

# St Benedict's Catholic High School SEND Transition Pack



## 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 some things 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 St Benedict's 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

Mrs Savage (SENCO)

Mrs Savage is our school SENCO. Her job is to help all of our pupils who may need some extra support whilst they are in St Benedict's.

For parents, she can be contacted on his email address

[Sue.savage@st-benedicts.cumbria.sch.uk](mailto:Sue.savage@st-benedicts.cumbria.sch.uk)



Mrs Bell (HLTA KS3/Literacy)



Mr A Williamson (HLTA KS4/Numeracy)



## Our School

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



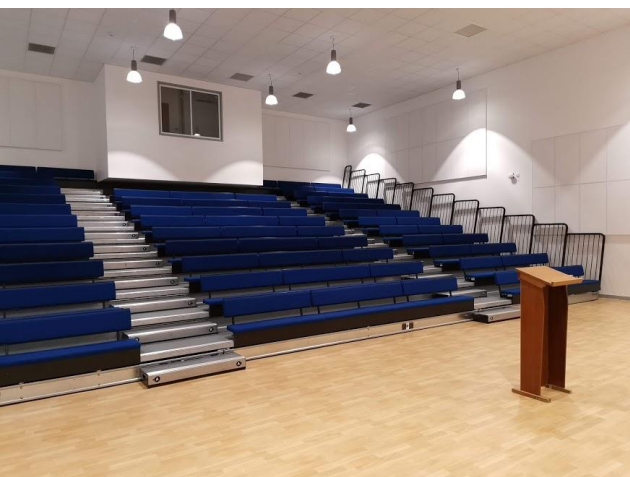
This is our school. It looks really big from the outside, but don't worry you will soon find your way around and there are plenty of people to help you



This is our canteen area 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.

This is an area 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 dinner or you can bring a packed lunch with you, which is totally up to you.




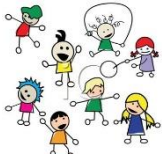







This is the theatre where you will have a weekly assembly.

The theatre is also open at lunchtimes and you can sit in here and chat with friends

## The school day (Monday to Wednesday)

This is a timetable of our school day, you will have a range of different lessons, but the times of the day do not change. Once we have your timetable, we can add the lessons in for you.

Between 8:40 – 8.55		TUTOR TIME/REGISTRATION
Between 8:55.-9.50		LESSON 1
Between 9.50 – 10.45		LESSON 2
Between 10.45- 11.00		BREAK
Between 11.00 -11.55		LESSON 3
Between 11.55 – 12.50		LESSON 4
Between 12.50- 1.35		LUNCH
Between 1.35- 2.30		LESSON 5
Between 2.30- 3.25		LESSON 6

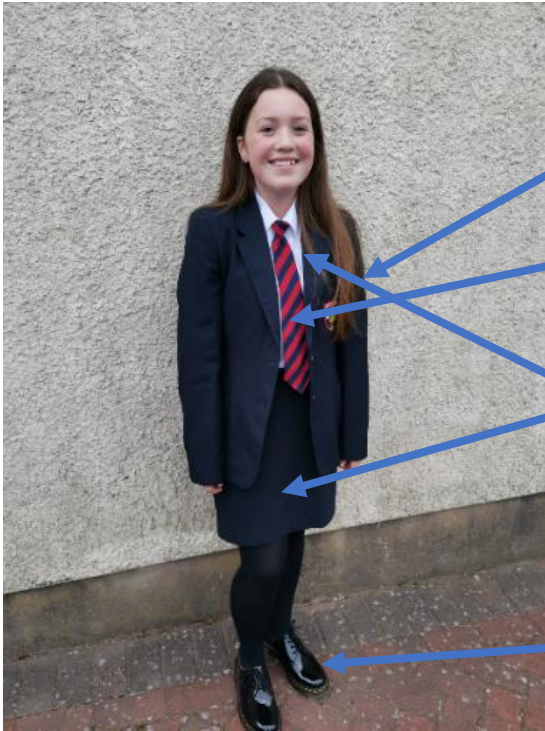
## The school day (Thursday and Friday)

Thursday and Friday are a little different and we finish school a little bit earlier, but the times of the day do not change.

On Thursdays and Fridays School finishes at 2.30 at the end of Lesson 5

## Our School Uniform

Everyone at St Benedict's has to wear a school uniform. Here are pictures of our uniform with labels of what each item is.



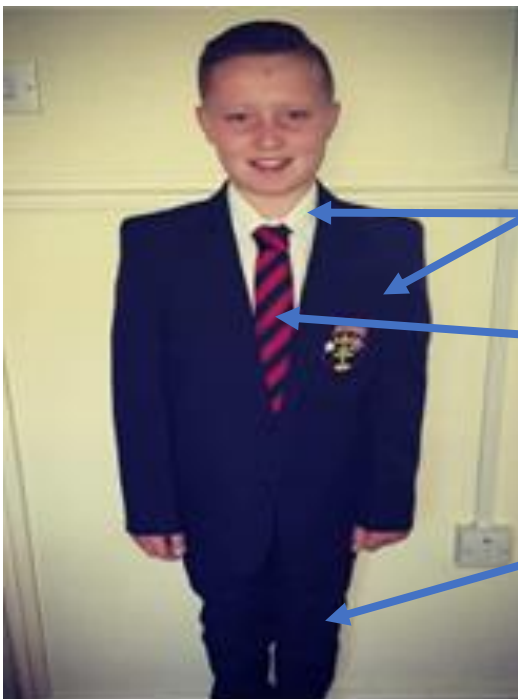
School blazer with the school badge on

School tie

Navy blue knee length school skirt

White shirt

Black footwear



School blazer with the school badge on

White shirt

School tie

Navy blue school trousers

Black footwear

## 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. If you forget your equipment, you can buy new items from school

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



A rubber so you can rub out any mistakes

Ruler



A ruler so that you can underline your work and measure

Pencil sharpener



To sharpen your pencils when they become blunt

Coloured pencils or pens



To colour in diagrams or pictures in your work  
in your work

Pencil case




To store all of your equipment in one place

All about me We would love to get to know you and we would love you and your family to tell us all about you and them. This sheet lets you fill in what you want to tell us.

Things I like



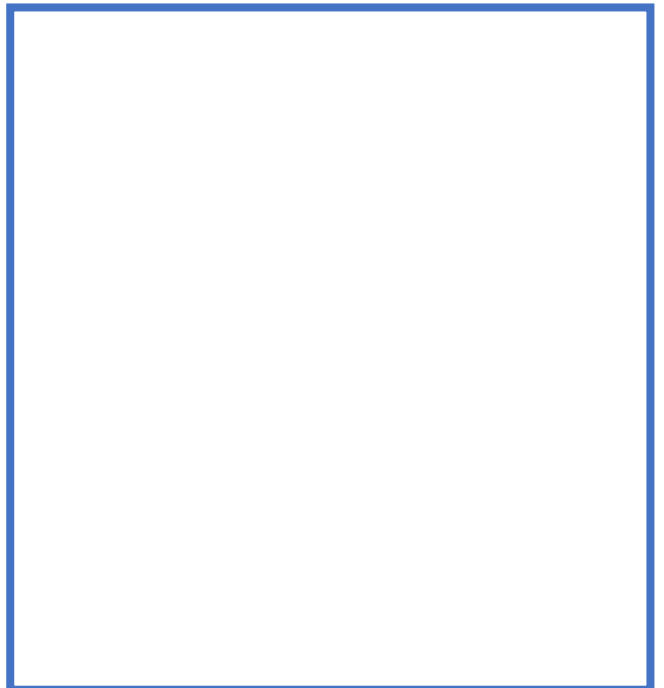
Things I don't like



Things I think you need to know about me



The best way for me to learn is





## 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 St Benedict's 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 St Benedict's in September

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

These are my worries about coming to St Benedict's in September

