

# Montgomery Academy

## SEND Transition Pack



Welcome  
to Year 7

# What is this pack?

This pack is for you and your family. Coming to secondary school is a really big change and something that is a massive part of your life. It is scary and we know that something will scare you more than others, but that is okay.

Things have been really different for you as well as you have not been able to go to school and you have not been able to come to Montgomery for another look around.

This pack will hopefully help you to get to know your new school a lot more and also help you with some of your worries.

We have included some activities that may help you and you might want to do with your family.

## Introductions



Hello Rising Year 7,

My name is **Mrs Whittle** and I am an Assistant Headteacher and also an English Teacher. I also work closely with Miss Chadwick, our SENCO and the Student Support Centre Team.

You will usually find me on patrol, on duty in the Upper Dining Hall or in the English department.

My main hobbies are travelling to new places, outdoor pursuits such as skiing, kayaking, cycling on my road or mountain bike and walking with my Airedale (Lucy) in the Lake District.

Enjoy the rest of your final term as Year 6 and your Summer and I look forward to meeting you all soon.

Mrs Whittle ☺

Hi I am **Miss Chadwick!**

I am the SENDCo. My job is to help all of our students who may need some extra support whilst they are in Montgomery Academy.

I also teach science, you will see me a lot around school.

My main hobby is changing my hair colour and collecting anything to do with Pandas. I also have an extensive set of badges on my lanyard and also adding to the collection.

Fun Fact: I am part of Slytherin House (my favourite colour is definitely green)





Hello, my name is **Mrs McMullan**.

At Montgomery I am the Nurture HLTA and Medication Lead.

You will find me in the Student Support Centre or out and about around school. Though I am always in the Student Support Centre at break and lunch times if you need me!

My hobbies are running and all sorts of crafting activities. I love animals and nature, I have two dogs and enjoy collecting plants!

I am looking forward to meeting you and getting to know you soon.

Bye for now.

Hello,

Welcome to Montgomery.

My name is **Mrs Davies** and I am based in the SSC in the Literacy area.

I support students who may find reading, writing, and understanding difficult. I have spent the last twenty years working at Montgomery. I love my job and feel very happy when working with both staff and students. I always ask my students to try their best and to tell me if they don't understand or need help.

I love to

- Read
- Harry Potter Movies
- Dogs



Hello! I'm **Mr Byrne**.

I am a teaching assistant. I've worked at Montgomery supporting students for eighteen years now.

I might work with you in class alongside other students. You might come to my area of the **Student Support Centre** at break, or at lunch time for social activities, or play learning games like Connect4, or Whot! Card. Or, we might work together at one of my 'After-school' Clubs – Lego Mindstorms (Robotics), STEAM Club (Science Technology Engineering Arts & Maths) or Poetry Together (We learn poems and then perform them!) I'm also involved in a Drawing Together Club, for anyone particularly interested in drawing Anime characters.

The Sorting Hat placed me in '**RAVENCLAW!**' It is also the house of one of my favourite characters Luna Lovegood. But also, ahem... Moaning Myrtle!



Hi, my name is **Mr Hogan**.

I am a numeracy TA at Montgomery Academy and my main role is to help you with your Maths. I will try to help with your number skills to make mathematics easier for you.

You will usually find me in the SSC or working with classes in the Maths department.

My interests are varied, but include listening to music, playing board games such as Backgammon or chess and reading. I also write books, mainly science fiction or horror. Some are scary but I'm not. Well, not too scary.



Hi, my name is **Mrs Slinger**.

I'm an SSA here at Montgomery. I work in the SSC area and in the classrooms with pupils that sometimes need a little extra help. I also help out with our reading intervention classes in the mornings.

You'll see me round and about in school. Feel free to say Hi, and ask if there's anything I can help you with.

I have a Husband, a grown-up Son and Daughter, and three Grandsons who I love to spend my free time with. All who keep me busy.

I'm looking forward to meeting you all in September. Have a lovely summer.

Hello, my name is **Mrs Parker**.

At Montgomery I am a Student Support Assistant (SSA) and I also deliver the Lexonik programme.

You will find me in various classrooms supporting students and also in the Student Support Centre (SSC).

I enjoy watching films and reading. I love Mickey Mouse and most things Disney, Harry Potter and Downton Abbey!

I have supported many wonderful students over the years and I am looking forward to working alongside some of you too!





Hello! My name is **Miss Cullen**.

At Montgomery, I am an SSA (Student Support Assistant) and I am here to help our students with their learning and support them where they need it.

You will usually find me in the Student Support Centre or in different classrooms around the school.

My main hobby is dancing! I also teach dancing outside of school everyday... Ive danced since I was 3!

Fun Fact: I was a student at Montgomery 8 years ago! ☐

Hello! My name is **Mrs Shanab**.

I am part of a lovely team who are in school to help you. Sometimes you will find me in the SSC but most of the time I will be helping students in their classes with their work.

I like to read, so if you join the reading club we could read together.

I also love to travel when I have free time.

At home we have a cat called Twinkle.



My name is **Mr Hayes**

At Montgomery I work as a Student Support Assistant (SSA) in the SSC Department.

I work and support in a variety of lessons across most year groups. My main hobby is Trail Running (off road) and I am a Captain in the Army Cadets.



# Our School

Here are some pictures of our school, we think these are most important ones you need to see now.

~~This is what our school looks like from the~~

This is what our school looks like from the inside we have lots of corridors and classrooms of these. We also have different blocks.

E Block – English and Expressive Arts (Drama, art and music)

O Block – Maths

T Block – Technology (D&T, Graphics, Food and Nutrition)

S Block – Science

M Block – Humanities and some computer rooms, the library, Upper dining room and the assembly hall

L Block – Languages and some more computer rooms

We know this looks scary, but you will get used to it and we know that it will take time.

This is what one of our classrooms and science classrooms look like.

Most classrooms look the same, but there will be a few that are different. This is because we teach some specialist subjects which require special rooms.

You will move around the school and go to different rooms for different subjects, but you will get support to move around school.

These are our dining rooms and where you will eat your lunch, some of you might even be able to have your breakfast in school if you get in early enough.

These are areas that you can also sit during break times and to meet your friends first thing in the morning.

You can choose to have a hot or cold dinner or you can bring a packed lunch with you, which is totally up to you.

This is the **Student Support Centre (SSC)** this is where you may come for some additional intervention with some **Student Support Assistants (SSA)**. You can also come here during break and lunch time we have some clubs that also take place up here after school.

## School Day

Between  
8:45 – 9:15



Morning  
Registration

Between  
9:15 – 10:15



Lesson 1

Between  
10:15 – 11:10



Lesson 2

Between  
11:10 – 11:35



Breaktime

Between  
11:35 – 12:30



Lesson 3

Between  
12:30-1:00



Lunch

Between  
1:00 – 2:00



Lesson 4

Between  
2:00 – 3:00



Lesson 5



## Equipment you need to bring with you every day

You will need to bring some equipment with you to school and you need to make sure that you have them in every lesson.

**A school bag**



You will need a school bag that is able to hold an A4 folder or documents

**Pens**



Black or blue inked pens so that you can write in your lessons

**Pencils**



Pencils so that you can draw diagrams or pictures in your lessons

**Rubber**



Black or blue inked pens so that you can write in your lessons

**Pencil sharpener**



To sharpen your pencils when they become blunt

**Coloured pencils**



To colour in diagrams or pictures in your work

**Pencil case**



To store all of your equipment in one place



## Transition Worries

It is very normal to be worried about coming to year 7, this year though it is even harder as you have not been in school for a long time and we know that this will have caused you even more worry than normal. We are here to help you though.

This sheet is to try and help you think about your worries and then think of things you can do to help you or to make those worries seem a little less scary. It also gets you to think about the happy or positive thoughts that you might be feeling about coming to Notre Dame in September. The aim is that you try and have more positive thoughts than the scary ones. Have a go at it and then try again in a week or so and see if your worries become less and less. We are here to help and we are so excited to meet you.

Fill in the happy thoughts box first, then the worries box and then the middle box, as your worries go away, cross them out with a pen or pencil.



These are my happy thoughts about coming to Notre Dame in September

This is what I can do to help me deal with my worries

These are my worries about coming to Notre Dame in September



## My Three Bubbles

We all have things that make us happy, things that make us worry and things that we hope for in the future and Notre Dame is your future. We would like you to be as honest as possible using the three bubbles below and fill them in, we may even talk about these again when you come to Notre Dame.

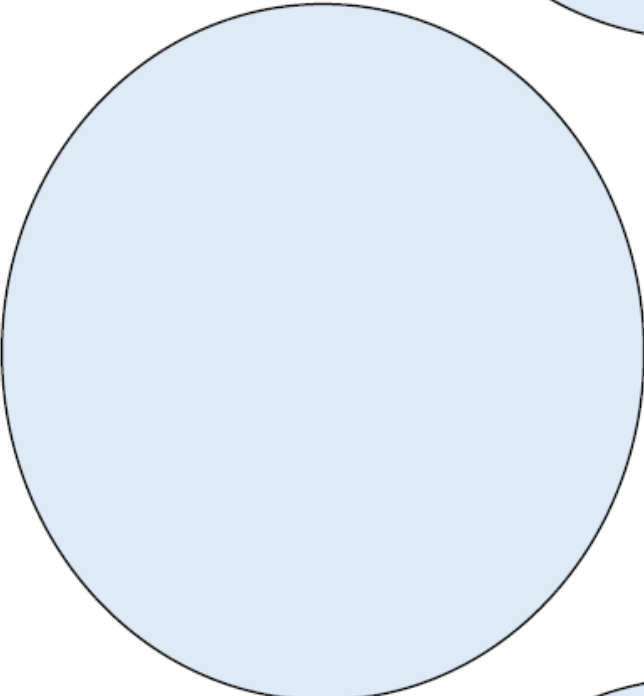
### Bubble of happy/good things

(What things in your life make you happy?)



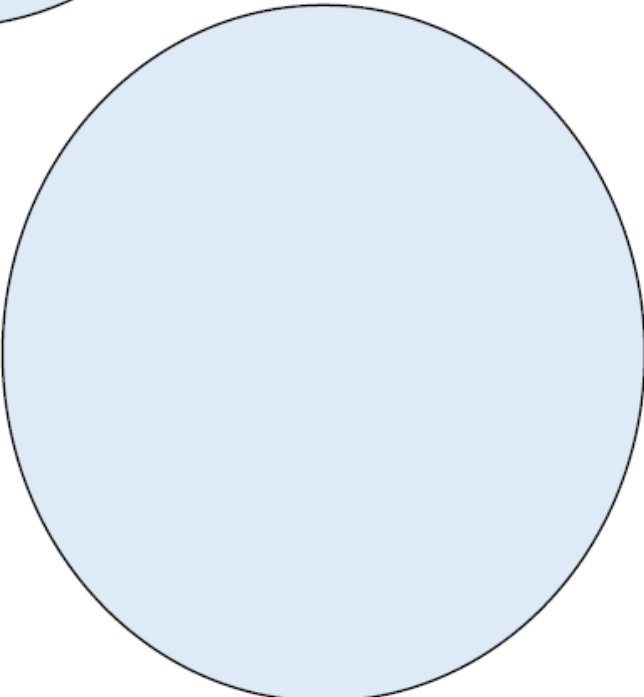
### Bubble of dreams

(What do you hope for in Notre Dame?)



### Bubble of worries

(What things do you worry about?)



## Worry Jar

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it.

Once it is locked in the jar it is time to think about the positives and negatives of the worry. There can be positives that come from a worry, just think really hard, write these down and use two different colours to write them down, choose your favourite colour for the positives and another colour for the negatives.

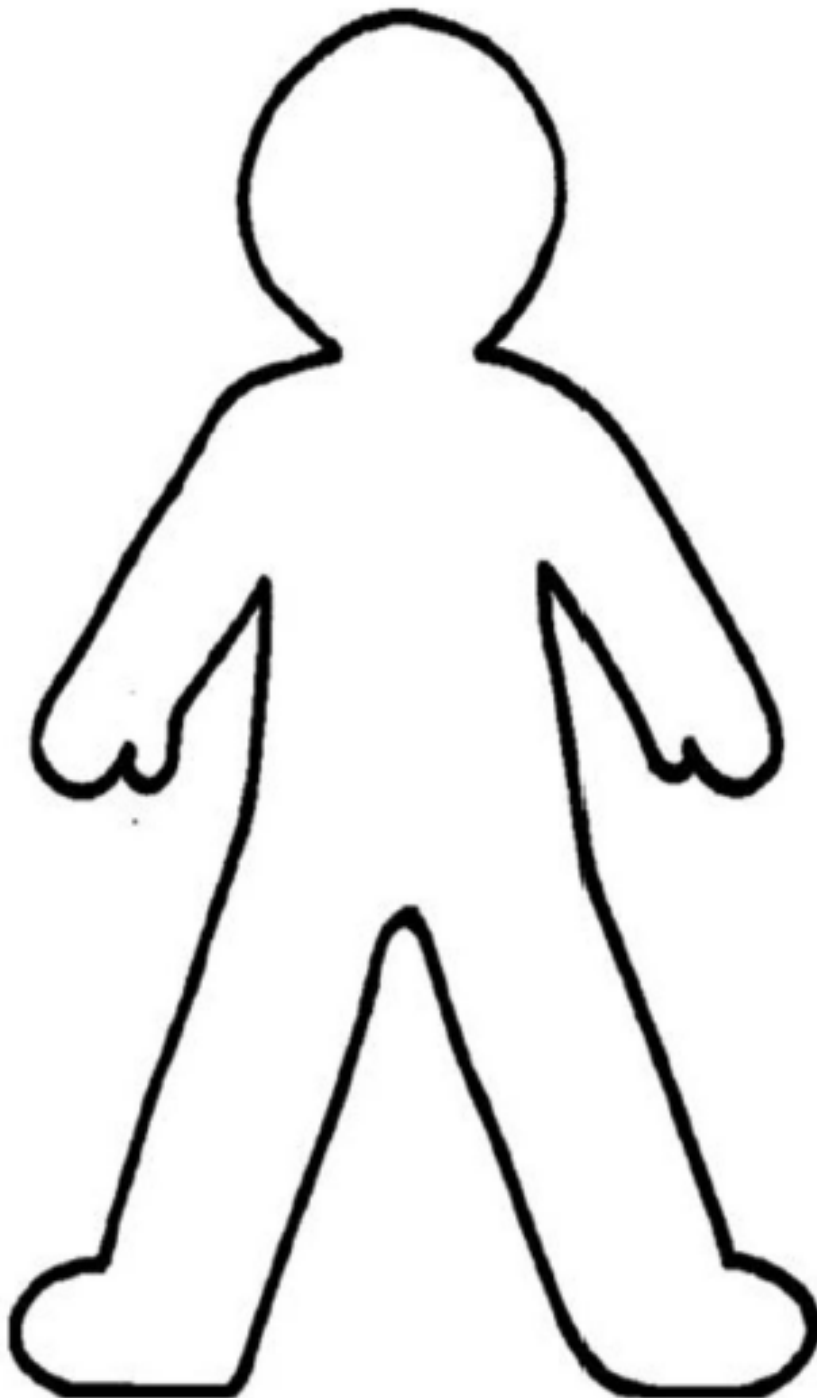
If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.





## **My body and my thoughts**

On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having. This gets you to think about how these thoughts are impacting upon your physical and mental health. On the inside of the body, write down the changes you feel inside your body.



# My Stress Thermometer

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale.

Scale	How I am feeling	Strategies to support me
5	<p>I feel really stressed and anxious</p> <p>I feel really angry and unhappy</p> <p>I feel like I am going to explode</p> <p>I feel like I may hurt someone or break</p>	
4	<p>I feel slightly stressed and anxious</p> <p>I feel like something is bothering me</p> <p>I feel agitated and want to fidget</p> <p>I feel like the smallest thing might make me angry and even more</p>	
3	<p>I feel okay, some things are annoying me, but I can deal with them.</p> <p>I feel like I can cope and get on with my day.</p> <p>I feel like I could be in a good place if things carry on this way.</p>	
2	<p>I do not feel stressed or anxious and things are going really well today.</p> <p>I feel happy and I am in my good place.</p> <p>People are not annoying me today and I am enjoying their company.</p>	
1	<p>I feel tired today and I cannot be bothered with anything or anyone.</p> <p>I feel down and depressed.</p> <p>I feel agitated by things.</p>	

## Some suggested strategies

Below are some suggested strategies that you could use and put into whatever box you like to support you, remember this is personal and each strategy is personal to you and only you.

Give me some space  Do not ask me how I am feeling  Let me listen to my music Let me eat something  Get me something to take my mind off this  Do not challenge me Get me to my trusted adult/member of staff	Give me some space  Ask me questions  Give me something else to talk about  Let me draw something  Get me to a safe space  Get me my favourite toy  Do not speak too loud	Do not talk to me  Ask me how I am feeling  Get me a drink  Do not make me do work  Let me read  Get me my worry book  Let me go and play sport  Let me play with my fidget toy
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These are only suggestions, but you can think of your own strategies or things that will help you and put them into the boxes on the chart on the previous page. If you need any help with this, ask an adult.

## Stress Bottle/Jar

This is a very simple stress reliever that you can make at home or in school. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.

<b><u>Equipment needed</u></b>  An empty bottle with a lid  Warm water  PVA Glue or Glitter Glue  Glitter if just using PVA Glue  Craft stars, buttons, gems	<b><u>Instructions</u></b>  1) Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it. 2) Add your glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle. 3) Add the warm water, but do not fill it right to the top. 4) Put the lid on and give the bottle a shake. 5) Let the mixture settle for a minute or two. 6) Add any craft stars, buttons and gems into the bottle. 7) Put the lid back on and give it another shake. 8) It is complete, but you can decorate the outside of the bottle if you wish
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### **How to use**

Every time you feel stressed or anxious or when you can feel it building up, grab your stress bottle/jar and give it a good shake to get all of your anxiety and tension out.

Place the bottle on a flat surface, sit down and watch the inside of the bottle begin to calm and settle down.

Use this as often as you like and for as long as you need.

## **A safe space**

When we are stressed or anxious it is good to have a safe space to go to. This needs to be a place where you can think and relax and that will allow you to calm down. This could be your bedroom and you could hide under the covers or put some music on, it could be in your garden or your local park where you can just breathe and self-regulate. This means that you are able to calm yourself down.

When you are in your safe space you should focus on you and people need to know that this is your safe space and that you should not be disturbed, but remember to tell someone where you are, just so they can check on you from time to time.

When they do check in on you, make sure that you respond to them, you can tell them to leave you alone, but do it in a way that lets them know that you are okay, but you still need some space.

We will help you find a safe space in school that you can go to when you arrive.

## **A trusted person**

It is a really good idea to have someone that you can talk to if you are worried about anything, they cannot promise to keep everything to themselves, especially if you are in any danger, they have to make sure that they tell someone else who can help you. This is scary, but you must trust them that they are helping you.

Make sure that you remember that this person is someone that you trust and they are not going against you by telling someone else, but they only have to tell someone if you are in any danger or they are concerned for your physical or mental health.

We will help you find someone that you trust in Montgomery when you get here.

## **SEND Support**

If you require this in a larger print or any adaptations then please contact Miss Chadwick (SENDCo)  
[e.chadwick@montgomery.fcat.org.uk](mailto:e.chadwick@montgomery.fcat.org.uk)