



Welcome to Lode Heath School

We are delighted that you have chosen to join our Lode Heath School Community. This transition booklet will aim to help inform us how best to support you. We look forward to seeing you very soon!



Completed By



Pupil Information

Name

Primary school

Secondary school

How I plan to travel to school

What I am good at

What I find difficult





School information

Record the information you need about your new school (Subject to change 23/24)

Name of school: Lode Heath School
Address: Lode Lane, Solihull, West Midlands B91 2HW

Start: **08:50 Registration and Assembly**
Wednesdays (no Form Time start at 9:10)
First lesson: **09:10 Period 1**
Breaktime Y7 and Y9: **10:10 – 10.40**
Lunchtime Y7 and Y9: **12:40 – 13.10**
Finish: **15:10**

Tuesday Week 2 only:

Start: **08:50 Registration including**
Character & Personal Development
First Lesson: **09:40 Period 1**
Breaktime: Y7 and Y9 **10:30 – 11:00**
Lunchtime Y7 and Y9 **12:50 – 13.20**
Finish: **15:10**

Name of Head Teacher: L Suddon

Name of Heads of Year 7: G Soomal

A person who I can go to if I have problem is: My Form Tutor, Pastoral Office, R Curran, S Hopwood, R Thompson, A Mohammed or J Oldham

Name of SENCO: A Mohammed **Director of Learning Support:** R Thompson
High Needs Manager: S Hopwood
Inclusion Administrator: R Curran

Basic equipment to take every day:

- Pens (a black pen to write with and a green pen for self/peer assessment)
- Pencil
- Ruler
- Calculator
- Highlighter

What are the rules about using phones in school:

Mobile phones must be switched off and securely placed in bags whilst in school.
Mobile phones will be confiscated by staff if students are seen with them.



School information continued

Map of school is attached

Picture of the school uniform



<p>Examples of shoes permitted ✓</p> 	<p>Examples of shoes NOT permitted ✗</p> <p>Boots, sports/logo shoes are NOT permitted.</p> 
<p>Examples of permitted trousers ✓</p> 	<p>Examples of trousers NOT permitted ✗</p> <p>Skinny, tight tapered, demin, Lycra NOT permitted</p> 



Example of a timetable of lessons

	1Mon	1Tue	1Wed	1Thu	1Fri
REG	Reg Group 7D 08:50 JGU U27	Reg Group 7D 08:50 JGU U27		Reg Group 7D 08:50 JGU U27	Reg Group 7D 08:50 JGU U27
1a	Physical E 7x/Pe4 09:10 NBU	Mathematic 7x/Ma3 09:10 HWE G10	Science 7x/Sc3 09:12 KHB S1	Science 7x/Sc3 09:10 NKI S4	English 7x/En1 09:10 LCH U21
1b	Physical E 7x/Pe4 09:40 NBU	Mathematic 7x/Ma3 09:40 HWE G10	Science 7x/Sc3 09:40 KHB S1	Science 7x/Sc3 09:40 NKI S4	English 7x/En1 09:40 LCH U21
2a					
2b	Physical E 7x/Pe4 10:40 NBU	Mathematic 7x/Ma3 10:40 HWE G10	Science 7x/Sc3 10:40 KHB S1	Philosophy KS3 7x/Re2 10:40 CNO Hut5	English 7x/En1 10:40 LCH U21
2c	Physical E 7x/Pe4 11:10 NBU	Mathematic 7x/Ma3 11:10 HWE G10	Science 7x/Sc3 11:10 KHB S1	Philosophy KS3 7x/Re2 11:10 CNO Hut5	English 7x/En1 11:10 LCH U21
3a	English 7x/En1 11:40 LCH U21	English 7x/En1 11:40 LCH U21	English 7x/En1 11:40 LCH U21	Mathematic 7x/Ma3 11:40 HWE G10	History 7x/Hi2 11:40 DBU U32
3b	English 7x/En1 12:10 LCH U21	English 7x/En1 12:10 LCH U21	English 7x/En1 12:10 LCH U21	Mathematic 7x/Ma3 12:10 HWE G10	History 7x/Hi2 12:10 DBU U32
4a					
4b	Science 7x/Sc3 13:10 GBR S8	French 7x/Fr1 13:10 HAR G1	Dance - Performin 7A/Pa1 13:10 CHA	Geography 7x/Ge2 13:10 JHA DT2	Geography 7x/Ge2 13:10 JHA DT2
4c	Science 7x/Sc3 13:40 GBR S8	French 7x/Fr1 13:40 HAR G1	Dance - Performin 7A/Pa1 13:40 CHA	Geography 7x/Ge2 13:40 JHA DT2	Geography 7x/Ge2 13:40 JHA DT2
5a	Computing 7x/Cp3 14:10 MCH G12	French 7x/Fr1 14:10 MWA G15	Dance - Performin 7A/Pa1 14:10 CHA	Art 7x/Ar2 14:10 SJO A1	Mathematic 7x/Ma3 14:10 HWE G10
5b	Computing 7x/Cp3 14:40 MCH G12	French 7x/Fr1 14:40 MWA G15	Dance - Performin 7A/Pa1 14:40 CHA	Art 7x/Ar2 14:40 SJO A1	Mathematic 7x/Ma3 14:40 HWE G10
6					



2Mon	2Tue	2Wed	2Thu	2Fri
Reg Group 7D 08:50 JGU U27	Character & Perso 7xy/Cd4 08:50 JGU U27		Reg Group 7D 08:50 JGU U27	Reg Group 7D 08:50 JGU U27
Mathematic 7x/Ma3 09:10 HWE G10	Science 7x/Sc3 09:40 GBR S8	Philosophy KS3 7x/Re2 09:12 CNO Hut5	Computing 7x/Cp3 09:10 MCH G12	Science 7x/Sc3 09:10 KHB S1
Mathematic 7x/Ma3 09:40 HWE G10	Science 7x/Sc3 10:05 GBR S8	Philosophy KS3 7x/Re2 09:40 CNO Hut5	Computing 7x/Cp3 09:40 MCH G12	Science 7x/Sc3 09:40 KHB S1
History 7x/Hi2 10:40 DBU U32	Science 7x/Sc3 11:00 GBR S8	Art 7x/Ar2 10:40 SJO A1	Physical E 7x/Pe4 10:40 TCO	English 7x/En1 10:40 LCH U21
History 7x/Hi2 11:10 DBU U32	Science 7x/Sc3 11:30 GBR S8	Art 7x/Ar2 11:10 SJO A1	Physical E 7x/Pe4 11:10 TCO	English 7x/En1 11:10 LCH U21
Science 7x/Sc3 11:40 KHB S1	Mathematic 7x/Ma3 12:00 HWE G10	Geography 7x/Ge2 11:40 JHA DT2	Physical E 7x/Pe4 11:40 TCO	History 7x/Hi2 11:40 DBU U32
Science 7x/Sc3 12:10 KHB S1	Mathematic 7x/Ma3 12:25 HWE G10	Geography 7x/Ge2 12:10 JHA DT2	Physical E 7x/Pe4 12:10 TCO	History 7x/Hi2 12:10 DBU U32
French 7x/Fr1 13:10 SMC G2	English 7x/En1 13:20 LCH U21	History 7x/Hi2 13:10 DBU U32	Dance - Performin 7A/Pa1 13:10 CHA	Mathematic 7x/Ma3 13:10 HWE G10
French 7x/Fr1 13:40 SMC G2	English 7x/En1 13:50 LCH U21	History 7x/Hi2 13:40 DBU U32	Dance - Performin 7A/Pa1 13:40 CHA	Mathematic 7x/Ma3 13:40 HWE G10
French 7x/Fr1 14:10 SMC G2	Geography 7x/Ge2 14:20 JHA DT2	English 7x/En1 14:10 LCH U21	Dance - Performin 7A/Pa1 14:10 CHA	Mathematic 7x/Ma3 14:10 HWE G10
French 7x/Fr1 14:40 SMC G2	Geography 7x/Ge2 14:45 JHA DT2	English 7x/En1 14:40 LCH U21	Dance - Performin 7A/Pa1 14:40 CHA	Mathematic 7x/Ma3 14:40 HWE G10



Getting ready for Lode Heath School – Questionnaire

It is time to start thinking about your new secondary school.

In your new school there will be changes. You may feel worried or excited (or both) about the changes.

Please answer the questions by circling the number that best shows how you feel.

1 means you are not worried at all - 5 means you are very, very worried.

Getting lost	1	2	3	4	5
Being bullied	1	2	3	4	5
Making Friends	1	2	3	4	5
Getting detentions or consequences	1	2	3	4	5
Having lots of different teachers	1	2	3	4	5
Finding class work too difficult	1	2	3	4	5
Homework	1	2	3	4	5
Doing PE	1	2	3	4	5
Changing for PE	1	2	3	4	5



Being late for school	1	2	3	4	5
Being late for lessons	1	2	3	4	5
Losing your money	1	2	3	4	5
Losing other property	1	2	3	4	5
Break time / Lunchtime	1	2	3	4	5
Doing assessments and exams	1	2	3	4	5
Forgetting books or equipment	1	2	3	4	5
Getting ill	1	2	3	4	5

Can you think of any other changes that you might feel worried about?

Write them here ...



You have been given a piece of homework that you don't understand how to complete.

What could you do?

Who could you ask?

What might happen if you didn't ask for help?

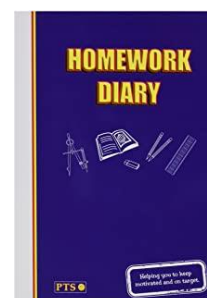


You can't find something that you need e.g. PE Kit/ Homework Planner/ Locker Key.

What could you do?

Who could you ask?

Where will you keep your important items?



In Maths you realise you have packed the wrong school book and have your Science book instead.

How might you feel?

Tell me about what might happen. What could you do?

What might you say to your teacher?

What might help you remember for next time?



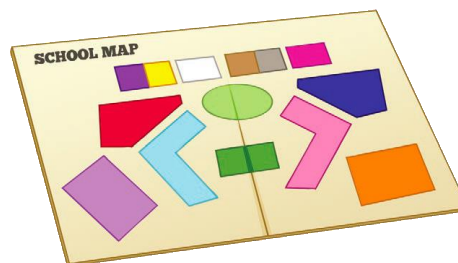


You need to go to a classroom but you can't remember where it is.

How might you feel?

What could you do in this situation?

Who could you ask for help?



At Break time there are lots of pupils and different places to go to relax and chat.

How might you feel?

What could you do in this situation?

Who could you ask for help?



At Lunchtime you will probably go to a Canteen or Dining Hall to eat your food.

How might you feel?

What could you do in this situation?

Who could you ask for help?





There are new people in your class that you don't know yet.

What could you do?

How will you feel?



How could you start a conversation with someone you don't know?

What could you chat to people about?

You are late to school in the morning.

How might you feel?

What happens when you are late?

What could you do and what could you say?

Who could help you?



You are a bit confused about what friends or other people in your class have said or done.

How might you feel?

What could you do?

Who could you talk to about it?





There are Clubs at your new school. You would like to join one.

What could you do in this situation?

Who could you ask for help?

How might you feel to be part of a Club?



You need some help from your Key Adult or some Quiet Time.

Where will you go?

What could you do in this situation?

Who could you ask for help?





Going to Your New School

You will soon be starting at your new school.

You will have lots of thoughts and feelings about this.

You may feel worried.

You may feel excited.

That is okay.

Your teachers and parents will talk with you about your new school.

You will be given a Booklet with information about your new school that you could complete.

The Booklet will answer lots of questions or worries you may have.

Your new school will be talking to your parents and helping them to answer more questions if you have them.

Please keep talking so any worries you have will be small ones and not grow into big worries.



How do I feel right now?

It is okay to feel lots of different feelings about moving to a new school and the changes that are happening.

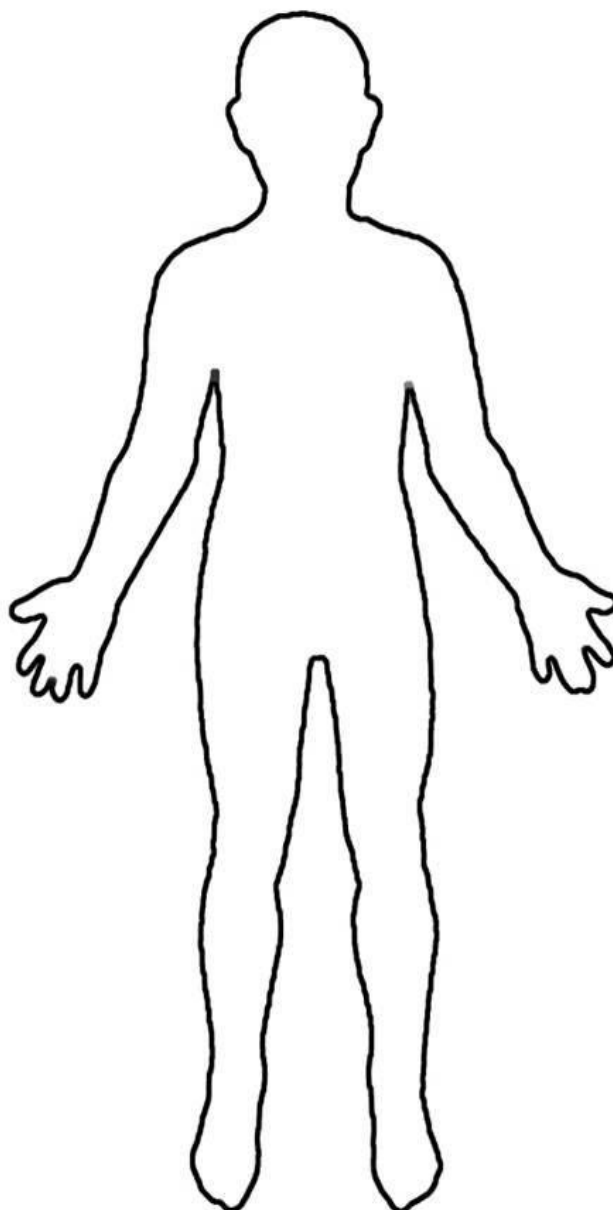
Sometimes we feel a certain way and it is hard to find words to explain how we feel.

Choose a colour for each of the emotions below.

Use that colour to draw where you feel that emotion in your body right now.


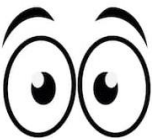



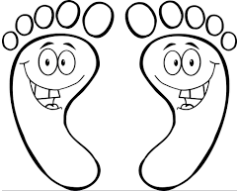

Add any other emotions to the outline if you wish...

Emotion	Colour
Excited	
Worried	
Anger	
Sadness	
Happiness	





Talk about how your body feels and fill in the spaces:

My Body Part	What I feel
Brain 	<i>E.g. Light headed, stuck..</i>
Eyes 	<i>E.g. Heavy, watery..</i>
Nose 	<i>E.g. Running, tickly..</i>
Mouth 	<i>E.g. Dry, watery..</i>
Heart 	<i>E.g. Fast, slow pounding..</i>
Feet and toes 	<i>E.g. Wiggling shaking..</i>
Voice 	<i>E.g. Bumpy, fast..</i>



Stomach

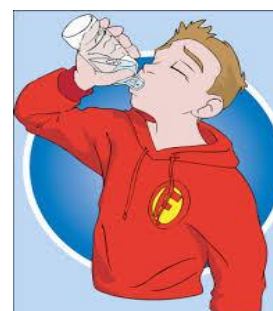
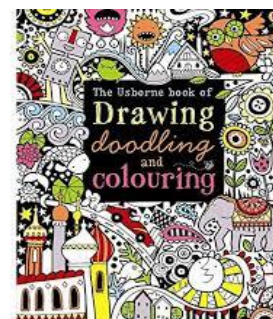
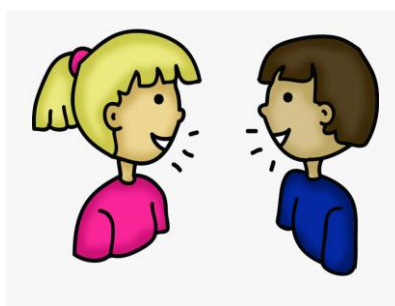
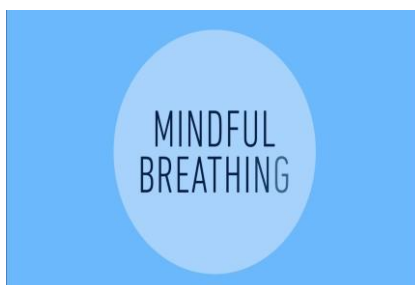


E.g. Bubbly..

Think about the feelings that you sometimes have about moving on to a new school.

You could try some of the ideas below to help.

Which will help **you**?





Mindfulness Activities

What is Mindfulness?

You might be feeling very excited or worried or a mixture of lots of feelings about moving to your new school.

Mindfulness activities can help you to think about these feelings and to help yourself to feel calmer.

Mindfulness is about looking closely at a situation and choosing a way to help ourselves:

- ✓ **pause...** to check in and notice
- ✓ **think...** about your own feelings or mood
- ✓ **take...** the next step or action to help yourself

A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S
Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N
Notice

What is happening within and around you?

A
Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

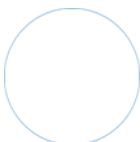
C
Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K
Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

Mindfulness activities need practice, just like playing a musical instrument – why don't you try some of the ideas below?





Breathing and Bubbles

Sit comfortably or lie down, if there is space.

Close your eyes and focus on breathing in and out through your nose.

Slow down your breathing down a little and focus on your breath.

You are going to help your mind relax and help any thoughts that enter our minds simply float away.

You are going to help your busy mind slow down and concentrate on your body in the here-and-now.

These thoughts may be about moving on to a new school and some of the changes that are happening.

'Breathing and Bubbles' will help these thoughts drift away.

Keep on breathing and focus on our breath flowing in and out

Concentrate on your breath filling your whole body with fresh energy from your head right down to your toes.

As you do this it is natural for your mind to wander.

Imagine that these thoughts and feelings are inside a bubble.

These bubbles will then float from your heads and away into the sky... they might even pop!

Every time a thought comes into your head, let it flow away in a bubble and then come back to concentrating on your breath flowing in and out.

If you find yourself needing to clear your mind, you can use this activity to dissolve any thoughts or feelings whirling around

You can use this activity to help relax and unwind.

You need to be in a safe and comfortable place and position if you wish to carry out this activity alone.



Stretching and Breathing Script

Concentrating on your body and your breathing can help you to feel calm. Why not try this stretching activity?



- Stand with your feet firmly on the floor
- Throw one of your arms high in the air make it as long as you can. Can you reach the ceiling? How high can it go?
- There must be a limit somewhere. Where is yours? How can you tell? Are your muscles aching? What do you notice?
- Lower your arm again. Feel how your arm is doing and whether it is different from your other arm.
- Throw both of your arms as highly possible into the air with your feet remaining glued to the floor.
- Imagine some nice juicy red apples on the branches just above you, but where your arms are just a little bit too short to reach them. Make your arms as long as you possibly can.
- How are your arms feeling now? Maybe you notice you are holding your breath. This is one of your body's ways of telling you that you have gone far enough.
- Looking back at the experience what you feel? Do your arms feel heavy or light? Do you have a tingling sensation?

When could you use this Mindfulness activity?





Muscle Scrunch and Relax Activity

Let's begin by closing our eyes and slowly breathing in and out.

Notice your breath flowing into your nose, then out of your nose again.

Try and make your tummy go up as you breathe in and back down as you breathe out.

Try to push all of your breath before you breathe in again. Try and breathe like this for all of this activity.

We are all going to concentrate on our muscles and we are going to scrunch them up tightly then relax them.

This helps our bodies and minds relax deeply which will help us concentrate and focus our minds and thoughts.

Try to only tense up the muscles we are focusing on; try and relax all of your other muscles.

Don't let your shoulders lift up or your jaw clench together.

Keep breathing deeply all the way through.





First, scrunch your toes up as tightly as you can and let them relax. Repeat.

Next, move onto all of your feet, scrunch, relax and repeat.

Now, the calf muscles, scrunch, relax and repeat.

Next the thigh muscles, scrunch, relax and repeat.

After that, let's move onto our stomachs. Tighten then release. Repeat.

Next, your bottom, tighten and relax then repeat.

Now, move onto your back muscles, tighten and scrunch then relax. Repeat.

Next, do the same with your fingers and hands, tighten, scrunch and relax. Repeat.

And your arms, tighten and relax. Repeat.

Next, do the same with your shoulders, tighten and relax. Repeat.

Now concentrate on your neck...imagine all of the muscles in your neck are slowly unwinding and relaxing. Any knots and bumps are popping free and your neck feels soft and supple.

Now do the same with the muscles in your head. Imagine the muscles popping free of any tightness or tension.

Finally, let's move onto the face. Scrunch up your forehead then relax. Now your cheeks then relax. Your nose, relax. And your lips and relax.

Relax your whole face, head, shoulders, back, legs and feet. Imagine you are sinking into something soft and comfortable. Keep breathing and think about how the different parts of your body feels. Listen to the sounds of your body.

Stay relaxing here for as long as needed.