

Transition to Limehurst Academy 2025



A Specialist Sports College

Name: _____

Primary School: _____

This booklet is yours to help you to get ready for starting at Limehurst Academy in August. We also look forward to meeting you on the induction days.

We hope that you find the booklet useful.

All About Me

Complete the questions below so that we can get to know you a bit better.

Question	Answer
I am happiest when:	
I would most like to be:	
At secondary school I am looking forward to:	
I am most relaxed when:	
My favourite food is:	
My favourite music is:	
My favourite sport is:	
My favourite programme is:	
My favourite colour is:	
Three things I like to do when I'm not in school:	
Two truths and a lie:	

Secondary School Fact Sheet

Find the address of Limehurst Academy. Write in below:

Address:

Questions about getting to school	Best way to find out if I don't know	Answer
How will I get to school?		
Who will I go to school with?		
Questions about how the School works	Best way to find out if I don't know	Answer
What time does school start/finish?		
What times are break/lunch times?		
What snacks are sold at break time?		
Approximately how much will my lunch cost?		
Where do students go at break/lunch times?		
What activities can you do at lunch times?		
Where can I do homework at lunch times?		
What activities can you do after school?		

How much homework do you get?		
How will I record my homework?		
What is the reward system?		
What are the consequences for poor behaviour choices?		
Who is the best person to talk to if I am having problems?		



Questions about School uniform and equipment	Best way to find out if I don't know	Answer
What will I have to wear to school?		
Where can I buy my uniform?		
What PE/Sports kit do I need?		
What stationary must I bring?		
What kind of bag must I bring?		
Is there any other clothing/equipment I will need?		



Questions about who's who	Best way to find out if I don't know	Answer
Name of the Head Teacher		
Name of the Deputy Head		
Name of the Head of Year 7		
Name of my Form Tutor		
Anyone else I will be seeing? When will I see them?		

Questions about the timetable and learning opportunities	Best way to find out if I don't know	Answer
How many lessons do I have in a day?		
How long are the lessons?		
What subjects will I be able to study?		
What facilities does the school have (e.g. sports equipment, science laboratories)		
What happens if I find the work hard?		

Any other questions I have	Best way to find out if I don't know	Answer

Moving to Secondary School

How do you feel?

These are some things that might change as you move to secondary school.

Use two different coloured highlighters, pen or pencil crayons to highlight the phrases below. Once you have done this it would be good to talk through the things you are worried about with an adult. This could be your parents or carers, staff at your primary school or staff at Limehurst during your induction days.

Key:

Colour one - these are things that I am not worried about

Colour two – these are things that I am worried about

Making new friends	Managing a timetable
Dinner time	Managing a cashless system to pay for food
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older students	Getting changed for PE

Planning Your Time

Now that you are approaching secondary school age you will find that changes will happen/have already happened to your body. This is known as puberty. You probably have already learned about this in year 5 or earlier in year 6. It is important now you are older that you start taking responsibility for your own personal care. It is likely you will find you will need to:

- Have a bath or shower more often than before
- Start using deodorant
- Have your clothes washed more often
- Get more sleep
- Use skin cleanser and cream
- Take care with personal grooming
- Eat more healthily

To make sure you have the time to do all of these important things, you will have to plan your time before you go to bed and when you get up each morning. Look at the table below and think about how long each thing will take you to do and when you think you will be able to do them.

Task	Twice daily	Once daily	Every other day	Weekly	Twice weekly	How long?	I will do this in the morning	I will do this in the evening
Bath/shower								
Use deodorant								
Wash hair								
Shirt for washing								
Skirt/trousers for washing								
Skin care routine								
Style hair								
Have breakfast								
Clean teeth								
Get dressed								

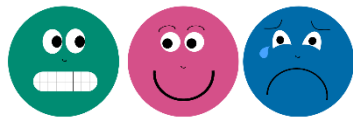
What time will you need to get up in the morning, so that you have enough time to get yourself ready and get to school on time?

My Journey to School

It is important to plan your journey to school so that you arrive on time.

Start point (address)	
Destination (school address)	
Distance from home to school	
Time I wish to arrive at school	
Mode of Transport (walk, cycle, bus, car)	
The number of the bus that I need to catch	
If you are walking: <ul style="list-style-type: none">• What route will you take?• Will you meet any friends?• Where will you arrange to meet them?• How long will it take me?• What time will I need to leave the house?	
If you will catch a bus: <ul style="list-style-type: none">• What number bus will I need to catch?• Where is the nearest bus stop to my house?• Where is the nearest bus stop to Limehurst?• How long will the whole journey take me?• What time bus will get me to school on time?• What time will I need to leave the house?	

Make sure you also plan your return journey



Fact or Fiction



Sometimes, older children you know might tell you things about secondary school that might worry you. They sometimes do this to tease you, see your reaction or to make you think it will not be a very nice place to go.

It is therefore important that you do not believe everything you hear without finding out what is true. Something that is the truth can be described as a **fact**. **Fiction** is something that is made up.

This activity will make sure you do not have concerns about things that someone else has made up just to get you worried. Think about these 'stories' and work out the fact for each one.

FICTION – Stories told by others	FACT – the Truth
You get at least three hours homework every night, even at weekends.	
The only way you will not be bullied by the older students is if you pay them to stop.	
You won't know anyone, and it will be really hard to make friends	
If you can't do your homework you will get two hours detention.	
You have to pay £1 fine every time you don't wear the right uniform or you forget to bring in an item.	
It is difficult to find your way around and you will be lost constantly	

Managing Situations

It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings. Look at the following situations and think of how you would feel if they happened to you in secondary school. Then try problem solving each situation to help you best manage your feelings and actions.

SITUATION	FEELING How would you feel if this happened to you?	PROBLEM SOLVING – WHAT COULD YOU DO? If this situation happened to you, what could you do to help you best manage these feelings?	WHO COULD HELP? Who would you ask for help and what would you like them to do?
You don't understand your homework. No one in your family can help, it is due the day after tomorrow			
You have a big argument and fallout with your best friend. You have been friends since primary school			
One of your teachers shouts at you a lot in class and you think he is 'picking on you'			
A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names			

Getting Involved

Here are some situations you might want to join in with. Try and plan what you may say or do. You could try acting these situations out.

1. You see three of your classmates playing football after school. You know one of them pretty well. You don't know the other two. You're quite good at being in goal.

What could you do? _____

What could you say? _____

2. You hear two classmates talking about the latest PlayStation game. You were playing on it last night.

What could you do? _____

What could you say? _____

3. Two classmates you know are gathered around a phone. A third classmate is calling a local radio station to try to win a contest. You think you may know the answer.

What could you do? _____

What could you say? _____

4. Four classmates are looking at a text message they have received from a friend. They are laughing. You're sitting at the same lunch table. You like sending text messages.

What could you do? _____

What could you say? _____

5. Two classmates are asking the teacher for permission to work on an art project during lunch hour. Art is your best subject and your project is already on display.

What could you do? _____

What could you say? _____

Asking For help

Sometimes at school things may be difficult or may go wrong. These things could be small:

- not knowing what the homework is
- not being able to find your way around

Or could be bigger:

- getting into trouble
- finding the work hard.

There are many people who could help you, but they won't know that you need help unless you tell them.

Friends: Ask friends or other students if you don't know where to go. You can ask them what the homework was if you are not certain. They can also help you to work out new situations like how to top up your dinner money account.

Teachers: Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know where to go.

People at home: People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work or may try and contact someone in school and ask them to help you.

Try and work out who you would approach in these situations:

Problem	Who I could ask for help
You don't know where your next lesson is	
You cannot read your homework notes	
You have got into trouble for forgetting your exercise book several times	
In the lesson you did not understand what the teacher wanted you to do.	
You need a pencil to complete your work, but you have not got one	

REMEMBER TO ASK FOR HELP IF YOU NEED TO.