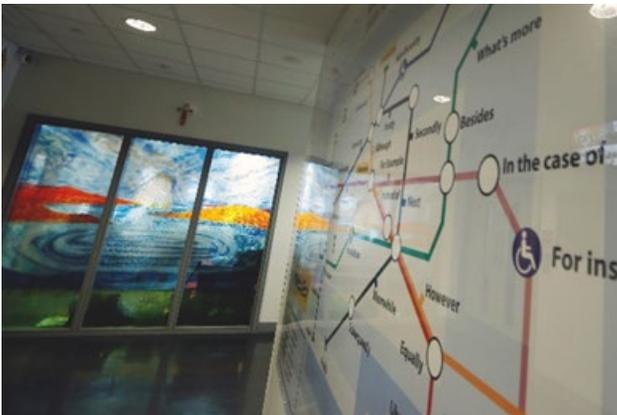


ST. CUTHBERT'S R.C. HIGH SCHOOL TRANSITION WORKBOOK



Moving from Primary to Secondary School is an exciting, but sometimes scary time. A new building, new rules, new teachers, new routines and new friends are just some of the changes you will experience but this booklet will help you get used to some of the routines and features of your new school.



As a school, we have chosen five of the foundational values from Jesus' teachings in the Gospels, which form the core of who we are and how we act as a member of St. Cuthbert's R.C. High School community.

LOVE

Love is the central value which inspires our other 4 core values. The words of St. Paul, in his letter to the Corinthians, set out a framework of how to, and how not to, treat each other. We demonstrate our Christian love for one another in practical ways, and by living out our core values. That is "the St. Cuthbert's Way."

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres." Corinthians 13:4-8

RESPECT

At St. Cuthbert's R.C. High School we respect ourselves, others and our environment. We look after our own property and the property of others. We know how important it is to care for our school building, grounds and contents. Through our words and actions, we demonstrate the respect we have for others.

"So God created mankind in his own image, in the image of God he created them; male and female he created them." Genesis 1:27

COMPASSION

We treat others as we would like to be treated; with kindness, consideration and compassion. We recognise that people make mistakes and we forgive them. We look after those who are vulnerable and need our help. Bullying has no place in our school, and we work together to prevent this. We are considerate of our local community and conduct ourselves appropriately on the way to and from school.

"Do to others as you would have them do to you." Luke 6:31

SERVICE

We use our God-given talents to help others. We recognise that we are very fortunate and have much more than many in our world do. Therefore, we support charity work and help those less fortunate than ourselves. We offer our friendship, help and kindness to all that need it and expect nothing in return.

"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you." John 13:14-15

STEWARDSHIP

We value our environment and planet and work hard to take care and preserve it. We take pride in our school and local community, working cooperatively to ensure it is looked after so that others can make use of and enjoy it.

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." Peter 4:10



MISSION STATEMENT & SCHOOL PRAYER

***The Lord God requires of us
that we should help others whenever we can,
always make the right choices
and be the best that we can be
in everything that we do.***



St. Cuthbert's
Roman Catholic High School

ALL ABOUT ME

Draw a self portrait here.

Name:

Birthday:

My Primary School:

Eye Colour:

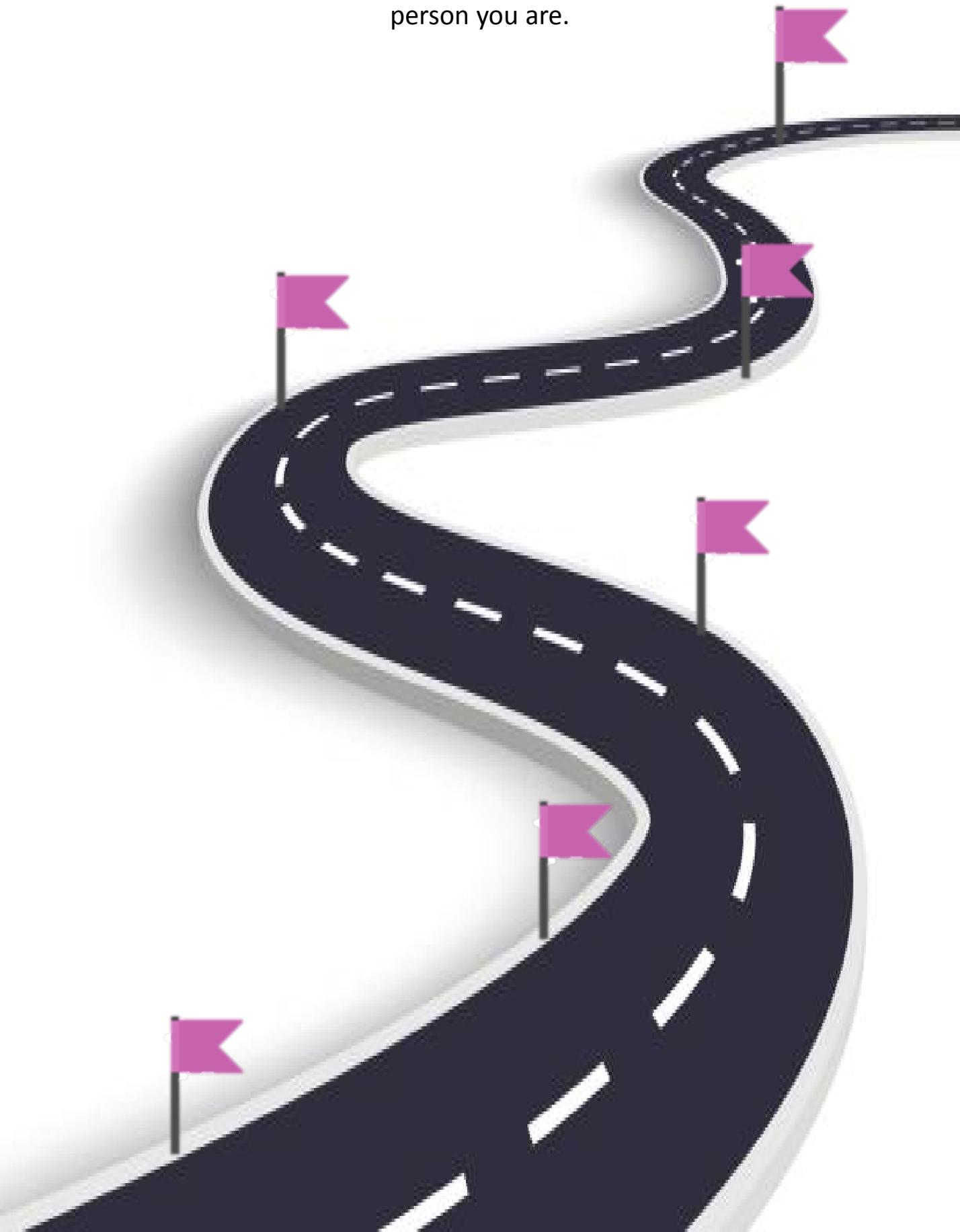
Hair Colour:

Height:

Favourite Colour	
Favourite Animal	
If I could have a superpower, I'd...	
Favourite School Subject	
Best place I've ever been to...	
Dream country to visit...	
If I could travel back in time, I'd go to...	
My dream job is...	

MY JOURNEY SO FAR

Life is a journey! Think back through primary school and write down your favourite memories or events that have shaped you to become the amazing person you are.



MY NEW SECONDARY SCHOOL

Full Name of the School	
School Address	
School Telephone Number	
Name of the Head teacher	
School starts at	
School finishes at	
I will get to school by	
How long will it take you to get to school?	
What time will you have to leave home?	

Add 10 words around the image below to describe your new school .



GETTING TO SECONDARY SCHOOL

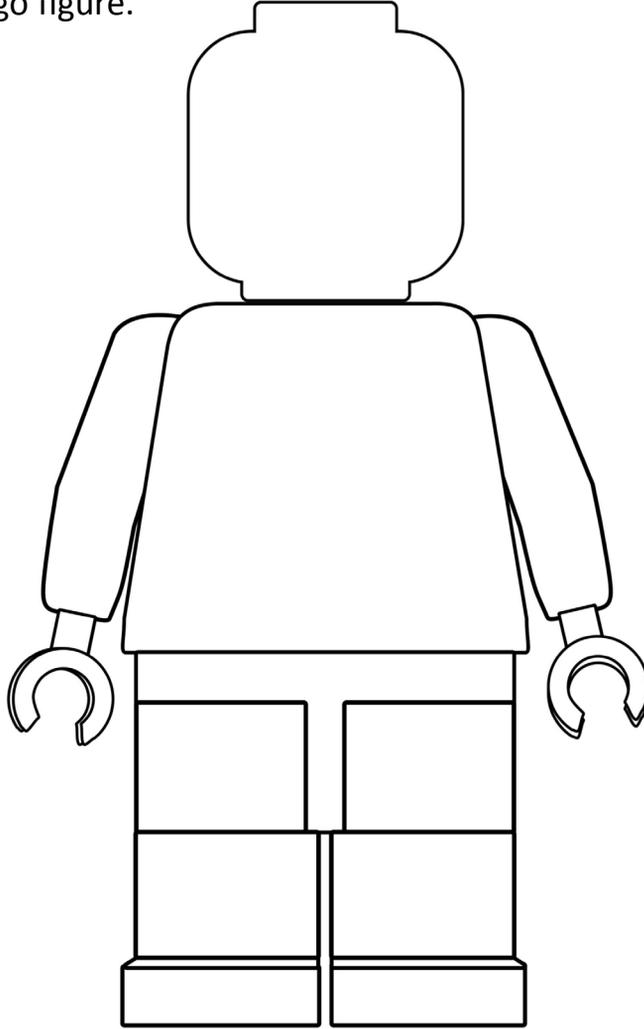
Getting to St Cuthbert's safely is just as important as being there. In the box below, draw the route you are going to take to school (whether that's walking, cycling, driving or by bus). Identify spots where there could be hazards (e.g. busy roads) and explain how you will manage this safely.

MOVING TO YOUR NEW SCHOOL

- List 4 things you are most excited about moving to St Cuthbert's
 - 1.
 - 2.
 - 3.
 - 4.
- List 4 things you are a little worried/nervous about
 - 1.
 - 2.
 - 3.
 - 4.
- List 4 things you would like to know about St Cuthbert's
 - 1.
 - 2.
 - 3.
 - 4.
- List 4 things that will help you when moving to St Cuthbert's
 - 1.
 - 2.
 - 3.
 - 4.
- List 4 differences between your primary school and St Cuthbert's
 - 1.
 - 2.
 - 3.
 - 4.

LOOKING SMART AT SECONDARY SCHOOL

One of the different things about moving to secondary school is the change in what you will wear. At St Cuthbert's, we pride ourselves in looking smart and professional at all times. Use the school website (www.scrchs.net) to draw and label the school uniform you will wear onto the Lego figure.



Why is wearing the correct school uniform important?

.....

.....

.....

.....

OUR EXPECTATIONS AT ST CUTHBERT'S

We expect all students to meet the 5P's—you will get positive points when you meet these expectations and negative points when you do not. These points can then be used to buy things such as chocolate, stationery and other rewards in school. The image below identifies the 5 P's and describes what they are.

P Preparation	Be prepared for lessons with the correct equipment and any homework completed.
P Punctuality	Be punctual by arriving to class on time and with positive attitude to learning and others.
P Politeness	Be polite by treating everyone respectfully and speaking in a polite and positive manner.
P Participation	Participate fully in the lesson by completing all work in the time given and in the way in which you are asked.
P Pride	Take pride in your appearance and work by being in full school uniform and presenting all work with care at all times.

Why do you think the above 5 P's and having high expectations of you is important?

.....

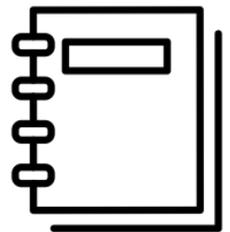
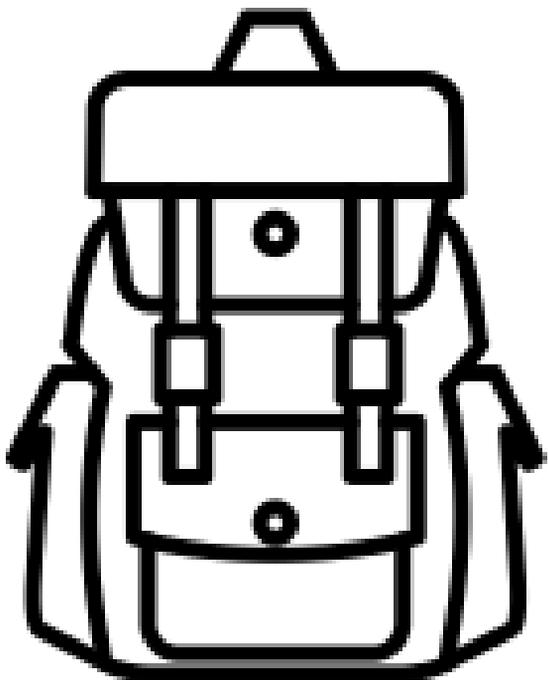
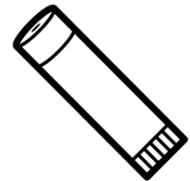
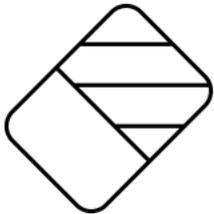
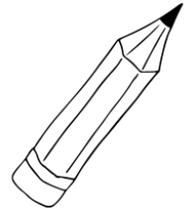
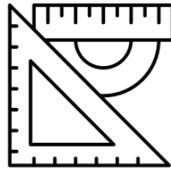
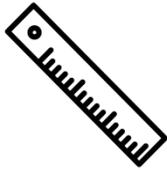
.....

.....

.....

EQUIPMENT

At secondary school, you will be moving around to different classrooms for different lessons. You could be in 6 classrooms in one day. This means that you need to bring all the equipment you will require with you for the day. Below are some items you will need to bring – can you identify them and add anything else?



SUBJECTS AT YOUR NEW SCHOOL

Find the subjects below in the Word search – they are vertical, horizontal and diagonal.

M	A	F	S	E	H	M	G	E	O	H	I	M	J	E	E	A
F	M	A	M	W	S	L	U	S	M	I	S	E	T	T	I	S
R	U	D	A	N	C	E	Z	S	A	C	P	N	U	H	A	I
A	F	G	T	R	D	P	W	R	I	I	A	G	T	I	N	U
H	S	R	H	P	G	R	T	E	N	C	I	T	O	C	A	O
J	T	A	S	L	U	B	N	Y	R	A	N	E	R	S	S	L
T	U	B	J	E	I	C	Q	L	E	R	M	X	T	F	S	S
E	E	A	U	H	E	M	U	A	H	S	U	D	I	R	E	P
N	F	X	L	G	E	O	G	R	A	P	H	Y	M	E	M	A
G	I	M	T	V	M	A	I	T	Y	E	O	A	E	N	B	N
L	O	A	I	I	O	T	O	H	R	T	T	S	C	C	L	I
I	P	T	E	E	L	G	R	D	U	O	E	R	A	H	Y	S
S	P	U	F	O	S	E	E	K	R	M	P	T	T	A	E	H
H	I	S	T	O	R	Y	S	C	S	A	S	M	E	L	R	A
E	N	J	V	E	P	I	F	J	N	O	M	U	R	S	B	K
J	K	C	A	T	E	c	H	N	O	L	O	G	Y	P	U	M
Y	Z	X	T	L	S	V	Z	C	O	M	P	U	T	I	N	G

Maths
English
Science
Geography
History
Art
Music
PE

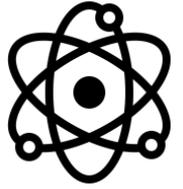
Drama
Technology
Computing
Spanish
French
Assembly
Tutor Time
RE

SUBJECTS AT YOUR NEW SCHOOL

Match up the subject to the correct icon



Maths



English



Science



Geography



History



Art



Music



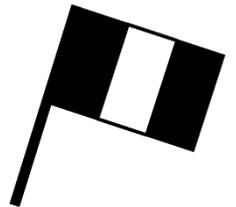
PE

Drama



Food Technology

Computing



Spanish



French

Tutor Time



RE



YOUR TIMETABLE

One of the first pieces of information you will be given in September will be your timetable. It's very important because it not only tells you which lessons you will have that day but it also gives you a clue about the equipment you will need to pack in your bag the night before. The timetable will tell you what room you will be in and who your teacher will be for that subject.

You will have five lessons a day and it will be different subjects each lesson. There will be a two week timetable so you will need to make sure you are on the right week as well. Below shows an example of a timetable – the subjects are shown mostly by their first two letters e.g. Ar is Art.

Lesson/Period Number

Subject – Sc means Science

	1	2	3	4	5
Mon	7s/Ar6 Mr J Julier 107	7s/Pe4 Mr D McLachlan SPH	7s/Sc2 Mrs L Coburn	7s/Ma2 Mr J S Avery 202	7s/En3 Mr H Santana 308
Tue	7s/En3 Mr H Santana 308	7s/Pe4 Mr D McLachlan SPH	7s/Ra3 Mrs A Beisty 106	7s/Mu6 Mr D Thomas 408	7s/Gg3 Mrs L Burlison 414
Wed	7s/Ra3 Mrs F C Bowden 313	7s/Ma2 Mr J S Avery 202	7s/Gg3 Mrs L Burlison 414	7s/Sc2 Miss S Price 211	7s/Hi3 Miss S Allen 401
Thu	7s/Fr1 Mrs R L Ward 320	7s/Sc2 Miss S Price 211	7s/En3 Mr H Santana 308	7s/Dr6 Mrs K Knox 405	7s/Ma2 Mr J S Avery 202
Fri	7s/Ra3 Mrs F C Bowden 319	7s/En3 Mr H Santana 308	7s/Ma2 Mr J S Avery 202	7s/Hi3 Miss S Allen 401	7s/Fr1 Mrs R L Ward 320

Day of the Week

Name of Teacher

Room Number

THE SCHOOL DAY

The timings of the school day will be different to what you are used to. Below are the times of the school day. Can you answer the questions below it to show your understanding of the school day and the timetable layout on the previous page?

FORM	8.25 a.m.
P1	8.45 a.m.
P2	9.45 a.m.
BREAK	10.45 a.m.
P3	11.05 a.m.
P4	12.05 p.m.
LUNCH	1.05 p.m.
P5	1.50 p.m.
FINISH	2.50 p.m.

1. What time does school start?
2. When is form time?
3. How many lessons are there in each day?
4. How many lessons are there before break?
5. What time is break?
6. How long do you have for break?
7. What time is lunch?
8. How long is lunchtime?
9. How many lessons are there after lunch?
10. What time does school finish?

MOVING AROUND SECONDARY SCHOOL

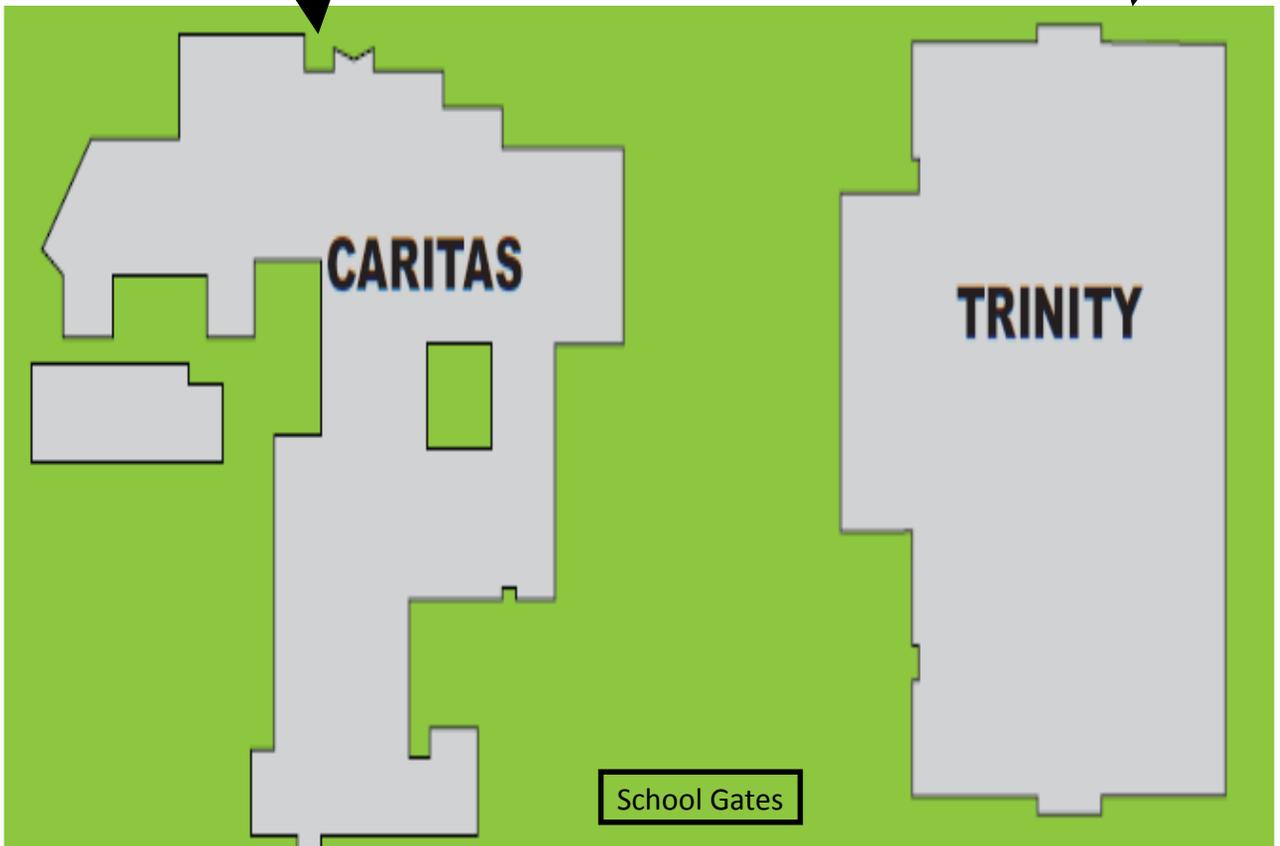
At Primary School you will most likely complete all of your learning in one room. At St Cuthbert's you will move around the school a lot as each lesson takes place in a different room and potentially a different building. There are two buildings at St Cuthbert's and these are called Trinity and Caritas. Below is an image which shows you the layout of these two buildings and the lessons which take place in each building

Lessons in Caritas:

- Humanities
- PE
- Music
- Drama
- IT
- SEN

Lessons in Trinity:

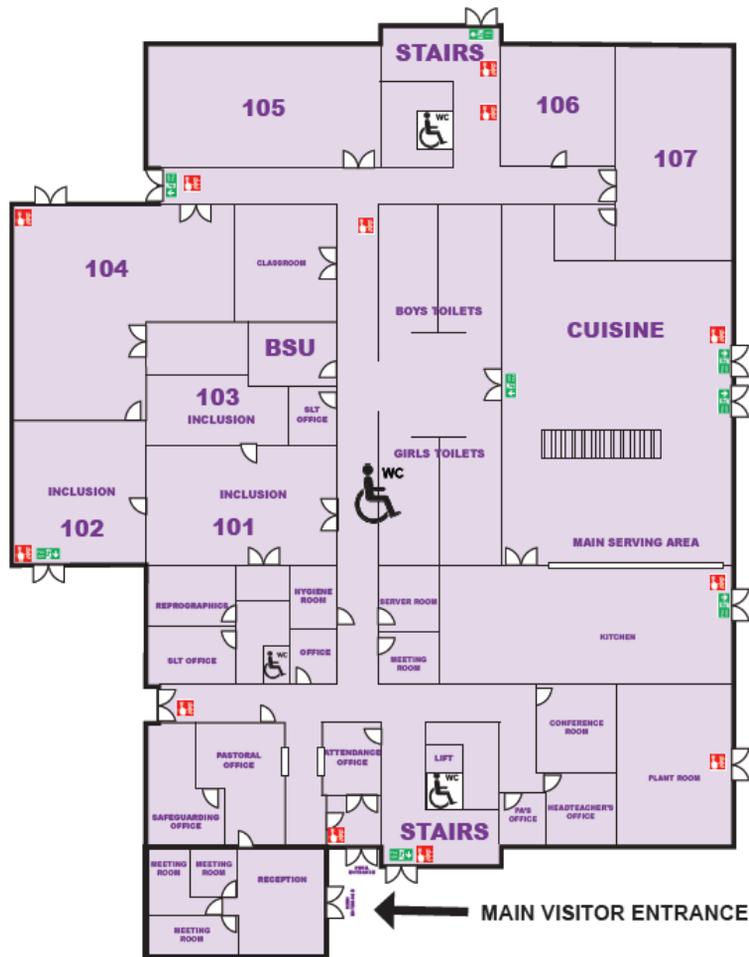
- Maths
- English
- RE
- Science
- Technology
- Art
- MFL



MOVING AROUND SECONDARY SCHOOL

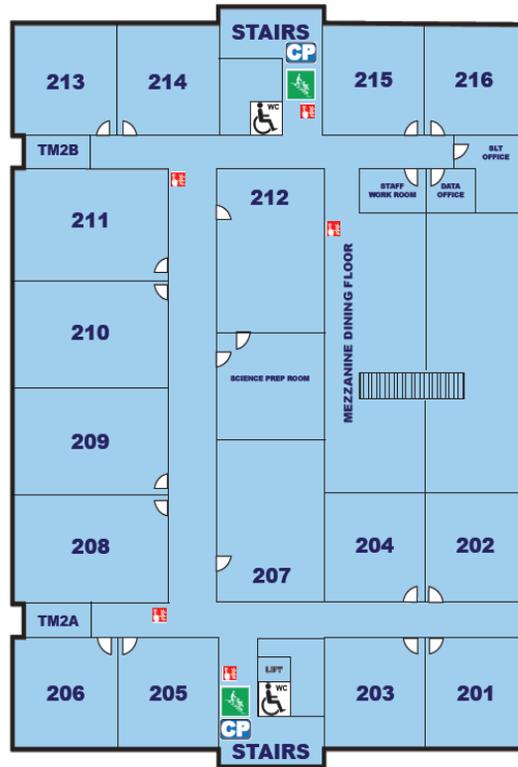
The Trinity building is to the right of you as you walk in through the school gates and contains the rest of the classrooms, the cuisine and a lot of offices/conference rooms. It has three floors to it and on your timetable the first number of the room will indicate which floor of the building you are on. Any room numbers starting with a 1 is the first/bottom floor, room numbers starting with a 2 is the second floor and room numbers starting with a 3 is the third floor.

The image below shows the layout of the first/bottom floor.

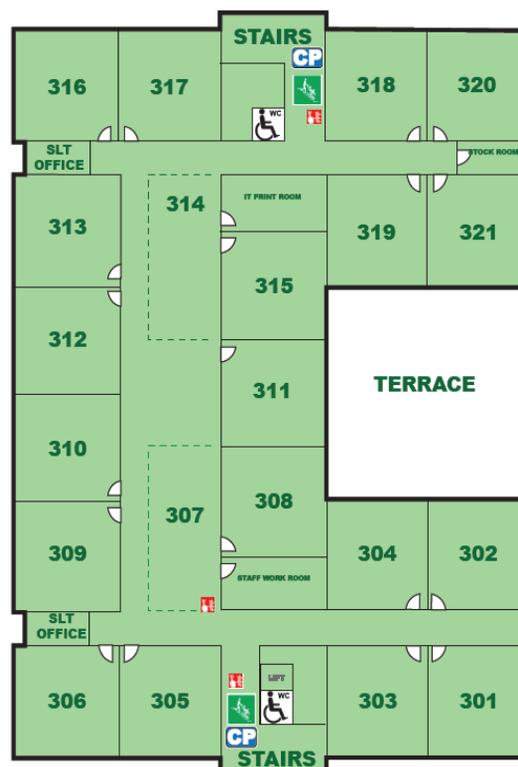


MOVING AROUND SECONDARY SCHOOL

The image below shows the layout of the second floor.

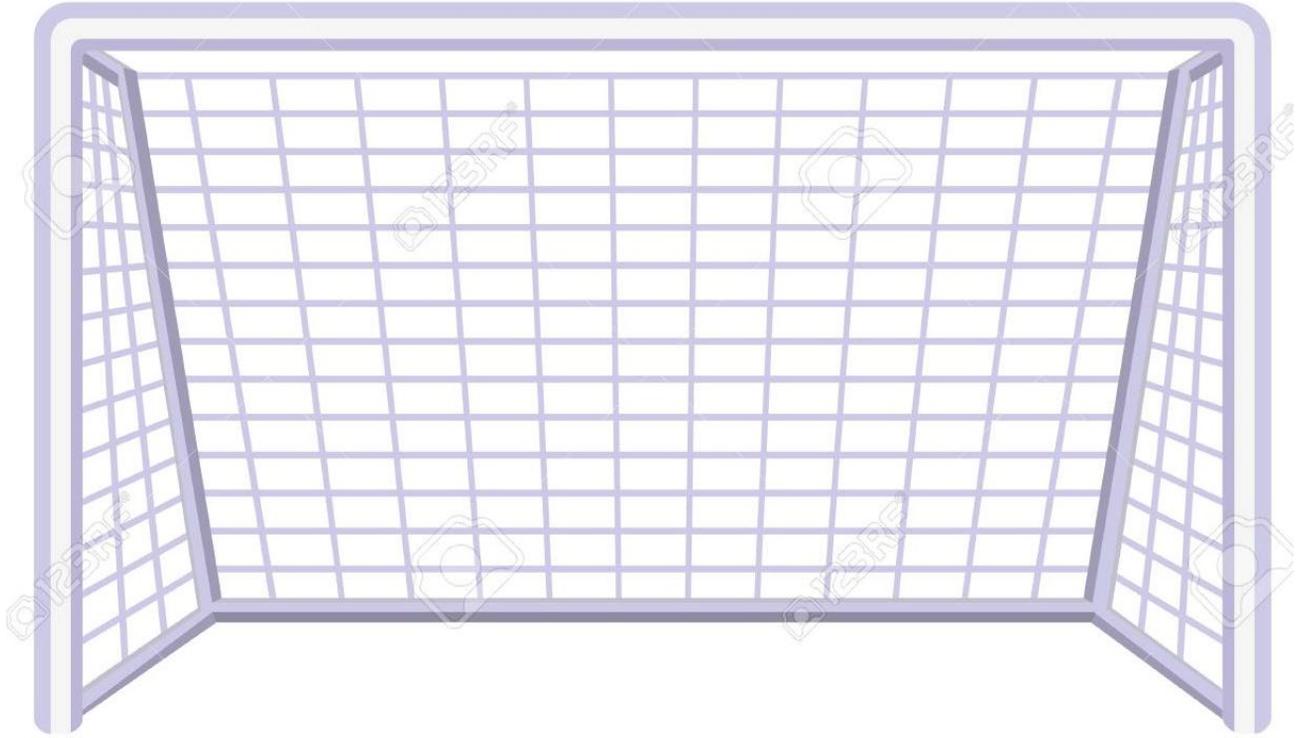


The image below shows the layout of the third floor.



MY GOALS FOR SECONDARY SCHOOL

When you go to Secondary School, you will learn a huge number of new skills, and improve skills you have practiced in Primary School. In the goal below, use the list to write in 10 new skills or things you'd like to build on in your years at Secondary School.

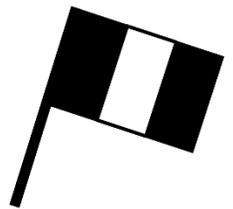
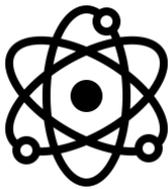


Be in a school play or production	Speak another language	Represent your school in a national competition
Learn to play a musical instrument	Volunteer in the local community	Travel to another country
Play for a school team	Learn how to survive in the wild	Take care of the school garden
Work as part of a team	Taste food from another country	Make new friends from other schools
Cook a new meal from scratch	Read new books	Take part in a fancy dress day
Create a piece of art	Raise money for charity	Become Head Boy or Girl
Learn how to read a map	Join an after school club	Learn to dance
Use computers to create your own website	Learn First Aid	Improve your singing

INTRODUCTION TO SUBJECTS

The staff at St Cuthbert's have put together some information and activities to introduce you to the subjects you will be studying when you arrive in September. We are a big school and have lots of different departments – these departments are the names of the subjects; Science for example is a department. The departments are in specific areas of the two school buildings and you will quickly become familiar with where the departments are and what teachers are in those departments.

Read through the information and get to know the subjects and then have a go at the tasks and activities the staff have put together.



RE

When you start at St Cuthbert's you will be joining our faith school where RE is at the heart of everything we do. RE is a fun and highly regarded academic subject and the knowledge/skills you develop in RE can open a variety of career paths.



Legal Career

Defend the innocent and put the guilty away with your ability to argue and debate using this key skill developed in RE.



Armed forces

RE is considered a valuable GCSE as it teaches beliefs, values and cultures that soldiers will encounter and engage with.



Journalist

Be first to the biggest story as a journalist with your in depth knowledge of the culture, values, and belief of others.



Medicine

The best doctors, nurses are in tune with the religious and cultural values of their patients.



Education

The best teachers understand how to support every student ensuring they are treated with dignity, respect and have the opportunity to succeed regardless of cultural or religious belief.



Performing Arts

Become a artist, writer, director or actor using your knowledge learnt in RE to write stories, songs or dramas about fascinating characters and history all found in religious belief.

TASK – Have these different career paths surprised you?

Yes/No because

.....

.....

.....

.....

What do you want to do as a career? How could RE support you?

.....

.....

.....

.....



HOW RE AFFECTS YOU

At St Cuthbert's we want you to be the 'Best that you can be' in everything that you do. RE encourages you to do this by:

Having
REspect for
all people
and beliefs.

REsponding
to religion
in your own
way.

REacting in
a positive
way in all
situations.

REcognising
your worth
and place in
the world.

REaching
your
potential in
all that you
do.

Task- List the ways that RE will shape your school life at St Cuthbert's

What's **RE** got to do with
me?



- 1.
- 2.
- 3.
- 4.
- 5.

MATHS

When you start at St Cuthbert's you will have Maths on your timetable which will build on the knowledge and skills gained in Primary School. Can you demonstrate your understanding of multiplication and complete the activity below?

Colour by Multiplication

Do the multiplication calculation and colour the shape in the correct colour.

0-10

light blue

11-20

purple

21-30

pink

31-40

yellow

41-50

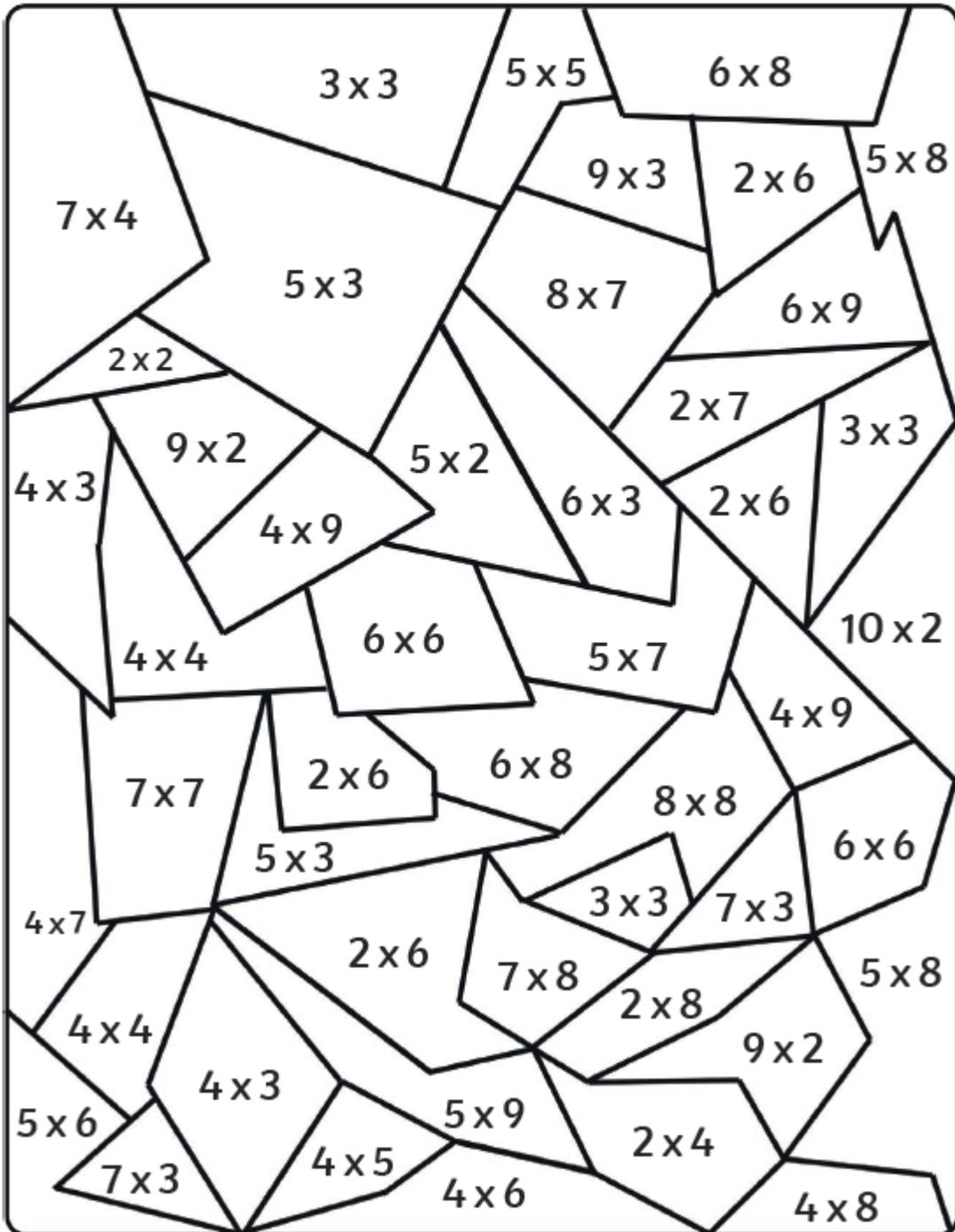
green

51-60

orange

61-70

dark blue



ENGLISH

When you start at St Cuthbert's you will have English on your timetable and you will study English Literature and English Language during these lessons. You will be introduced to lots of new key texts and will analyse them in great detail. This is English Literature.

TASK – Read and analyse the text below and then answers the questions to go with it

Five Palms Hotel

Are you overdue some family fun in the sun? If the answer is yes, choose the exclusive Five Palms Hotel for your all-inclusive family holiday.

The award-winning Five Palms Hotel is one of the most modern hotels in the area with something to suit all ages. We are proud to offer three outdoor swimming pools, one indoor pool, a fully equipped gym, aquarium, tennis court, luxury spa and a fabulous outdoor theatre with family shows taking place every night. The hotel offers a range of adult activities including aqua aerobics, salsa dancing and tai chi.

The Five Palms Hotel has 3 large, air-conditioned restaurants serving food to suit even the fussiest of eaters!

Kids will enjoy the huge, indoor play gym or spending time at one of our fantastic clubs: High Fivers (ages 4-7) and Five Alivers (ages 8-12), both of which run from 9am until 5pm every day, giving adults time to switch off! High Fivers activities include stories, arts and crafts, team games and drama whilst Five Alivers offers a wide range of sports, music, dancing, obstacle courses and more!

Overlooking the beach, sea views and balconies come as a standard with every beautifully appointed room, as does air-conditioning, satellite TV and an en-suite bathroom.

Our hotel is only 15 minutes away from Palms Airport and a short walk from Five Palms Old Town where you can barter with the local shop keepers whilst taking in the local history and stunning architecture.



1. Copy an example of a rhetorical question that is used in the text. Why has the author used this?



2. Tick true or false in the following table.

	True	False
Five Palms is an old hotel.		
The kids clubs run from 9am to 12pm.		
Satellite TV is included in all rooms.		



3. Who do you think the Five Palms Hotel would be most suitable for? Why?



4. 'Our hotel is in a prime location...' What does the word 'prime' mean?



SCIENCE AT HOME

In Science at St Cuthbert's you will be given a set of instructions to follow – we call this a method! Can you follow the methods below to complete some fun Science experiments using everyday household items?

Lava Lamp

You Will Need

- Water
- Vegetable Oil*
- A Clear Plastic Bottle or Jar
- Food Colouring
- Effervescent Tablets



* Please dispose of oil safely and responsibly.

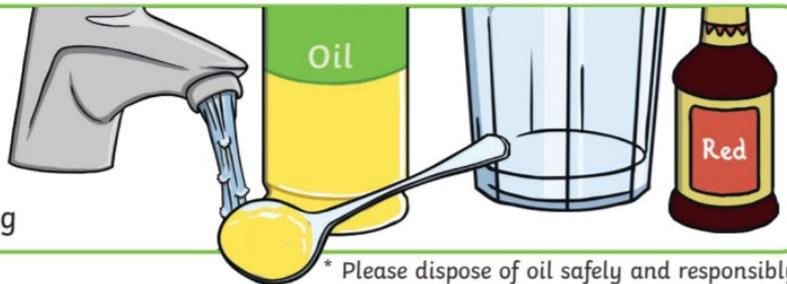
Method

- 1 Fill the bottle or jar a quarter full with water.
- 2 Top up, almost to the top with the vegetable oil
- 3 They should separate into two layers, water at the bottom and oil sitting on top.
- 4 Add about 6-8 drops of food colouring once the oil and water separate.
- 5 The colour will mix with the water at the bottom.
- 6 Pop in half an effervescent tablets and watch the bubbles form. Add more effervescent tablets bit by bit to keep the bubbles rising and falling.

Fireworks in a Glass

You Will Need

- Warm Water
- Oil*
- A Tall Glass
- Food Colouring



* Please dispose of oil safely and responsibly.

This is a very cool, simple and fun experiment, and also completely safe, just don't drink the water!

Method

- 1 Fill the tall glass with warm water.
- 2 Pour a small amount of oil into another container and add a few drops of food colouring.
- 3 Give it a good stir, if it doesn't mix, add a bit of water.
- 4 Pour the food colouring and oil mixture into the warm water and watch the fireworks!

PHYSICAL EDUCATION (PE)

In Physical Education at St Cuthbert's, you will be taught skills and techniques in a variety of different sports to keep you fit and active in fun and enjoyable lessons. Can you name each of the sports below that you will participate in? We have given you the first letter of each one to get you started...



Guess the sports at St Cuthbert's:

Sports:

Clues:

- F.....(Played with a ball and on a large pitch with goals at each end).
- R.....(Played with a ball that can only be passed sideways and backwards).
- R.....(Played with a small ball and a bat. You have to run around posts to score).
- A.....(A sport which includes running, jumping and throwing).
- N.....(Played with a ball and two tall hooped nets at each end of the court).
- B.....(You have to dribble the ball with your hands and shoot into a hoop).
- B.....(Played with a racket and a shuttle which you have to hit over a net).
- T.....(Sometimes found in gardens, you can bounce high as it is very springy).
- D.....(Make sure you don't get hit with the ball- quickly move out the way!).
- C.....(Make sure the ball does not hit the wickets if you are batting).
- H.....(A game played indoors, using just your hands to throw the ball into a goal).

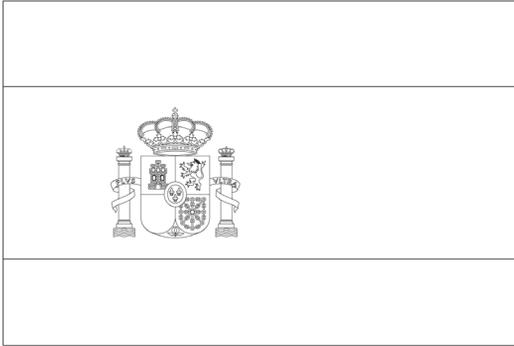
Now time for something a little bit more active. You will need the following things...

1. Find yourself a ball/item.
2. Using your feet, hands, head or a racket, try to keep the ball in the air for as long as you can.
3. Count how many times you can keep it in the air and then try to beat your previous score.
4. You can record yourself doing the challenges and then show the PE staff on your first day!

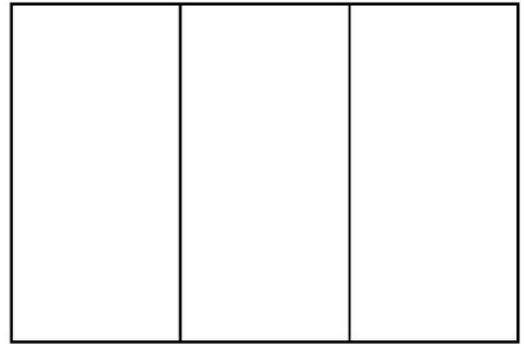


MFL (SPANISH AND FRENCH)

When you arrive at St Cuthbert's you will have MFL (Modern Foreign Languages) lessons on your timetable and will study either Spanish or French. MFL gives you a fantastic opportunity to learn about the language and culture of these two wonderful countries. Can you colour in the French and Spanish flag below?



Spanish Flag



French Flag

The word 'culture' means the ideas, customs, and social behaviour of a particular people or society. In France and Spain they have speak different languages but they also have a different culture. Can you research a particular festival that happens in either France OR Spain and fill in the questions below about your chosen country.

Country:

Name of festival:

Why do they celebrate this festival?:

.....

.....

Do they wear any special outfits/costumes?:

.....

.....

Do they eat or make any special meals for the festival?:

.....

.....

GEOGRAPHY

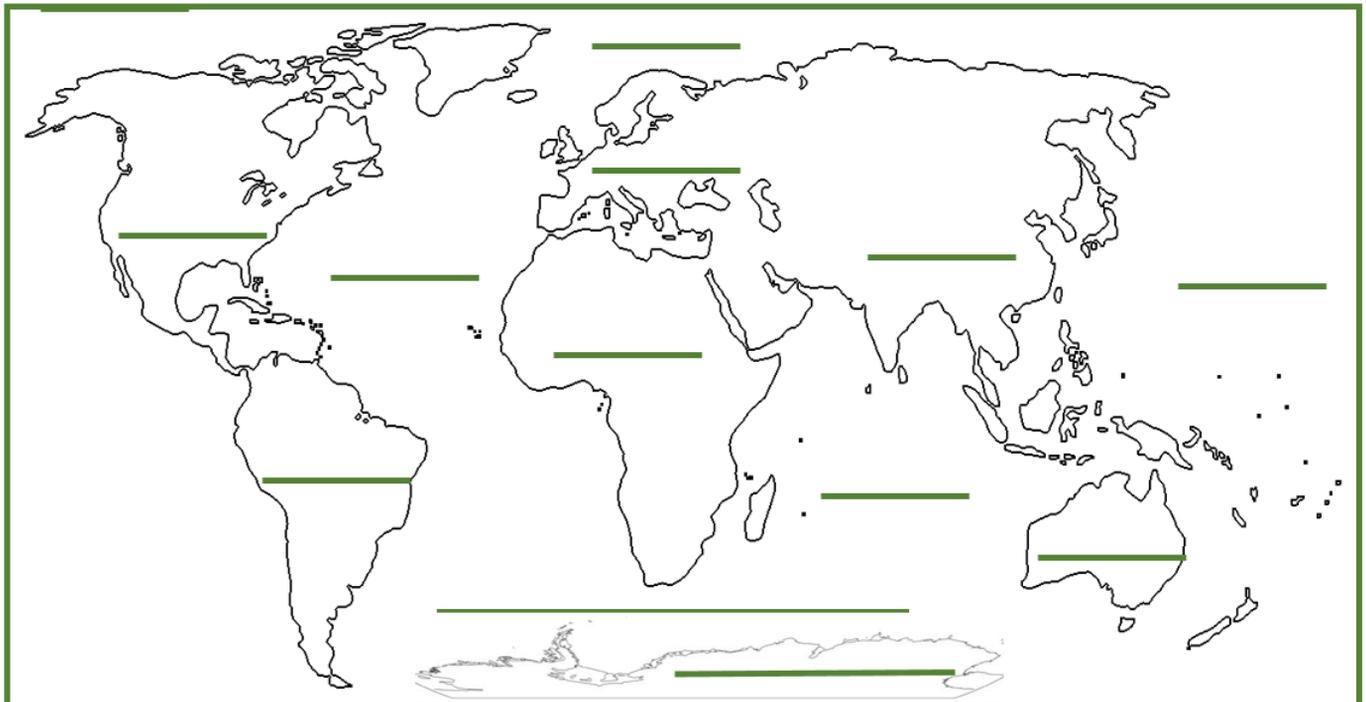
What is Geography?

Geography is the study of places and the relationships between people and their environments. Geographers explore both the physical features of Earth and the human societies spread across it. They also examine how human culture interacts with the natural environment and the way that locations and places can have an impact on people. Geography seeks to understand where things are found, why they are there, and how they develop and change over time.

Why is Geography important for me?

Every time you turn on the news you will see something that relates to your Geography lessons. We will learn about how the natural world works – from why it rains to how volcanoes form to why our global climate is changing and how this will affect us in so many ways. We will learn about current global issues like population, migration and development and consider how humans interact with the natural environment. Geography will prepare you for jobs that do not even exist yet, as our world is ever changing. It will open your eyes to what is happening around you and prepare you to be a global citizen. At a time where our natural world faces many threats – it has never been more important to be a geographer!

TASK – Can you label the continents & oceans on the map below?



GEOGRAPHY

You will have studied Geography in Primary School – can you fill in the sheet below to show your understanding of the following topics? Read each statement carefully and consider if you think you are red, amber or green in that area.

Red = I think I have no knowledge in this area

Amber = I think I have some knowledge in this area

Green = I am confident in my knowledge in this area

Knowledge and Skills			
I can name and locate the world's seven continents and five oceans.			
I can use world maps, atlases and globes to identify the United Kingdom and its countries.			
I can use the eight points of a compass, four and six-figure grid references and identify symbols on maps.			
I can identify the position and significance of latitude, longitude, Equator, Northern Hemisphere, Southern Hemisphere.			
I can identify countries in each continent on a map			
I can describe the physical and human features of at least one country in Europe and in South America.			
I know the difference between weather and climate and can describe the weather.			
I can describe processes that take place in the water cycle.			
I know what a Biome is and can give examples of biomes.			
I know what a mountain is and can give examples of mountains found in the UK.			
I can explain ways that mountains form.			
I know what a river is and can identify the key features of a river.			
I can locate important rivers in the UK.			
I know what a volcano is			
I can give reasons why volcanos are dangerous			
I can give reasons why volcanoes can have advantages			
I know what causes earthquakes to happen			
I can name places where earthquakes happen often			
I know the layers of the earths structure			

HISTORY

What Is History?

History

The word history means 'the study of the past'. It is the story of people and how they have lived and developed through time. History is a story, but historians use many key skills in the study of it, skills which you will develop in secondary school. History is a very exciting and unique subject to study as it transports you to the past and through it you can understand why events happen today and how to best learn from them.



Above are some examples of history that you may have studied in 'topics' at primary school. If you know what each picture represents, write down what you think it is. If you are struggling, you can ask your parents/carers.

Once you have done this, tick any of the pictures which you think you studied in Primary School. You might have written some of these down on the previous page. Make sure you look at your list so you don't miss anything.

HISTORY

One of the most important skills you will learn about in History at St Cuthbert's is chronology. This is where you put events which have happened into time order. If you are asked to place events into chronological order, you should start with the event which happened first and end with the event which happened last.

I know we are living in unusual times at the minute and going to school everyday as normal has changed because of the coronavirus. However, think back before that and imagine it's a regular school day. Place the events shown below in chronological order. Remember, start with the thing you would have done first, and end with the thing you would have done last.

Put these events into chronological order from your morning

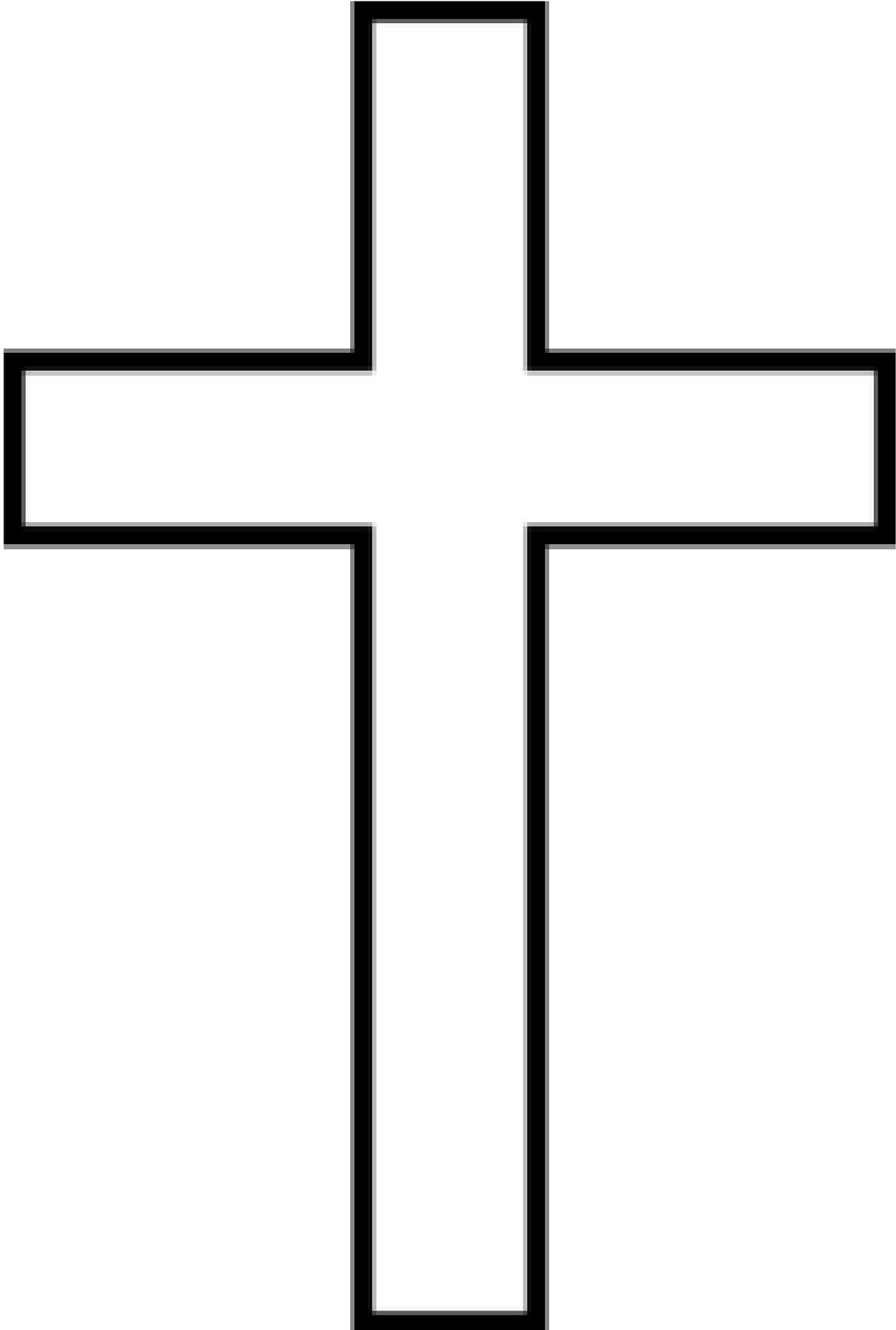
Travelled to school 	Cleaned teeth 
Got dressed 	Woke up 
Had breakfast 	Washed my face 

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

All the history teachers here at St Cuthbert's hope this information has allowed you to understand what history is and we are very much looking forward to meeting you all in September. Just so you know, we are currently living through a piece of history. The coronavirus is an example of a 'pandemic'. This is where a disease spreads across the world. If you would like to learn some more history before you start Secondary School, you could do some research on the Black Death. This was another pandemic which occurred in the 14th century. If you do decide to do this, all the history teachers would love to know what you have found out in September.

ART

Art gives you the opportunity to express yourself through drawing/painting and making. You will have time in the Art room where you will develop and learn new skills and produce pieces of work that will showcase these skills. Use the cross below to express you as a person – you can include drawings/words that tells us about you. What do you like? What don't you like? What hobbies do you have? Who is in your family/friends circle?



DRAMA

When you come to St. Cuthbert's you will be working alongside other students to create and present plays to the group. Even though it is hard to practice this at home (unless you have brothers and sisters that you could act with) why not use your imagination and make up a story.

You could draw a storyboard, like a cartoon to show your ideas. Perhaps you could put speech bubbles to show what the characters are saying.

Here is the beginning of the adventure:

Character A is best friends with Character B. They are on holiday together and have been allowed to explore along the beach. They have a back pack with some drinks and snacks in and other items that may come be useful for an adventure. Along the way they see the entrance to a cave and they decide to explore.

At first the cave is very big, but as they go further in it gets darker and smaller. Luckily there is a torch in the bag. As they go deeper they start to discover objects. An old locked chest, a silver goblet, a necklace of rubies and diamonds and some bones!

What have they discovered.... and more importantly, are they safe?

What happens next? Use your imagination and turn this beginning into an exciting adventure!



ICT/COMPUTER STUDIES

When you come to St. Cuthbert's you will have ICT/Computer Studies lessons which will teach you lots of important skills you will use later in life. At Primary school you will have studied Computing and will have no doubt used beebots and other devices and software. During your time at St Cuthbert's you will use computers a lot and will use the internet even more. Being safe online is a really important part of using the internet – can you complete the tasks below which looks at the importance of online safety?

Internet Safety Rules

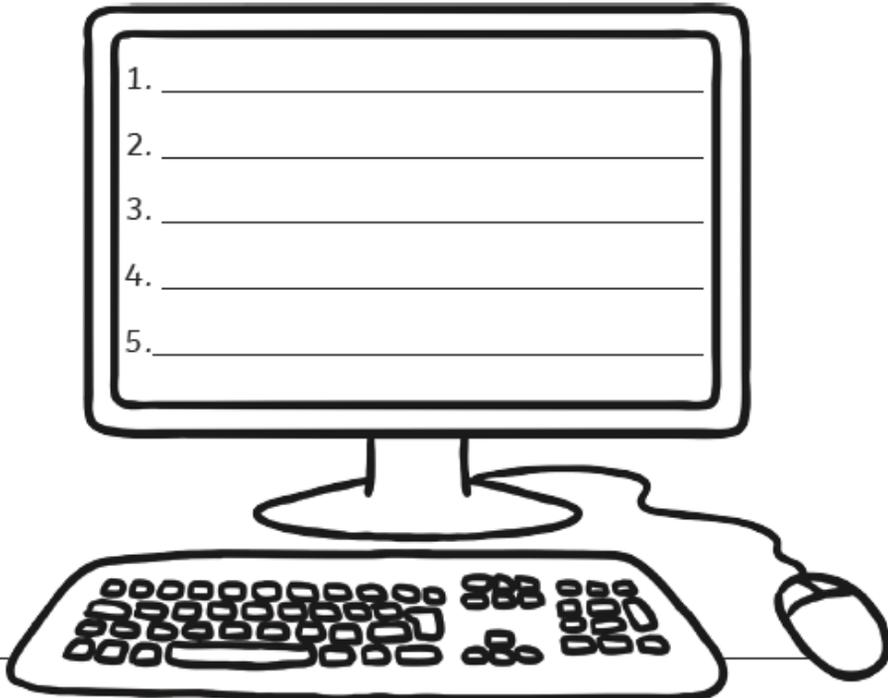
Amazing Fact

When 400 scientists, engineers, and academics were asked what was the greatest invention ever, there were three popular answers – the wheel, the printing press and the World Wide Web (the Internet). The overall winner was the World Wide Web.

We have to make sure we stay safe and sensible when we are online.

Challenge

Write down five rules about staying safe when using the Internet.



You could also try to find out:

- what else was voted for;
- what your friends and family think is the best invention ever;
- what we are expecting to be invented in the next 50 years.

MUSIC

When you come to St. Cuthbert's you will have music lessons and will be given the opportunity to learn about and play lots of different instruments and pieces of music. Can you fill in the questions below about your current knowledge and experiences of music?

Favourite type of music?

Favourite band / artist?

What instrument/s have you tried?

What instrument/s have you achieved grades in (and what grades)?

Are you having any instrumental lessons this year? In school or outside of school?

What types of musical groups / ensembles have you been a member of?



TASK – An important skill you will develop during your music lessons is being able to listen to and analyse music. Below there are four links to pieces of music. Choose one and fill in the worksheet on the next page about this particular piece of music:

Peter and the Wolf March – Prokofiev

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

Dance of the sugar plum fairy – Tchaikovsky

https://www.youtube.com/watch?v=Wz_f9B4pPtg

The Young Person's Guide to the Orchestra – Britten

<https://www.youtube.com/watch?v=Ku3TRcjLpyY>

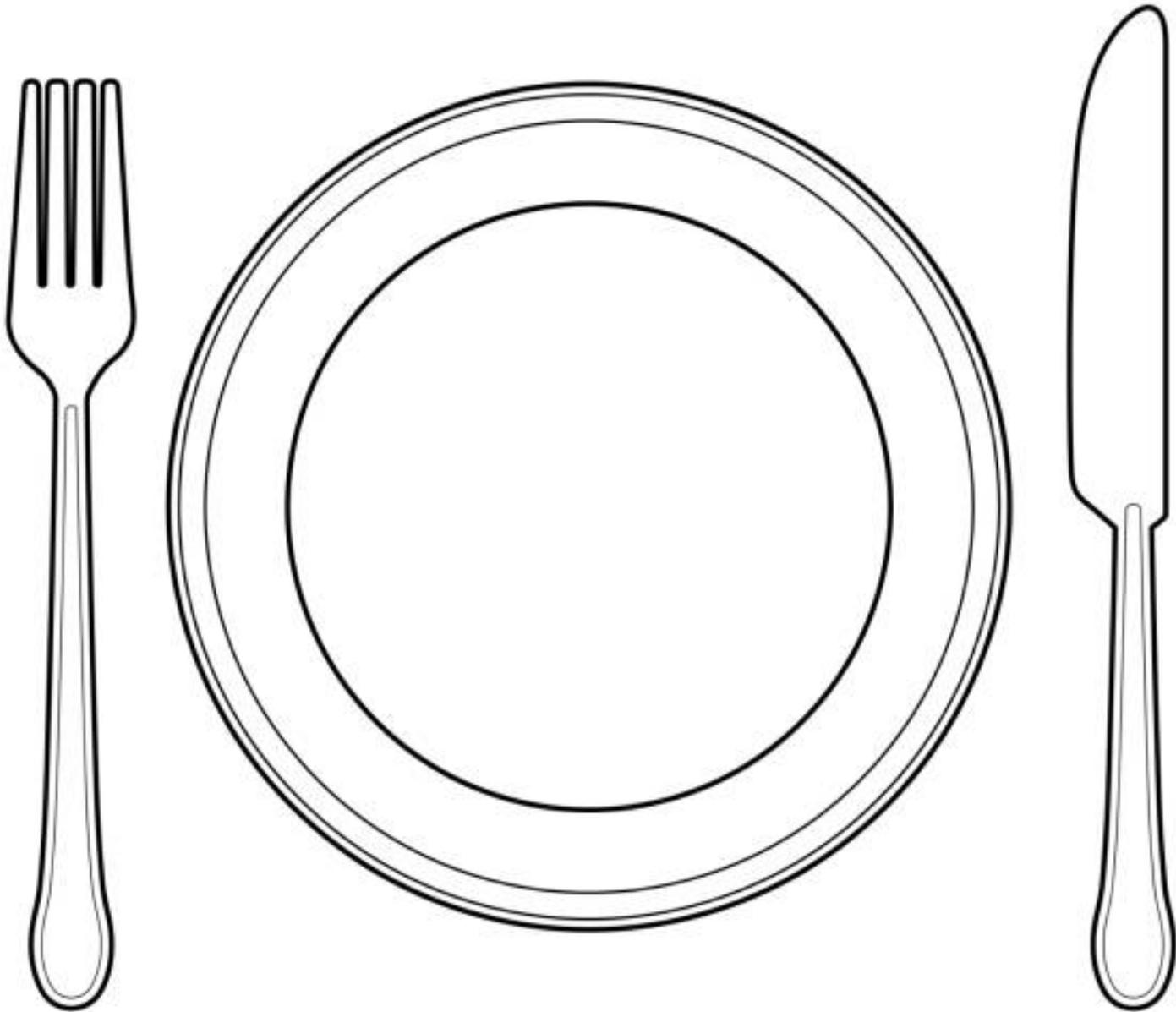
Moonlight Sonata – Beethoven

<https://www.youtube.com/watch?v=4Tr0otuiQuU>

TECHNOLOGY

When you come to St. Cuthbert's you will have technology lessons; some of these lessons will explore food and nutrition whilst the other lessons will focus on materials and their uses. In both classes you will have the opportunity to learn important life skills like how to design and build objects and how to cook well-balanced healthy meals.

Can you research 'The Eat well Plate' and use the information from this resource to design a healthy, well-balanced meal on the plate below. You can draw the food items on and then label them.



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