



# CARDINAL POLE CATHOLIC SCHOOL



**YEAR 7 TRANSITION BOOKLET**

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# Message from the Headteacher

## Welcome Year 7!

I look forward to meeting you and hearing all about your successes over the coming year. I hope that this booklet helps to support your transition so that you make an outstanding start to your academic studies here at Cardinal Pole Catholic School. I am sure that you will find your new school an welcoming community in which to learn, develop friendships and grow as a young adult.

**Ms Heffernan**



### St Thomas Moore

Thomas More died on 6 July 1535 as a martyr, an opponent of the Protestant Reformation. The steadfastness and courage with which More held on to his religious convictions in the face of ruin and death is an example to all.



### Francis Assisi

Saint Francis was an Italian Catholic Friar who gave up a life of wealth to establish a religious order serving the poor – the Franciscans. Saint Francis dedicated his life to carrying out the work, of Christ, caring for the poor and seeking peace.



### Cardinal Pole

Cardinal Reginald Pole was a key figure in the court of King Henry VIII whose family was persecuted as a result of his refusal to accept the King's marriage to Anne Boleyn. His example of wisdom and humility teaches us to hold true to our values even in adversity.



### Josephine Bakhita

Saint Josephine was a Sudanese-born former slave, who became a Roman Catholic Nun in Italy. Her story of deliverance from physical slavery inspires all those praying for deliverance from spiritual slavery.



### Mother Teresa

Blessed Mother Teresa established the missionaries of Charity in Calcutta. Her mission: to give "wholehearted and free service to the poorest of the poor".



# Cardinal Pole Catholic School Virtual Transition Plans

## **Remote meetings with your primary school teachers**

We have held remote virtual meetings with your primary school to find out all about you. This information is shared with the staff at Cardinal Pole School so that the teachers here already know you when you arrive in September.

## **Live virtual event – Circle time with your registration class on Google Meet**

You have been sent a unique code to log into this event. It can be found on the letter sent with this booklet. During this event you will meet your Form Tutor, Head of Year and Pastoral Support Manager. They will introduce themselves and then facilitate the circle time introductions between you and your new registration class. You will be asked to share three things about yourself and then you will have a chance to ask any questions that you may have at the end.

## **School website**

Go to [www.cardinalpole.co.uk](http://www.cardinalpole.co.uk) and click on the 'Transition to Year 7 2020' tab on the homepage. All letters and booklets that have been sent to you so far can be found here. There are also links to the other virtual transition events outlined below.

## **Transition assembly – Available on the school website**

A pre-recorded assembly from the Headteacher, Ms Heffernan and the Head of Year 7, Mr Hanna.

## **Virtual retreat – Available on the school website**

As a part of the Catholic Life of the School, we place Christ at the centre of all that we do, we are rooted in Catholic values which permeate all aspects of work and relationships. Every year, all students take part in a retreat day and as a part of your induction day a virtual retreat has been set up giving you the opportunity to reflect and pray as a part of your day. We hope this will give you an insight into the Catholic Life of the school.

## **Department introduction to the My Hackney Project - Available on the school website**

A pre-recorded message from each department, introducing the My Hackney Transition Project and what exactly that looks like for you in their subject.

## **Virtual tour of the school - Available on the school website**

You can use this to have a 'virtual walk' around the school building so you can get used to the layout for the building for when you join us in September.



# Accessing The Live Virtual Event On Google Meet

Your unique access information can be found on the letter that was sent with this booklet via post and email. If you have not received this letter for any reason, please email us at [enquiries@cardinalpole.co.uk](mailto:enquiries@cardinalpole.co.uk). Please follow the instructions below to access the event. It is best to sign up to the event well in advance to test that you can access it.

**If you have access to a laptop or computer:** [Estimated time: 3 minutes]

1. Click on the 'Meeting Link' emailed to you, or copy and paste it into your internet browser
2. Enter your child's name and click 'Ask to join'

**If you will be using a phone or tablet device:**



First, please download the free GoogleMeets app from your device's relevant App Store (e.g. Apple App Store, Google Play Store, etc).

**Option 1: Only if you have a Google Account (gmail, Google Drive, etc)**

[Estimated time: 7 minutes]

1. Once the Google Meet app has downloaded open the app.
2. Click 'Sign in'
3. Enter your email address for your Google Account and click 'Next'
4. Enter your password for your Google Account and click 'Next'
5. Click 'Meeting Code'
6. Enter the 'Meeting Code' precisely as it appears on the email/letter sent to you (e.g xxx-xxxx-xxx)
7. Click 'Join meeting'

**Option 2: If you do not have a current Google Account you will need to create one**

[Estimated time: 20 minutes]

**You can do this using your own current email address.**

1. Follow this link to the Google Account Creation page:  
<https://accounts.google.com/signup/v2/webcreateaccount?flowName=GlifWebSignIn&flowEntry=SignUp>
2. Click 'Use my current email address instead' and follow all instructions on screen to register your Google Account (If you need further assistance completing these steps we have enclosed an additional page 'Creating a Google Account' with more detailed guidance)
3. Once you have completed these steps, return to the GoogleMeets app you have already downloaded. Click 'Sign in' and enter the details you have just registered (email address and password)
4. Click 'Meeting Code'
5. Enter the 'Meeting Code' precisely as it appears on the email/letter sent to you (e.g xxx-xxxx-xxx)
6. Click 'Join meeting'



# Important People For You In Year 7

## Form Tutor

You will see your Form Tutor every day at the beginning and end of the day. They will be able to support you and give you guidance when you need it. You will meet them soon during your virtual 'google meet' circle time with your new registration class

## Head of Year - Mr Hanna

Your Head of Year's job is to make sure that you are safe and working hard to achieve the best possible grades you can. You can come to him with any serious issues and they will help you.

## Deputy Head of Year - Miss Laserna

Your Deputy Head of Year is here to facilitate your success and happiness within the school year. She will be monitoring your academic achievement, behaviour and attendance in addition to your general welfare within the school.

## Pastoral Support Manager - Mr Howard

Your PSM is also here to make sure that you are safe and supported in school. They will also be a point of contact with your parents and will be able to help you if you've forgotten your tie or your PE kit. He will also be monitoring your achievement and behaviour.

All of these people are here for you. You should not be afraid of asking for support or coming to them with a question, no matter what it is! Remember: All of your teachers want you to succeed. If you are not sure of something in a lesson, ask your teacher at an appropriate time.



# My Fact File

You could use this to help you plan what you will say during the planned circle time on google meet with your form tutor

Name :

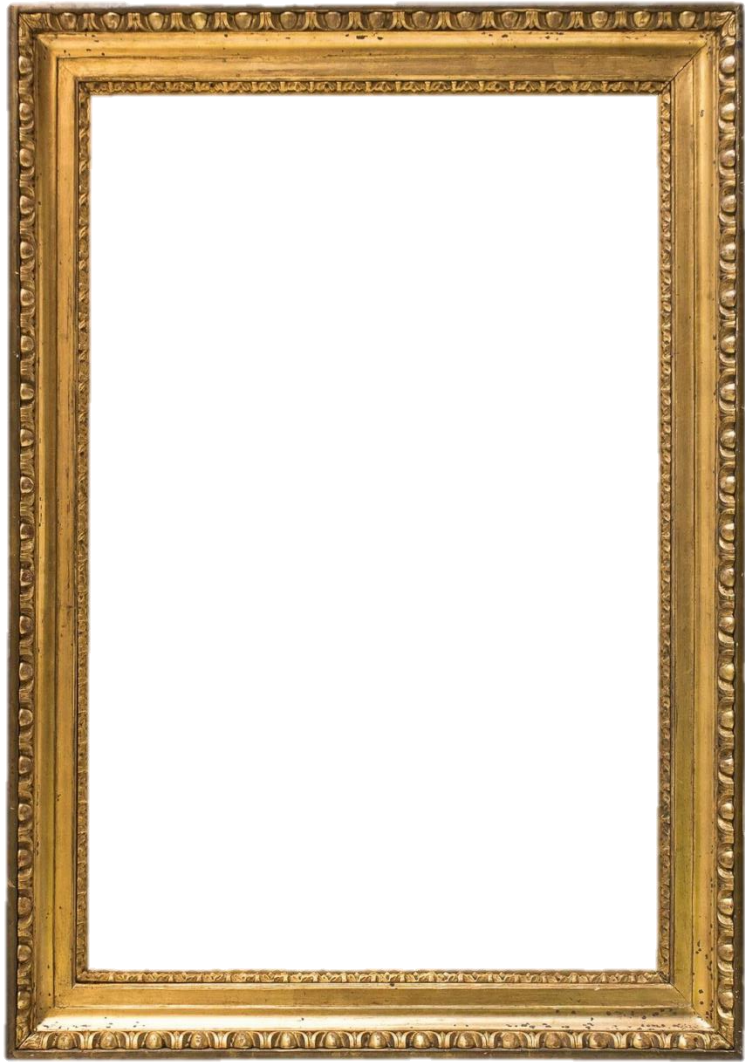
Registration group :

My favourite subjects are :

My least favourite subjects are :

My favourite food :

My favourite colour :



Here are some things I like to do:

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



# Transition Passport

## My profile

Name \_\_\_\_\_

Primary School \_\_\_\_\_

Secondary School \_\_\_\_\_

Homerton University Hospital  NHS  
NHS Foundation Trust

City & Hackney  
 CAMHS  
Alliance

 Hackney  
Learning Trust

My emotion: \_\_\_\_\_

 Stress? Anger, Anxiety? Sadness?



Signs that I am not at my best



Tips for keeping me well and happy



 NHS  
East London  
NHS Foundation Trust

 OFF  
CENTRE

 Hackney



**What people like and admire about me**



**My hopes and aspirations**



**What is important to me**



**What is on my mind about transitions?**



**How best to support me in healthcare/education**



**How best to communicate with me**



**Beginning secondary school is an important step in your educational journey. The next few years will be some of the most enjoyable and challenging you ever experience. You will make friends for life and, with hard work and perseverance, access the knowledge that will make you a success far in to the future. At this point, it is a good idea to reflect on your experience at primary school and plan for success at Cardinal Pole Catholic School**

**What has gone well for you at primary school?**

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**What could have gone better?**

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**What is your best piece of work? Why do you think it is your best?**

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**What have you done to make sure you succeed in completing your Homework to a high standard? What has helped you?**

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It is important that you realise success is not something that comes easily. We always strive to teach our pupils that working hard and being resilient are key to success. Here are some mottos that we would like you to think about:

- ‘Winners never whinge; whingers never win.’
- ‘Fail to prepare; prepare to fail.’
- ‘You control your emotions; your emotions don't control you.’
- ‘It's great to be grateful!’
- ‘Success is never final; failure is never fatal; it's the courage that counts.’
- ‘Habits become your character; your character becomes your destiny.’
- ‘Anger is weakness; self-control is strength.’
- ‘If there is no struggle, there is no progress.’

**Choose your favourite motto from above. Can you explain what it means?**

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**Why is it your favourite? Can you think of an example of when you might use it? (E.g. When annoyed by a sibling you remember self-control is strength.)**

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# Now use the chart below to set yourself three targets for improvement.

Things I need to work on	How will I do it?	Target / Outcome
<b>Example:</b> I struggle with my homework.	I will use my time in Prep wisely and go to Homework Club.	I'll be able to complete my homework and achieve the grades I deserve!

**One target we would like to encourage for all our students is in Speaking and Listening. We will do some activities on 'Learning to listen' in September with your registration class.**

**In speaking remember these important PEAS:**

**Projecting:** Speak loudly and clearly so you can be heard.

**Eye contact:** Look at the person you are speaking to, so they know you are paying attention.

**Articulating:** Speak fluently and confidently.

**Speak in full sentences:** Respond with full answers, not just "yes" or "no", and remember to explain yourself!



# A Day in the life... Lacacia (7 SWL)

I usually arrive at school at 8am so that I can have breakfast in the canteen, there's usually toast with butter and jam , cereal or porridge. It is all for free, I like to meet my friends here before school starts.

In the morning we have Prep, I really like my registration class and have made lots of friends since September. We get some time every morning to do homework in prep, it's great as it means we don't have as much to do at home.

We have 6 lessons each day. I enjoy doing a variety of subjects. I've been studying French which is a new Language for me, sometimes I can find it difficult but it's lots of fun to learn something new!

During lunch, my friends and I usually go out to the playground after eating and play a game. Some days we go to lunch time clubs instead of going outside.

	Mon	Tue	Wed	Thu	Fri
Reg					
1	R.E. 7LIN/Re T126 Ms C Benning	ENGLISH 7cr/En4 F103 Ms H Rimmer-1	SCIENCE 7cr/Sc4 F221 Mr R Ampomah	MATHS 7cr/Ma3 J215 Mr M Hoque	Spanish 7LIN/Sp J217 Mr R Stringer
2	HISTORY 7LIN/Hi F015 Ms A Holmes	MUSIC 7LIN/Mh T120 Ms M Morris	ENGLISH 7cr/En4 F103 Ms H Rimmer-1	Accelerated Read 7LIN/Ac N101 Miss P Davies	R.E. 7LIN/Re T126 Ms C Benning
3	TECH 7r/Te2 T027 Ms C Brennan	SCIENCE 7cr/Sc4 F221 Mr R Ampomah	MATHS 7cr/Ma3 J215 Mr M Hoque	PHYSICS 7LIN/Ph T031 Mr R Stringer	SCIENCE 7cr/Sc4 F015 Ms R Ingrey
4	ENGLISH 7cr/En4 F103 Ms H Rimmer-1	Spanish 7LIN/Sp F103 Mr R Stringer	French 7cr/Fr4 F103 Ms H Rimmer-1	R.E. 7LIN/Re T126 Ms C Benning	MATHS 7cr/Ma3 J215 Mr M Hoque
5					
6	MATHS 7cr/Ma3 J215 Mr M Hoque	GEOGRAPHY 7LIN/Ge T031 Mr S Clark	PE 7r/Pel Mr D Hanna	HISTORY 7LIN/Hi T028 Ms A Holmes	ART 7LIN/Ar T213 Ms I Clancy
7		R.E. 7LIN/Re T126 Ms C Benning	PE 7r/Pel Mr D Hanna	Drama 7LIN/Dr Miss L Tavares	ENGLISH 7cr/En4 F103 Ms H Rimmer-1

Example of a typical timetable



## How will you get to School?

You might walk , cycle or get the Bus or Train, if you do, then answer these questions:

How long will my journey take?	
What time do I have to be in school?	
What route will I take?	
What time will I get home?	
Will I have a friend to walk or cycle with?	
Where will I put my bike?	
Will I go by car every day?	
Where is the bus stop or train station?	
What time is my bus/train to School?	
What number is the bus?	
Will I need money for the bus/train?	
How much money will I need for lunch at school?	



# Frequently Asked Questions for Students

Question	Answer
Cardinal Pole is a large school compared to my primary school. What will happen if I get lost?	The best thing is to ask a teacher or another adult. You might also ask an older student to help direct you. Try to remember the three blocks. Students usually settle in to the building quite quickly. If you're really stuck and can't find anyone in the corridor, go to the Main Office and they will help you too.
I'm worried about being the youngest year group in the school or being bullied by older students. What should I do?	Our school has a zero tolerance on bullying of any kind, including on social media outside of school. We encourage all our students to be caring and respectful to one another and to stand up to bullies in school. If you feel concerned about yourself or someone else speak to your form tutor, PSM or Head of Year. We are all here to help.
What should I do if I lose a belonging?	Firstly, retrace your steps and check carefully in each classroom you have been in for that day, including the canteen and playground. If you can't find it come to the KS3 office where items are often handed in.
Will I be in the same classes as my friend?	Classes are organised in lots of different ways, it is unlikely you will share all your classes with your friends but there will be plenty of time to see them at break and lunch. You will also make lots of new friends in each of your classes.
Will I have the opportunity to attend any trips?	Yes there are regular trips as a whole year group and smaller trips hosted by clubs and subjects in the school. These include trips to Universities, Cathedrals and competitions. Trips are used as rewards as well as for educational purposes.

# Frequently Asked Questions for Parents

Question	Answer
What is Go4Schools and what can I use it for?	Go4Schools is an online website that allows you to monitor your child's behaviour and progress. You will be able to see all of their current assessment details and each of their Achievement and Behaviour Points as well as homework set and submitted. You will be sent detailed instructions of how to use all of our online platforms.
Will I receive regular updates on my child's progress?	Yes, we have events throughout the year that allow you to interact with the school and keep up to date on how your child is doing, including Parent's Evening. You will also be sent details of their assessments after each assessment point. Parents can also call the school to arrange a meeting or ask any questions.
How will my child be assessed on their learning?	At the start of Year 7 we use a lot of data to influence our plans and support for your child including baseline tests they will sit with us in September. Teachers will add these results to work done in lessons and home learning to assess the progress each student has made and decide if they are below target, on target or ahead of target.





**Cardinal Pole Catholic School**

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