

A photograph of the exterior of Helston Community College. The building features a prominent bright green entrance area with a large glass door and windows. Above the door is a shield-shaped logo with a book and a torch, and the text "HELSTON COMMUNITY COLLEGE" below it. The upper floors of the building are dark blue with multiple windows. Two students, a boy with a backpack and a girl in a red dress, are walking away from the camera on a paved path in the foreground. The sky is clear blue.

All About Me

My
name
is...



My birthday is...



My
favourite
colour is...

My favourite food
is...



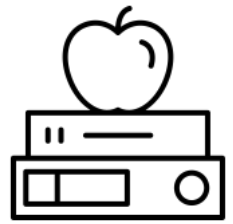
My favourite book
is...



My favourite TV show
is...



All About School



What is your favourite subject and why?

.....

.....

What is your favourite part of the school day and why?

.....

.....

What is your favourite sport or PE activity and why?

.....

.....

Which is your favourite day of the school week and why?

.....

.....

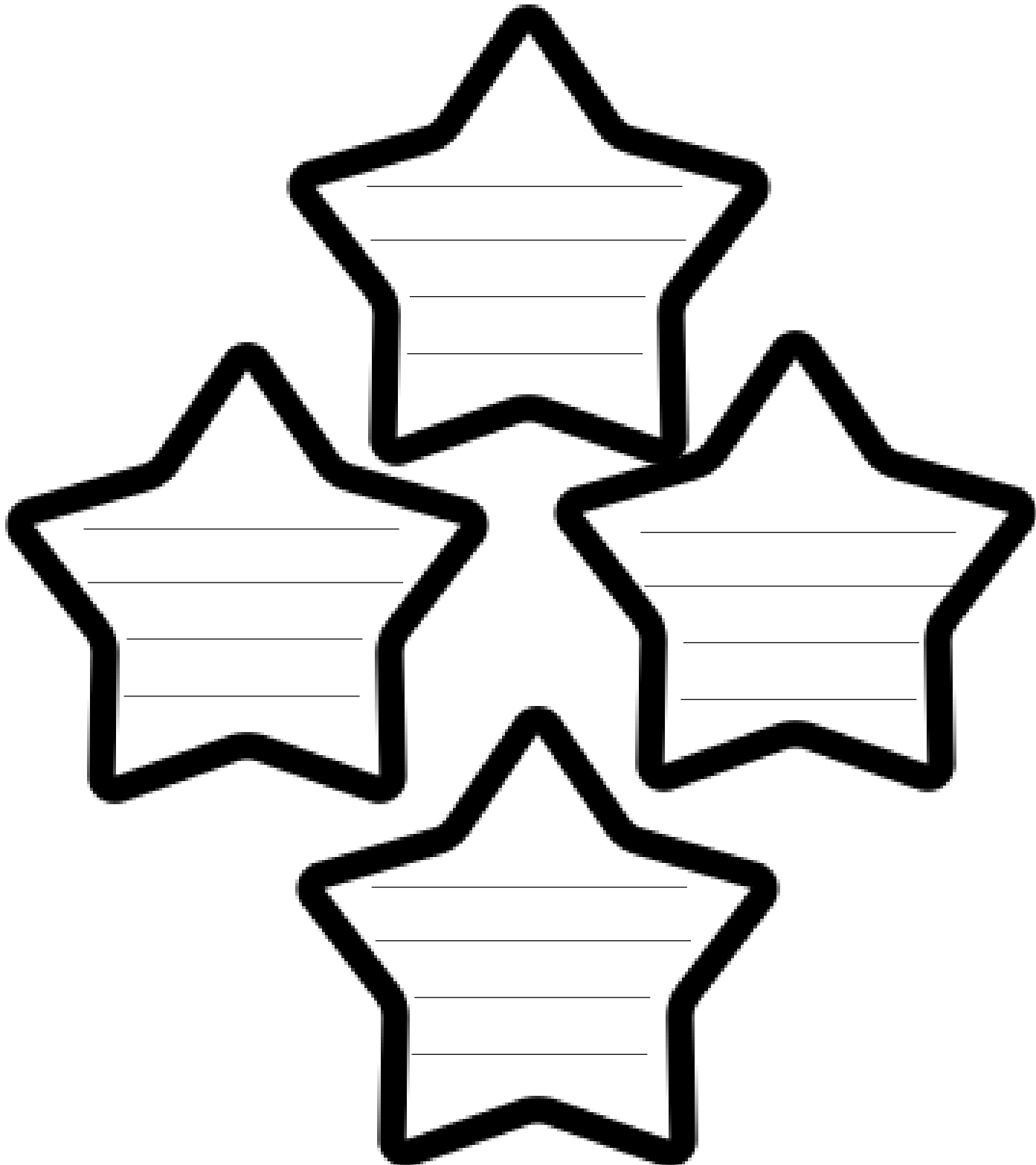
What do you like learning about the most and why?

.....

.....

What am I excited about?

Starting secondary school is a very exciting time! There are new people to meet, new things to learn, new places to go and new experiences to have. Think of all the things you are excited about and write them in the stars below.



Four large, empty stars are arranged in a diamond pattern (top, bottom, left, right). Each star contains four horizontal lines for writing.

Positive Affirmation

Write yourself a positive affirmation about starting secondary school. These are little goals you are going to set yourself and we will look at these again when you start with us.

An example of a positive affirmation is...

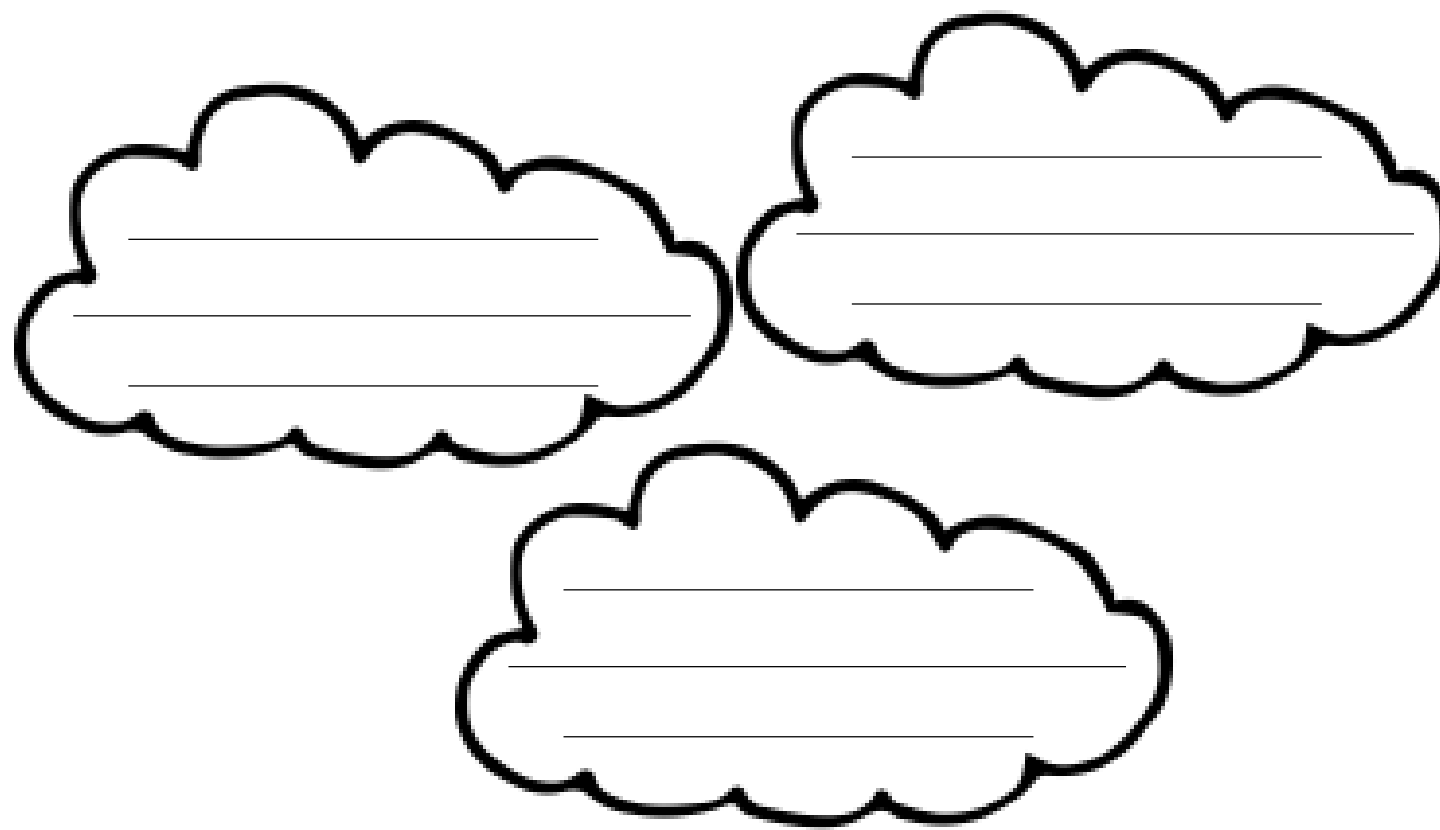
I will try my hardest with every new challenge I meet.



What am I worried about?

Sometimes you might have worries about starting a new school. This is really common but most Year 7s at Helston Community College find that within a couple of days they feel at home in their new school. If you have any worries, write them down on the thought clouds below.

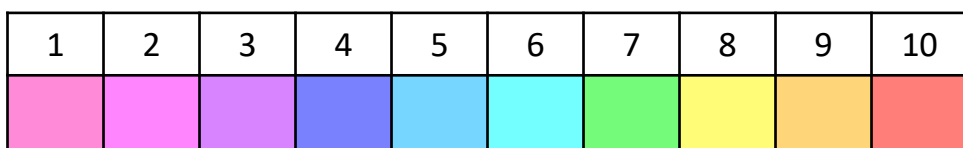
Make sure you share these with a trusted adult to talk them through.



Three thought cloud shapes are provided for writing worries. Each cloud contains three horizontal lines for text.

How worried do you feel?

For each of the worries you have listed above think about how worried it makes you feel. Choose the right colour from the scale below and colour in your thought clouds.



Reducing the worry

Being worried or anxious is a totally normal part of life and we all worry at times. It is more common before big changes in our lives. BUT! There are things that we can do to reduce our worries. Make sure you talk to a trusted grown up about any worries you may have and they can always contact us at school if you need questions answered.

Use the questions below to see if you can reduce your worry about moving to secondary school.

Think of a time when you have been worried before.
What were you worried about?
.....
.....

Where were you on the worry scale then?

What helped you move down the scale that time?
.....
.....

What would help you move down the worry scale this time?
.....
.....

What will have changed so you know you are less worried?
.....
.....

That's my cuppa' tea!

Fill in the template below to tell us a little more about yourself. You could add colour to make your cup of tea look amazing!



My favourite people:

My prized possessions are....

Your
face:

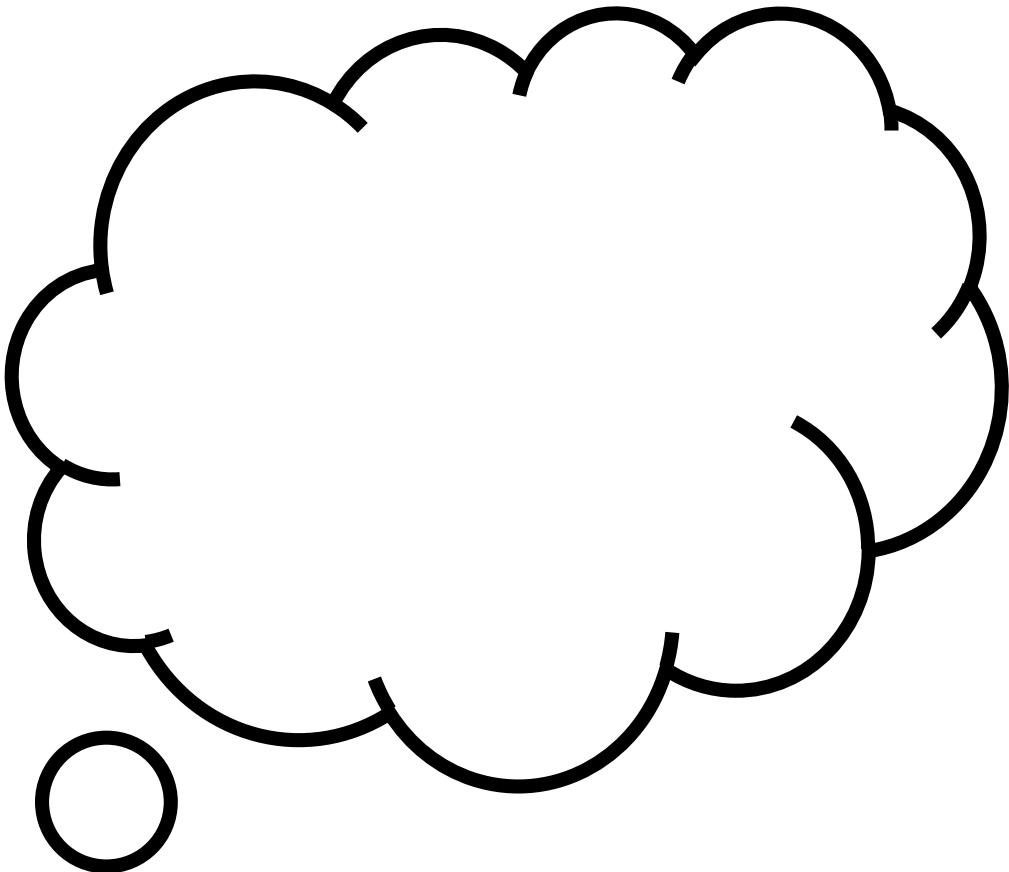
My favourite things to do:

Things I'm good at:

Things I want you to know:

Dreaming Big

When you are at Helston Community College we will spend time thinking about careers and jobs. In the thought bubble below, draw a picture of the job you would like to do when you grow up.



Why do you want to do this job?

.....

.....

.....

.....

.....

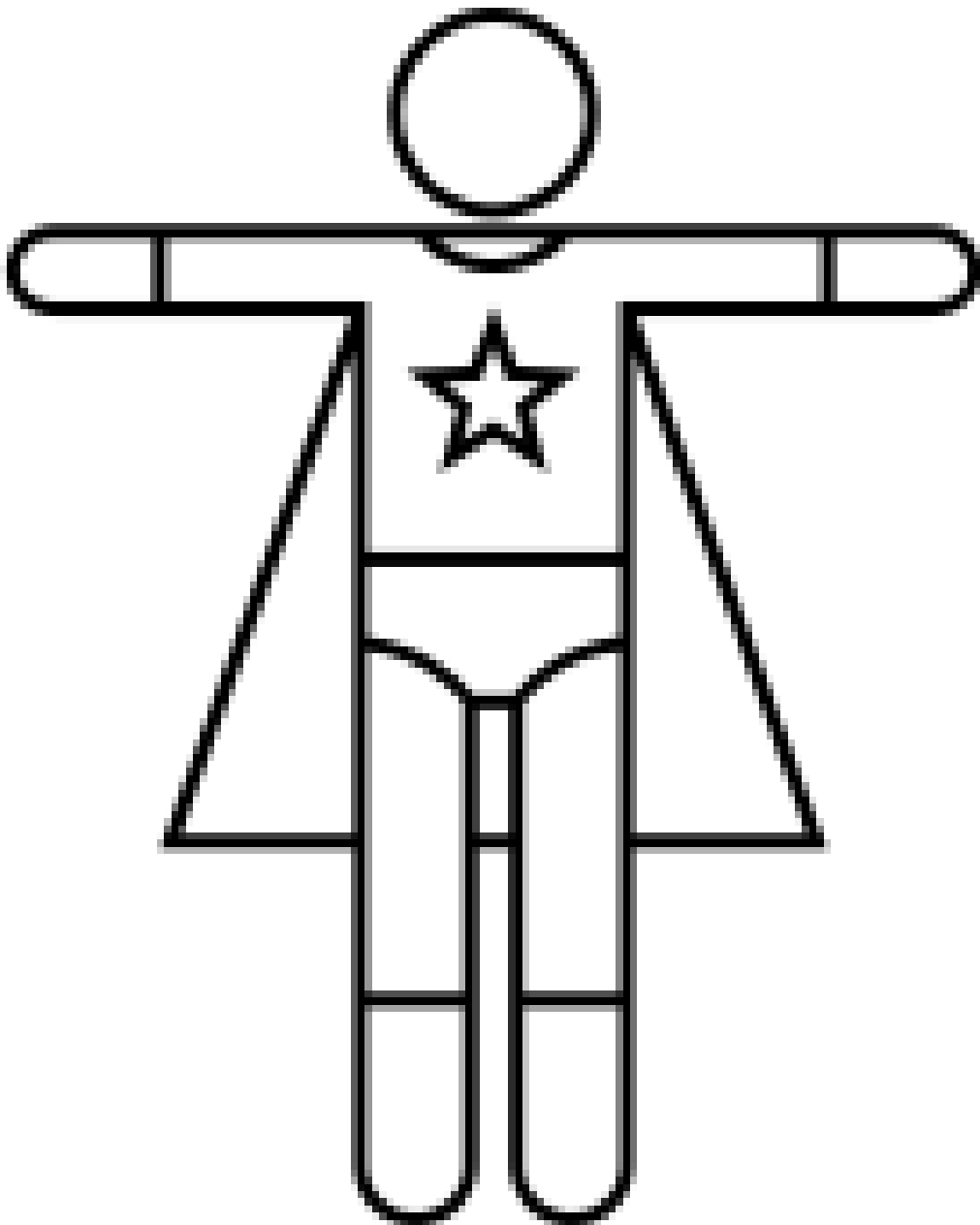
.....

Which superhero are you?

Go to the Newsround Website by following this link and find out which superhero you are.

<https://www.bbc.co.uk/cbbc/quizzes/newsround-superhero-quiz>

Fill in the superhero outline below to show the characteristics you have that make you a superhero!





Key Contacts For Transition

Secretary for Transition

Ms A Cann

acann@helston.cornwall.sch.uk

Director of KS3

Mr T Richardson

trichardson@helston.cornwall.sch.uk

Assistant Headteacher KS3 and SENCO

Mr E McFadden

EMcFadden@helston.cornwall.sch.uk

Safeguarding Lead

Mr D Lewis

dlewis@helston.cornwall.sch.uk

College Nurse

Ms A Bray

abray@helston.cornwall.sch.uk

Canteen Manager

Ms H Hearne

lscanteen@helston.cornwall.sch.uk