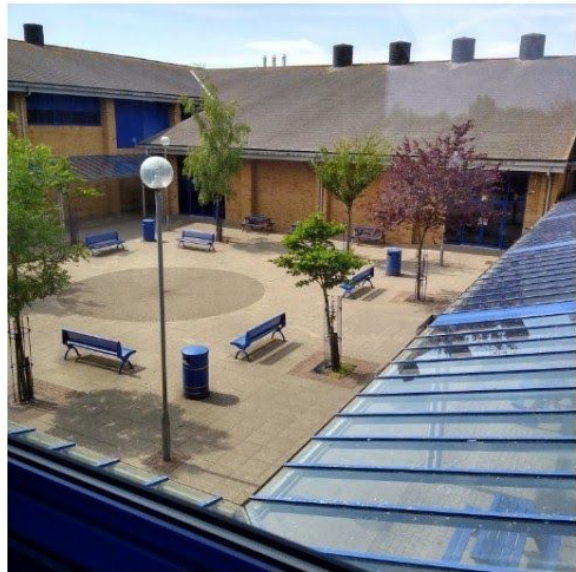
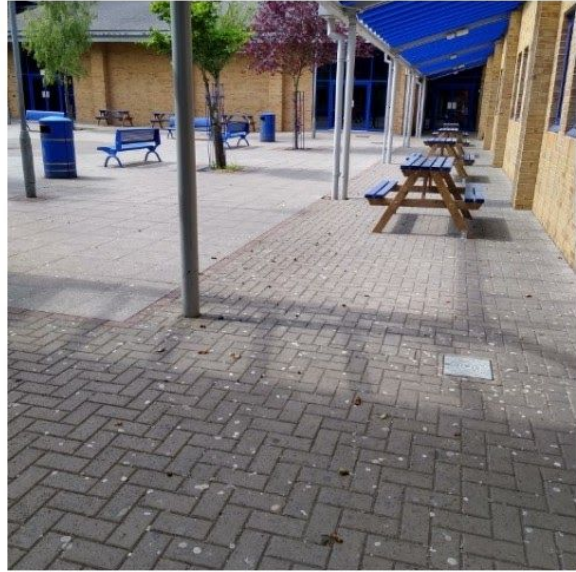
We also have a number of rooms with a full range of IT to help us develop our digital literacy skills and portable devices such as chrome books.



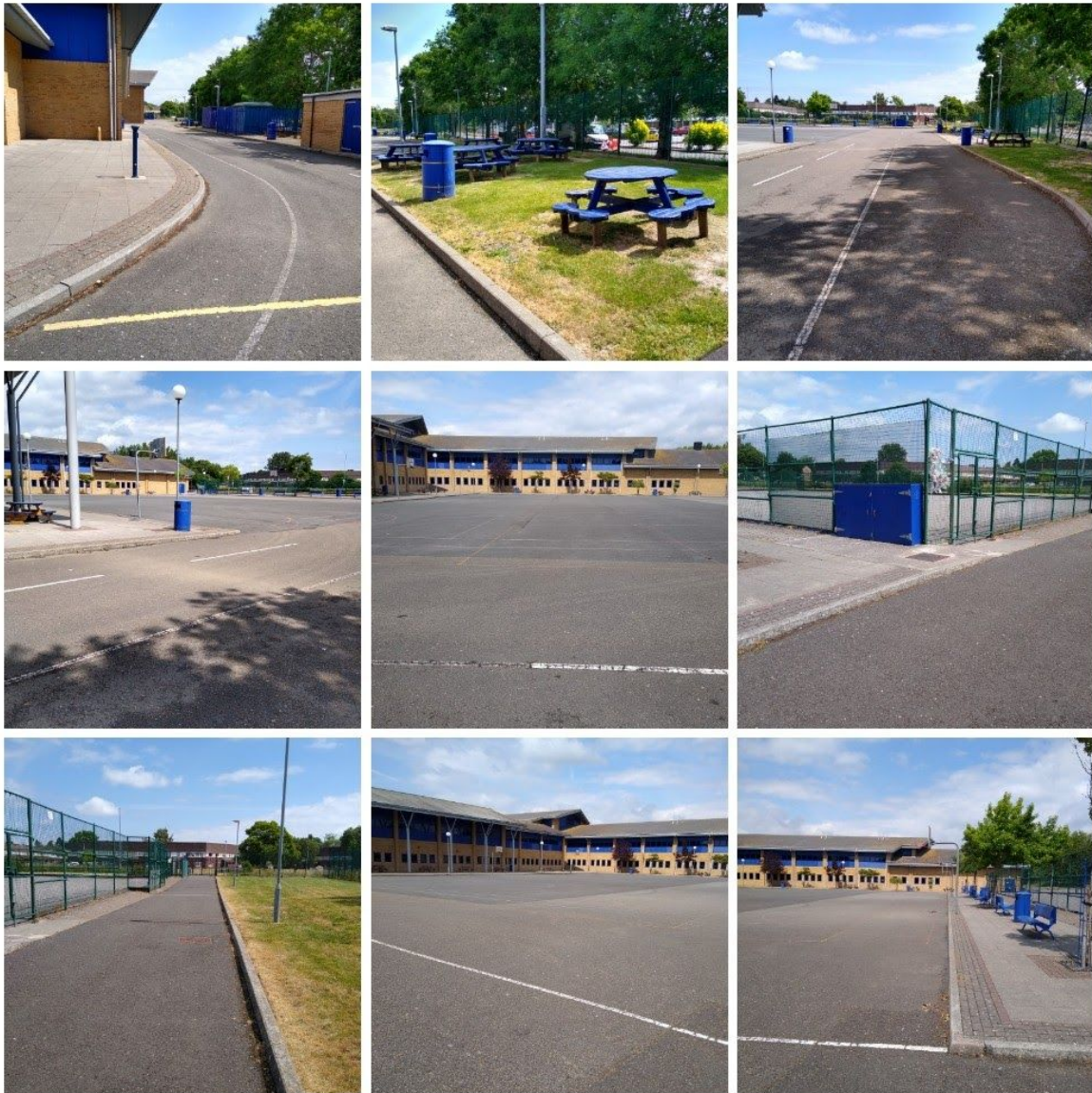
Our Inclusion Department offers advice, support and guidance to all pupils within the school. If you're struggling with something, need help or need to talk about something drop in at break time or lunchtime.



Above are some images of just one of the amazing Sports facilities we have at St Joseph's. We also have a school gym, fitness room and weights room. The PE department has lots of activities going on at lunchtimes and after school.

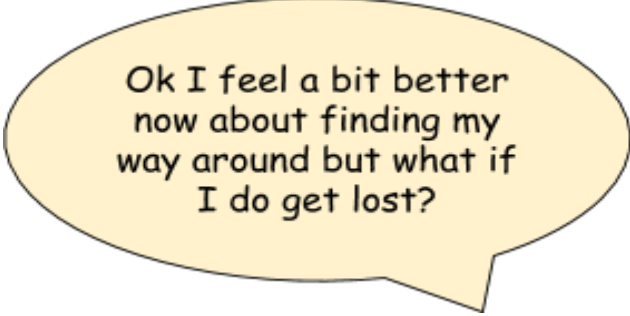


The Quad area of the yard. We encourage Year 7 to stay in this area at break times and lunchtime for the first few weeks so that you can meet your friends and connect as a year group.



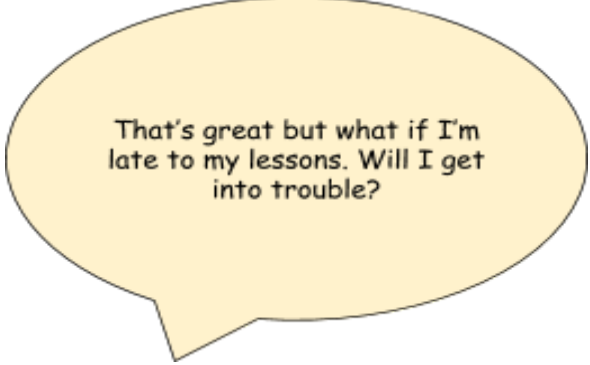
The backyard, where you can sit and chat to friends, play basketball and football.

Questions about the school.



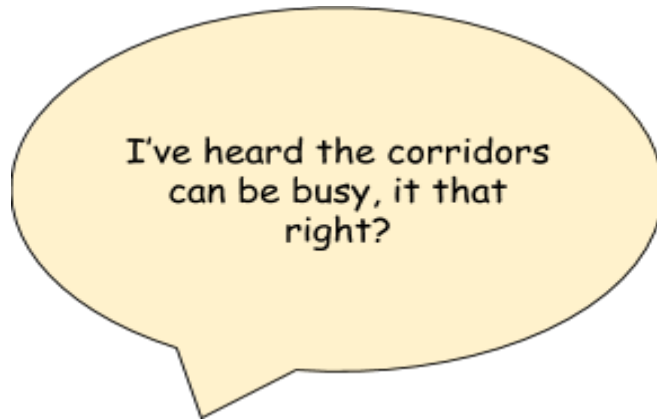
Ok I feel a bit better now about finding my way around but what if I do get lost?

That's no problem, we're not expecting you to be able to find your way around straight away. We know that takes time. If you do get lost there will be plenty of teachers and other pupils that will help you find your way. The important thing is not to panic, stay calm and just ask.



That's great but what if I'm late to my lessons. Will I get into trouble?

Simply put no! In the few weeks of school your teachers will understand that you're new to the school and that it may take a little longer to get where you need to go. That said it's always really important to try and get to lessons on time so that you don't miss out on any learning.

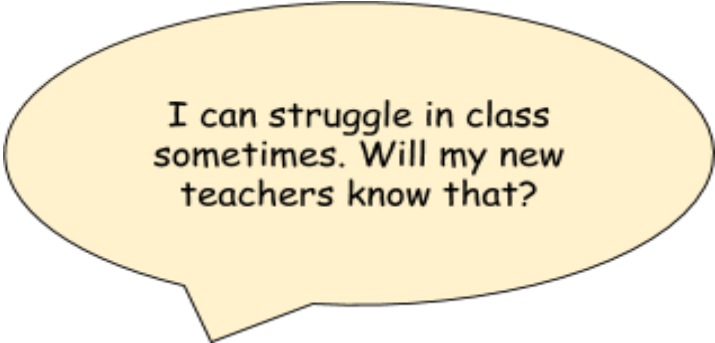


The corridors can get busy, as we have lots of pupils moving around the school building. We have a system in place where we always 'stick to the left' this means pupils can walk up and down the corridors. Always be sensible in the corridors, don't push or shove others even if they're going slowly. There are lots of teachers in the corridors to help with any issues.

Meeting new teachers.

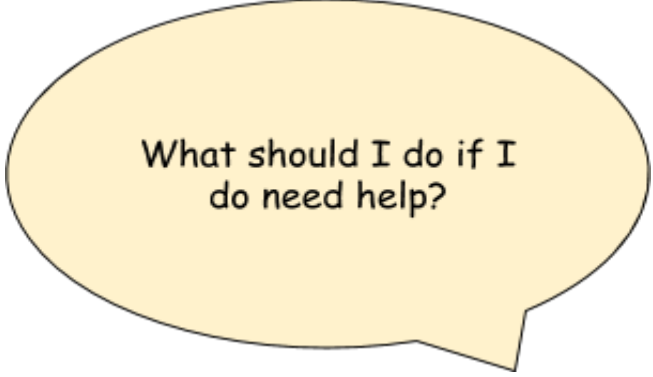
Unlike your primary school where you may have one or two teachers, here at St Joseph's you'll meet a lot more. On average you'll see 6 teachers a day, your form tutor and teachers from your 5 lessons, that's before you count the teachers who will greet you at the start of the school day, teachers in the corridors who you'll see as you move from lesson to lesson and those you'll see at break time and lunchtime in the canteen or on the school yard.

Meeting new teachers can be a scary thought for some pupils. Each teacher might have slightly different expectations of you within their classroom depending on the subject being studied. The teacher will try and make sure you understand what is expected of you within that lesson. Always remember if you're not sure just ask.



I can struggle in class sometimes. Will my new teachers know that?

Yes, as a school we share information with all of our teachers about the pupils that may struggle with learning, may need some extra help, have a medical condition or may need some support with things going on in their life.



What should I do if I
do need help?

If you need help you just need to ask. The teacher won't just give you the answer but they can give you support in getting there yourself. They might give you a working partner so that you can work together to work it out, they may ask you some questions to help you think about the answer, they may give you additional resources like a writing frame or a word bank.

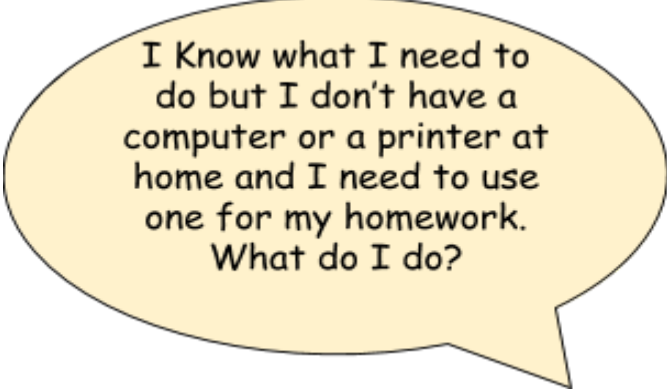
Homework

Lots of pupils can get worried about homework. Home learning at St Joseph's is likely to be very different to the task you received from primary school. You might get homework from more than one of your lessons a day. Home learning can quickly mount up if you don't complete it as you get it.

Take a look at the top tips for homework below.

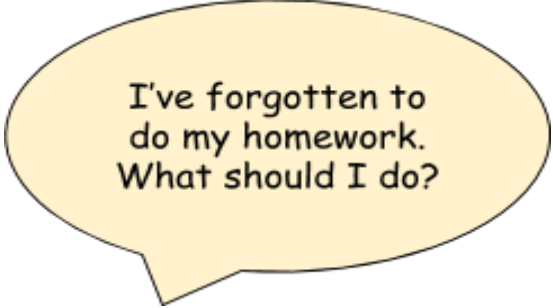
1. Listen to your teacher when they're giving the homework task instructions and ask them to repeat anything you do not understand
2. Ask your classmates or teacher for help if you are finding something difficult. Go back and see your teacher if you need extra help.
3. Make sure you always copy the homework task and the due date into your planner, this will help you get organised. Some pupils also add homework to their calendar on their phone and set a reminder to help them stay organised.
4. Try to complete the homework task in the few days after it was set, this will help you remember the task in more detail.
5. Try not to leave homework to the last minute or the night before its due, this can add pressure and make you feel more anxious about it.
6. Always try your best with your homework, do as much as you can.

Questions about homework



I Know what I need to do but I don't have a computer or a printer at home and I need to use one for my homework. What do I do?

That's an easy one! The school Library and IT rooms are open at break times and most lunchtimes for pupils to use to complete work or print resources. If there is a problem and you don't think that you can get the work done, always go back and talk to your teacher. They might be able to help you print or complete work.




I've forgotten to do my homework. What should I do?

We can all forget things from time to time. The most important thing is to be honest with your teacher about it. They may ask you to spend some of your break or lunchtime completing the task you had forgotten to complete.


Friendships

When pupils come to St Joseph's they can sometimes worry about friendships. You may meet people you don't like very much or people that upset you. How you react to this is important. We don't expect you to be best friends with every person in your form or within your Year group, but we do expect you to be **KIND AND CONSIDERATE!** We are a family here at St Josephs and just like our families at home we will fall out, we will disagree but we will always support each other.



Will I still be friends with my old friends?

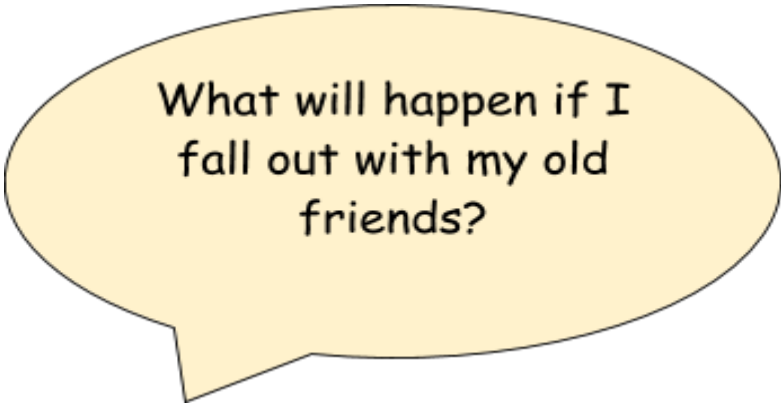
We hope so! Mr James has tried very hard to place you with your friends within your form class. If you're not with all of your friends, you'll still have time to meet them at break times and lunchtimes, on the school bus and outside of school.



Will I make new friends?

We hope so! You will spend most of your lessons with your form class and will get to know them quite well. Your form tutor might help you

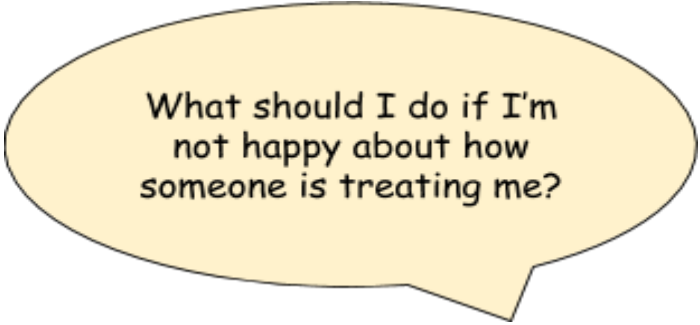
all get to know each other with activities during form time. It's fine to make new friends, just because you do it doesn't mean that you like your old friends less, you are just widening your friendship circle.



What will happen if I
fall out with my old
friends?

Sometimes friends do fall out. The important thing is to try and talk about why you've fallen out and come to a compromise.

If you're really struggling with this, you could talk to your form tutor who can give you advice or help you to talk to your friend.



What should I do if I'm
not happy about how
someone is treating me?

You should always tell a teacher! Your form tutor is a good person to talk to if you're not happy about how someone is treating you. They will try and help you deal with the situation. They might talk to Mr James to try and solve the issue. If you don't feel like you can talk to your form tutor but there is someone you feel you can talk to,

talk to them. We want everyone at St Joseph's to feel happy,
comfortable and safe.

Look at some of the scenarios below and think about what you would do in these situations.

Kelly is confused. She's heard a rumour that her best friend Emma has been talking about her behind her back.













Luke is upset. His best friend Paul has been avoiding him lately. Luke thinks it's because he's been made captain of the football team?
















Lucy and Jo have been friends throughout Primary school. Now their in high school Jo is spending time with other friends. Lucy feels a little upset.










Now that they are in high school:

How am I feeling about Transition now ?

Now that you've used this booklet and the other resources available how do you feel about coming to St Joseph's

	I'm fine with this.	I'm a little worried about this.	I'm very worried about this.
Changing Schools			
Making new friends			
Keeping my old friends.			
Being in a form class with people I don't know very well.			

New teachers			
Asking for help from my teacher			
New routines			
Using my timetable			
Finding my way around the school.			

Being late for my lessons			
Using the canteen			
Using the school toilets			
Using the school bus	