

Thomas Alleynes High School

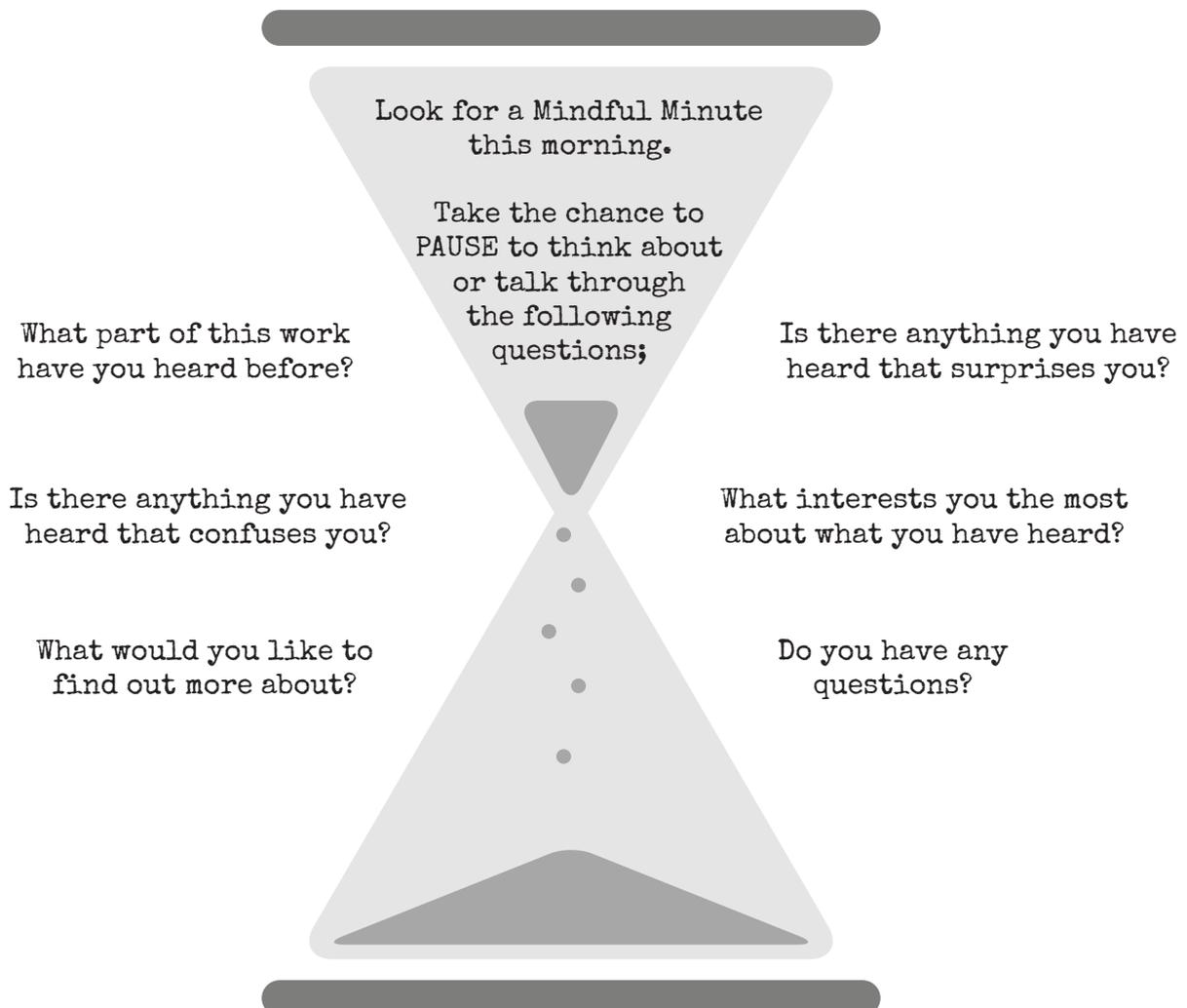
SUMMER 2020 - TRANSITION & RECOVERY SESSIONS



Equal Parts Education

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- Lockdown – How was it for you? Bad Days & Good Days....Try a Happy Box!
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- Unlocking your mindset and getting set for September.
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- Get ready to learn! – A special lesson by your teacher

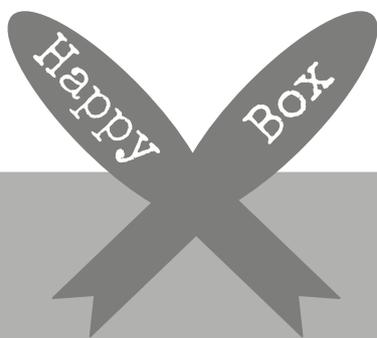


Bad Days & Good Days

How was lockdown for you and your family?

Study the wordless stories attached.

<p>Work out what is happening on the bad days. (Can you see Anxiety/Stress/Unhappiness – emotions like anger & fear)</p>	<p>How are the bad days made better? (Can you see Talking/Listening/Kindness and CONNECTION!)</p>	<p>What is happening on the good days? (Structure/Family Time/Relax/Activity/Busy)</p>	<p>How can we look after our well being? (Positivity, remember the good times, see the best part, control the controllables, exercise, hobbies, family etc.)</p>
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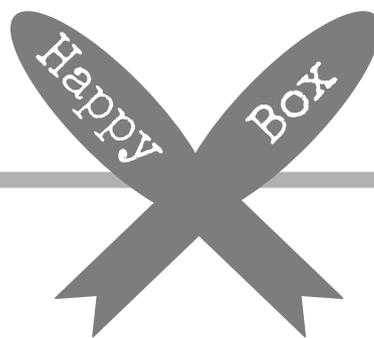
A happy box is very simple. Everybody should have one...your teacher has one!

The Happy Box holds physical reminders of happy places, happy times or things you do (or have done) that make you happy.

Going to your Happy Box might be just what you need to shift your mood and think more positively.

1) Teacher share their Happy Box e.g. Picture of favourite beach, family picture, match or concert ticket, music, sports award or medal, fruit, chocolate or tea bag!

2) What would you put in your Happy Box?



Take a mindful minute...



Opportunity, Progress & Individuality

What do these words mean?

The student attributes we help you to develop are;

OPPORTUNITY

We believe in creating a working environment where things are possible;

- We want you to take your chances
- We think this is a great place to plan for your future
- We think this a golden opportunity to create the future you want.

PROGRESS

We believe we are helping you with exam qualifications to move forward to sixth form, college or apprenticeship;

- We want you to develop new skills and learn new knowledge
- We want you to get better
- We want you to make your own way in education.

INDIVIDUALITY

We want you to develop skills, qualities or characteristics that mark you out from others;

- We want you to be find your own particular talent or skill
- We want you to find your meaning & purpose and value working in service of others
- You will have the chance to be unique or individual.

While you are at school you will get the opportunity to experience;

- | | |
|--|--|
| <input type="checkbox"/> Develop positive working relationships with teaching staff and other adults | <input type="checkbox"/> Get better at subjects you studied at Middle School |
| <input type="checkbox"/> Experience exam success | <input type="checkbox"/> New Subjects |
| <input type="checkbox"/> Become an independent young adult | <input type="checkbox"/> Develop sports skills |
| <input type="checkbox"/> Be involved in the local community | <input type="checkbox"/> Be creative in media, arts and music. |
| <input type="checkbox"/> Help you take the first steps on your chosen career path. | <input type="checkbox"/> Make new friendships |

ACTIVITY

Read the above list. Put an O (Opportunity), P (Progress) or I (Individuality) next to where you think there is an example of this attribute.

Who are you like?

Take the Famous Person Test!

Hundreds of famous people have created **OPPORTUNITIES**, helped society to **PROGRESS** or acted as an **INDIVIDUAL** – find out which famous person you are most like!

Choose which one, A) B) or C), that best fits how you would respond to the question.

1. Your school has decided to run its own online newspaper and it needs volunteers. You are super keen. But which job is for you?

- A) You're going to write the healthy living section. It's the only part of the paper worth reading!
- B) You would like to be in charge, but if someone else is desperate to do the job you're not going to have an argument about it.
- C) You would really like to be a journalist....and an editor...and an illustrator...and help with advertising, reviews and sport!

2. For your English homework you have been asked to write about somebody who has inspired you. Who do you choose?

- A) Your Mom – you are so proud of everything she has achieved.
- B) Your favourite teacher of all time.
- C) Anyone who stands up for what they believe in.

3. How do you relax?

- A) Travel.
- B) Sport.
- C) Sing, dance or play music.

4. A local animal rescue centre desperately needs funds. How do you help?

- A) Set up a Just Giving page and do a sponsored event.
- B) Hold a peaceful protest outside the centre to raise awareness.
- C) Contact local businesses and arrange meeting to sort out contributions NOW!

5. How long would you be prepared to support something you believed in?

- A) As long as anyone needs help you will be there.
- B) Your whole life.
- C) Until you achieve what you set out to do.

Who are you like?

Your Results!

How did you score?

Mostly **A**) – You see opportunity before anybody else, even when the opportunity is difficult or not that obvious!

Mostly **B**) – You want things to be different and believe progress is essential.

Mostly **C**) – You know what you stand for and what you want to achieve as an individual.

OPPORTUNITY (Mostly A)

Helen Keller 1880-1968

Helen was blind and deaf from the age of 2. She worked through her anger & frustration to succeed and become a leading campaigner for education and legal rights for all.

Stephen Hawking (1942-2018)

Despite a terrible illness, that got worse as he got older, Stephen simplified and explained extremely complex scientific ideas about the universe, in a way most people could understand.

PROGRESS (Mostly B)

Mary Woolstencraft (1759-1797)

A leading campaigner for Female education (at a time when society thought women should 'know their place') her ideas have influenced many women since. She caused a scandal by having a child with a man she was not married to. Her second child was the famous writer Mary Shelley.

Josiah Wedgewood (1730-1795)

A very successful local businessman who made a fortune from mass producing fine pottery. He was also a leading campaigner against the slave trade.

INDIVIDUALITY (Mostly C)

Mohammed Ali (1942-2016)

One of the most famous sportsmen of all time. At the height of his boxing success and fame he took a stand and refused to fight for the USA in the war in Vietnam. He was threatened with jail and banned from boxing for three years...but he came back, won his titles back and spent the rest of his life as an activist raising money for charity.

Sophie Scholl (1921-1943)

As a young girl in Germany in the 1930s Sophie grew up under the evil Nazi regime. At University she formed the White Rose movement and secretly organised opposition to the Nazis. She was discovered and executed with her brother.

Take a mindful minute...



Let's Rebuild Some Connections!

Study the Connection Puzzle Picture
Choose two of the pictures and explain how they are connected.

How does Connection work in....?

- Families
- Electric circuits
- Transport
- Maths
- Similes & Metaphors
- Your own example of a connection!

How many ways do we connect with other people in normal times?

How did we disconnect during lockdown?

How did we re-connect in different ways during lockdown?

Study the Balcony Picture and take a Mindful Minute!



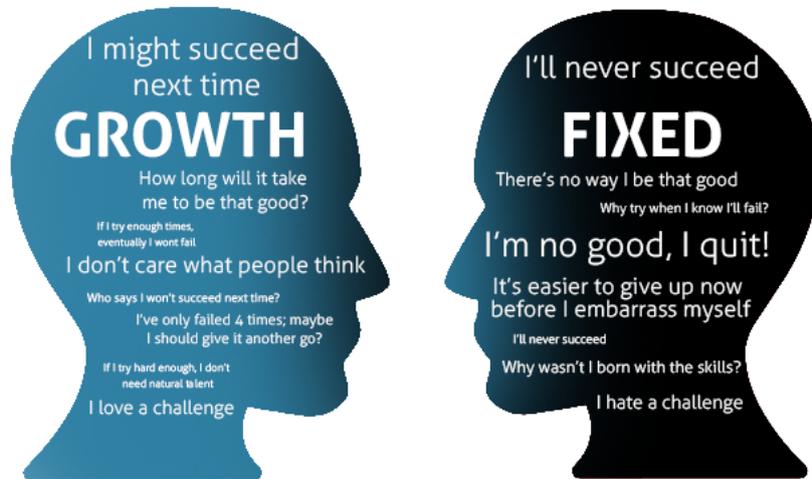
Did we have to disconnect to realise what connections are really important?

Unlocking your Mindset

Getting Ready for September

Fixed v Growth Mindset

Look at the image – you have probably seen something similar many times before.



Which mindset are you? Why?

Do you have a different mindset in different situations?

What skills have you learned before at school that will help you in September?

How did you handle things when you made a mistake?

How did you handle things when you get stuck?

Give an example of when you showed resilience

(Resilience means sticking at things when they are hard)

You have got the chance to start afresh in September and write a new story for yourself.

Use all the ideas you have heard, thought about and discussed this morning. Write a short piece in the present tense as if it is the first day of school in September.

Today I am going to be positive....

I know that I am...

I am going to be like...and try to...

The mindset I will need is...

If I find it hard I am going to remember my Happy Box and remind myself of...

Routines & Tour of School

What does Routine mean?

Why do we have them?

Listen carefully - ask questions - follow instructions

Safety First - Your safety and the safety of others, inside school and at home.