



For the last few weeks of term, we will be focusing our learning grids on your transition to Year 7.

This week's focus will be: Growing your independence!



We would love to see the work you produce – don't forget to email it in to [wt.y6homelearning@perryhallmat.co.uk](mailto:wt.y6homelearning@perryhallmat.co.uk)

Please contact us if you have any questions about the tasks we have provided.

<b>Learning platforms your children should continue to access weekly:</b>	<b>Transition resources for parents:</b>
<ul style="list-style-type: none"><li>- Spelling Shed- <a href="https://www.spellingshed.com/en-gb/">https://www.spellingshed.com/en-gb/</a></li><li>- TTRockstars- <a href="https://trockstars.com/">https://trockstars.com/</a></li><li>- Oxford Reading Buddy- <a href="https://www.oxfordreadingbuddy.com/uk">https://www.oxfordreadingbuddy.com/uk</a></li><li>- Purple Mash- <a href="https://www.purplemash.com/sch/woodthorne">https://www.purplemash.com/sch/woodthorne</a></li><li>- MyMaths- <a href="https://www.mymaths.co.uk/">https://www.mymaths.co.uk/</a></li></ul>	<ul style="list-style-type: none"><li>- Parental survival guide for secondary <a href="#">transition</a>.</li><li>- For any children who are worried about transitioning to secondary, <a href="#">Young Minds</a> has some helpful resources and videos.</li><li>- Helping your child become more <a href="#">independent</a>.</li><li>- This <a href="#">short</a> video gives advice on helping your child stay safe online.</li><li>- Top tips for parents on <a href="#">screen time</a>.</li></ul>

## Growing independence...

When you start your new school, you will have to be more independent and responsible for taking care of your own things (homeworks, PE kits, permission slips, some of you will have to get yourselves to and from school and much more!) One of the best ways to do this is to get (and stay) organised! Routines, timetables and keeping records of when things are due in will help with this.

### Basic skills...

Below are a few basic skills you should make sure to master before starting secondary school. Click on the skill to access a tutorial:

- [Tying shoe laces](#)
- [Doing up a tie](#)
- [Telling the time \(12 and 24 hour\)](#)

When you've mastered them all, choose one and write a set of instructions so you can pass the skill on to someone else.

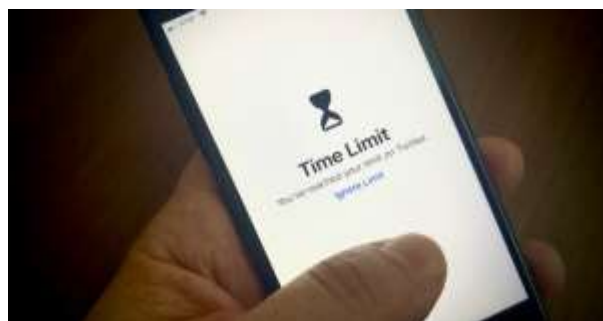


### Screen time agreement...

Next year, you will be responsible for a lot more, have more homework, clubs, teams, deadlines to meet etc. so it's important that you learn to prioritise important things while still making time for things you enjoy. One of the most challenging things for us to reduce is our screen time because technology has become such a big part of our lives.

With your parents/carers, sit down together and make a screen time agreement detailing when you will be allowed screen time, timings, rewards for sticking to the agreement and consequences for breaking the agreement. Follow the link below for some ideas on screen time agreements:

<https://www.psychologytoday.com/gb/blog/when-kids-call-the-shots/201804/the-best-technology-screen-time-contract-kids>



### Expand your horizons...

1. As you move onto secondary school, you will learn many new things and develop new interests. So why not use this time to research the clubs and extra-curricular activities at your new school that you might be interested in taking part in.
  - Research the clubs available at your school and make a poster of hobbies, interests and activities you're interested in and give reasons why.
2. Another thing you could try is expanding your horizons by learning a new skills. You could learn a new:
  - Craft- e.g. cross stitch, crochet
  - Dish- Can you plan and make a meal for your family?
  - First aid- Are there any online first aid videos you could watch and learn some basic first aid skills?
  - DIY- Can someone at home teach you how to mend something or upcycle an old piece of furniture/clothing?

After working on your new skill, write a blog post or information poster about the new skill/hobby you have acquired. (Buzzfeed.com has a variety of easy to follow DIY, cooking and crafting videos you could explore.)



## Making healthy choices...

1. As you begin secondary school, you are likely to have more freedom over what you choose to eat. You will have breakfast clubs, shops, school dinners etc. to choose from. Recap on what a balanced diet looks like and what a healthy food choice is using the BBC bitesize clip below and the NHS eat well website. Make a mind map of your findings:
  - <https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwvgdm>
  - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
2. Think about what the school canteen may offer for lunch and create a balanced lunch plate that you would want to eat.
3. Some schools upload a copy of their menu to the school website, use this to research your options and help you make your choices. Next, create a 5-day menu and try to create a varied diet. If you normally have sandwiches, plan out what sorts of things you could have in your lunchbag.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							

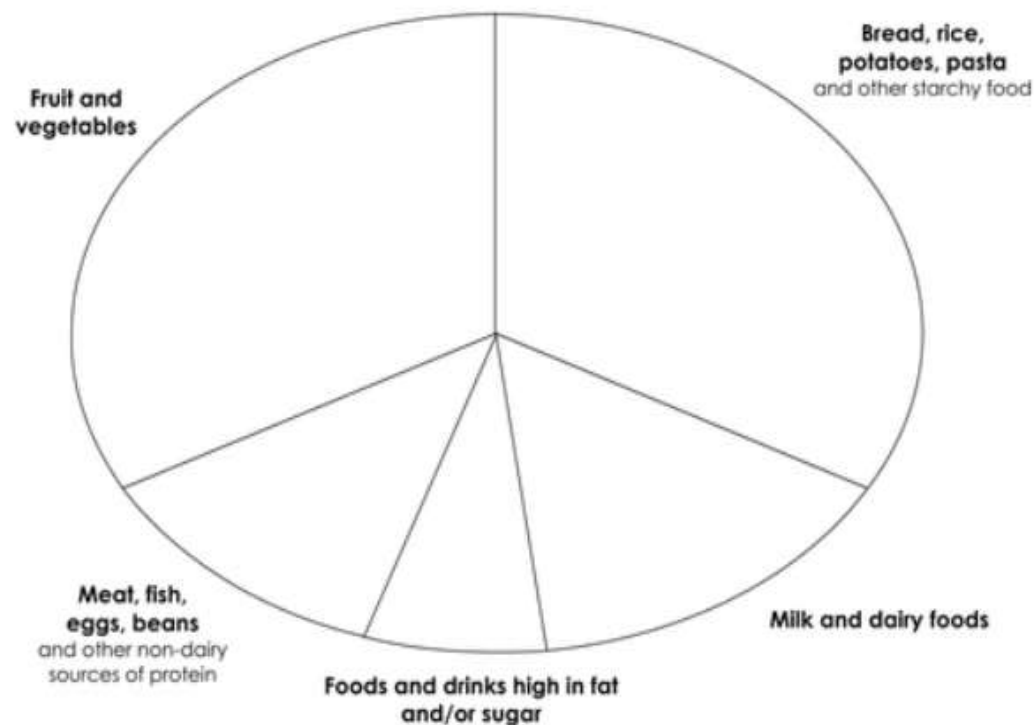


Worksheet 153

Name: \_\_\_\_\_



### The eatwell plate



© Food - a fact of life 2007

## Puberty

During the summer term, we would usually have a visit from our local school nurses to deliver sessions on puberty. It is something that secondary schools are aware has been missed so will be planning to cover this when the children start in Year 7. Below is a link to a series of animated films to help children and parents to learn about puberty and prepare for the move from primary to secondary school – we advise that you watch the videos first before sharing them with your child so you are aware of the content.

<https://vimeo.com/showcase/7062394>