



St. John's CE Middle School
SEND Transition Booklet

What is this booklet?

This pack is for you and your family. Coming to middle 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. John's for a look around.

This booklet 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. M. Shepherd

This is Mrs. Shepherd and she is our school SENDCo. Her job is to help all of our pupils who may need some extra support whilst they are at St. John's

You will see her around school a lot and if you need any help you just need to ask for her and she will come and see you.

For parents, she can be contacted via epraise or on his email address sendco@st-johns-bromsgrove.sch.uk



Mrs. K. Gallinagh (Deputy Headteacher – inclusion)

This is Mrs. Gallinagh and she is a Deputy Head teacher. It is also her job is also to help all of our pupils who may need some extra support whilst they are at St. John's.

You will see her around school a lot and if you need any help you just need to ask.

For parents, she can be contacted via epraise or on her email address office@st-johns-bromsgrove.sch.uk



Mrs. L. Roberts (Specialist SEND Teacher)

This is Mrs. Roberts and she is Specialist SEND teacher. She runs a small group.

Say hi if you see her around as she loves to chat to all our children.

This is Mrs. Lloyd and she is our Assistant SENDCo.

It is her job to make sure all the paperwork is there to support our pupils. She also likes to check in on pupils at lunch times.

You will see her around school and if you need any help you just need to ask.

For parents, she can be contacted via epraise or on her email address sendco@st-johns-bromsgrove.sch.uk



Ms. J. Alexander (Early Help Support)

Ms. Alexander helps and supports children whose learning is being impacted by their social or emotional needs and need to talk to somebody about how they are feeling.

Ms. Alexander also runs intervention groups to support them in managing their emotions.



Mrs. S. Butt (Early Help Support)

Mrs. Butt supports students who need some extra help if their learning is affected by their social or emotional needs.

You may see Mrs. Butt in your lessons.
Remember she is there to help.



Miss A. Southall (Recovery Support)

A change in behaviour is often a form of communication.

Miss Southall supports students who are struggling in their lessons. If your teacher feels that your behaviour is affecting the learning in lessons, Miss Southall may come and collect you, listen to you and suggest ways you can recover the situation so you can return to the lesson.



Our School

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



This is what our school looks like from the outside, it looks really big from the outside.

Our address is:

[St. John's CE Middle School](#)
[Watt Close](#)
[Bromsgrove](#)
[B61 7DH](#)

Why don't you google it on Goggle Maps and look how far away it is from your home.



This is our school playground where you will spend your breaks and lunch times.

We have lots of equipment you can use and lots of helpful year 8 play leaders who can help you.

We have a rota for playing games such as football and basketball

There is also a nice astro-turfed area where you can sit and relax.



This is what one of our classrooms looks like, most of them look the same, but there will be a few that are different. This is because we teach some specialist subjects which require special rooms. These are things like the science lab, the food technology room and computer suits.

You will move around the school and go to a different rooms for different subjects, but you will get support to move around the school.

You will also be in a form class with a form tutor and this will be in a classroom.



If you have packed lunches then you eat them in your classroom but if you buy lunches this is our canteen area this is where you them from.

We always have lots of different options such as yummy jacket potatoes, Pizza and roast dinners.

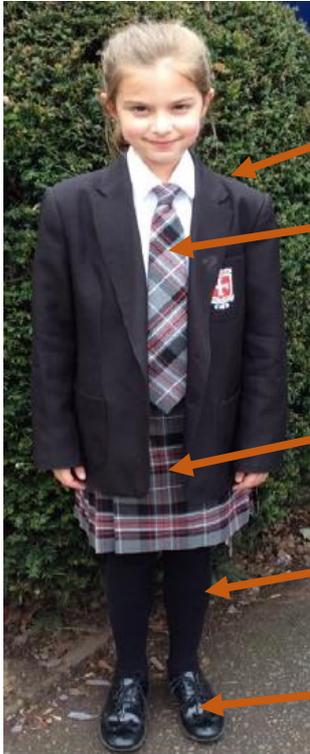
You can also buy break snacks from here and eat them in the hall.

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 8:50 – 9:15 am		Morning Registration and collective worship
Between 9:15 – 10:10 am		Lesson 1
Between 10:10 – 10:25 am		Break time
Between 10:25 – 11:20 am		Lesson 2
Between 11:20 – 12:15 pm		Lesson 3
Between 12:15 – 12:55 pm		Lunch Time Year 5 and Year 7
Between 12:55 – 1:15 pm		Afternoon registration and reading time
Between 1:15 – 2:10 pm		Lesson 4
Between 2:10 – 3:05 pm		Lesson 5

Our School Uniform

Everyone at St. John'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 (optional in KS2)

School tie

Red School jumper if no blazer

School skirt or black trousers

Black socks or tights in the winter

Pair of plain black shoes



School blazer with the school badge on (optional in KS2)

School tie

Red School jumper if no blazer

Black trousers

Pair of plain black shoes

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 books or documents

Pens



Blue ink handwriting pens so that you can write in your lessons

Pencils



Pencils so that you can draw diagrams or pictures in your lessons

Rubber



So you can rub out any mistakes you make with your pencil

Pencil sharpener



To sharpen your pencils when they become blunt

Coloured pencils



To colour in diagrams or pictures in your work

Pencil case



To store all of your equipment in one place

School planner



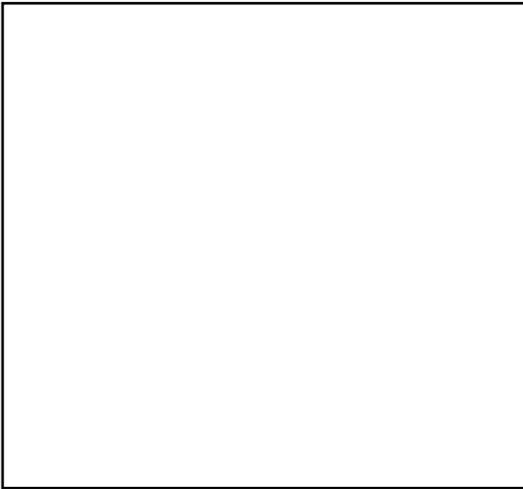
This will be given to you by school, but it's like a diary

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.

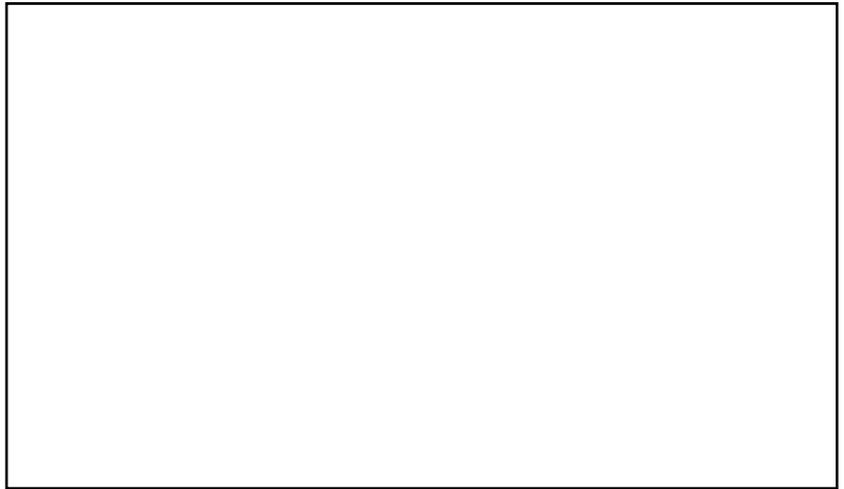
This is me

(Draw a picture of yourself)



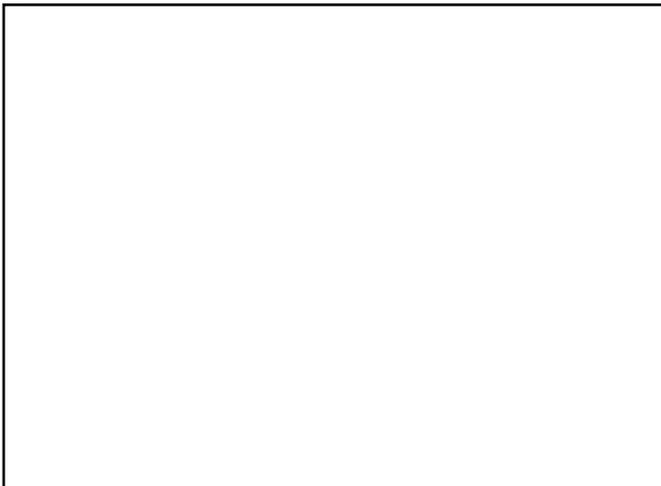
These are the people who are important to me

(Draw a picture of the people who are important to you)



Things I like

(You could draw or write these)



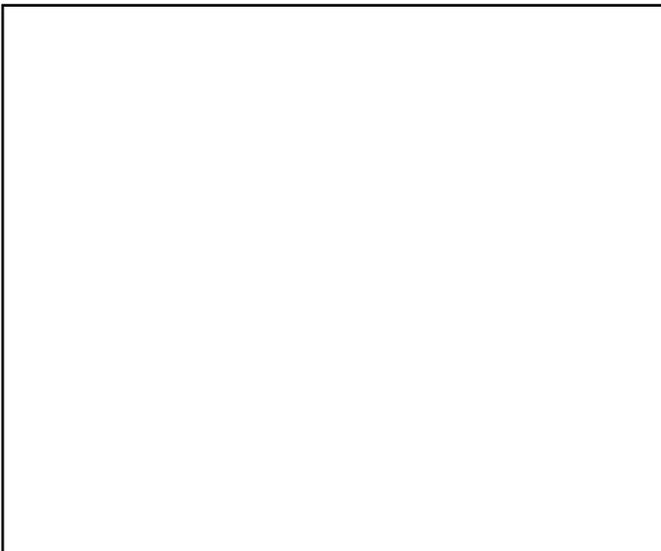
Things I do not like

(You could draw or write these)



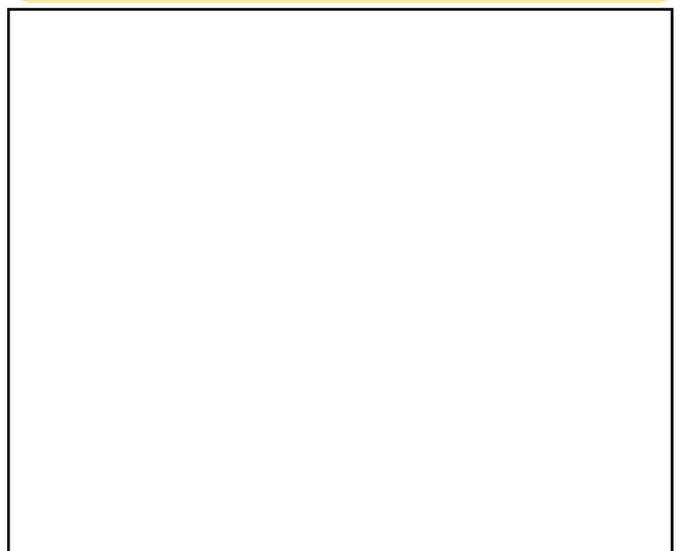
Things I think you need to know about me

(Tell us what you would like us to know about you)



The best way for me to learn is...

(Tell us the things that help you learn)



Some things to help you with your worries



We know that you might be worried about coming to St. John's and we want to try and help you with this. We have put together some resources that will help you get all of your worries onto paper and hopefully you will be able to talk them through with someone you trust

Transition Worries

It is very normal to be worried about coming to year 5, 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. John'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. John's in September



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

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

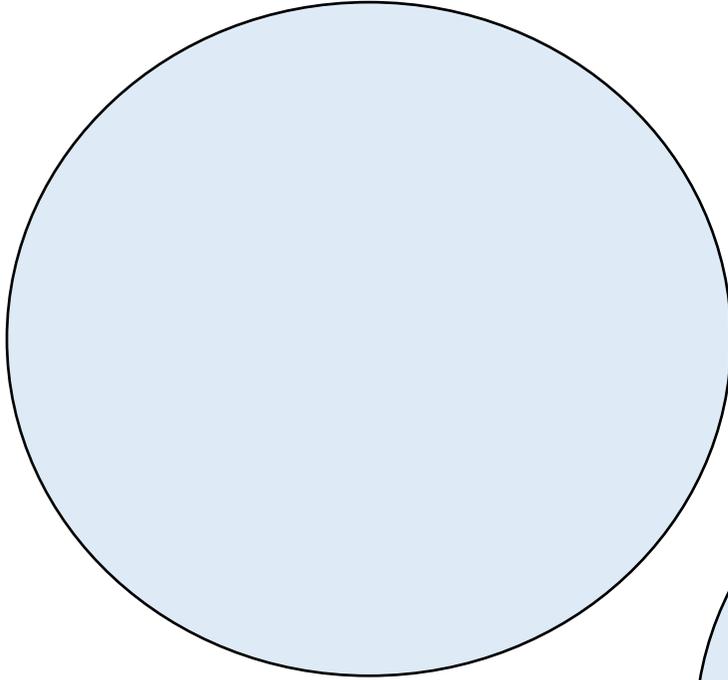


My Three Bubbles

We all have things that make us happy, things that make us worry and things that we hope for in the future and St. John's is your future. We would like you to be as honest as possible using the three bubbles below and fill them in, our form tutor may even talk about these again when you come to St. John's.

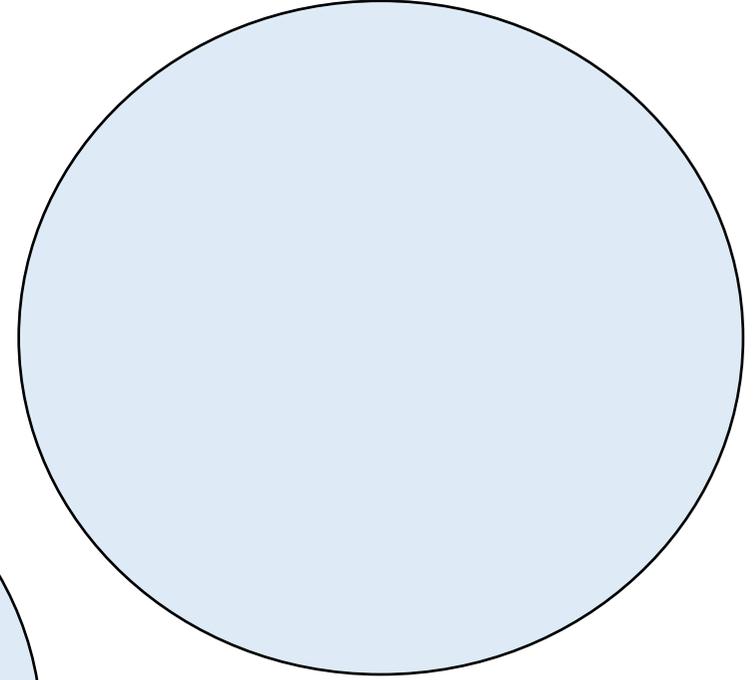
Bubble of happy/good things

(What things in your life make you happy?)



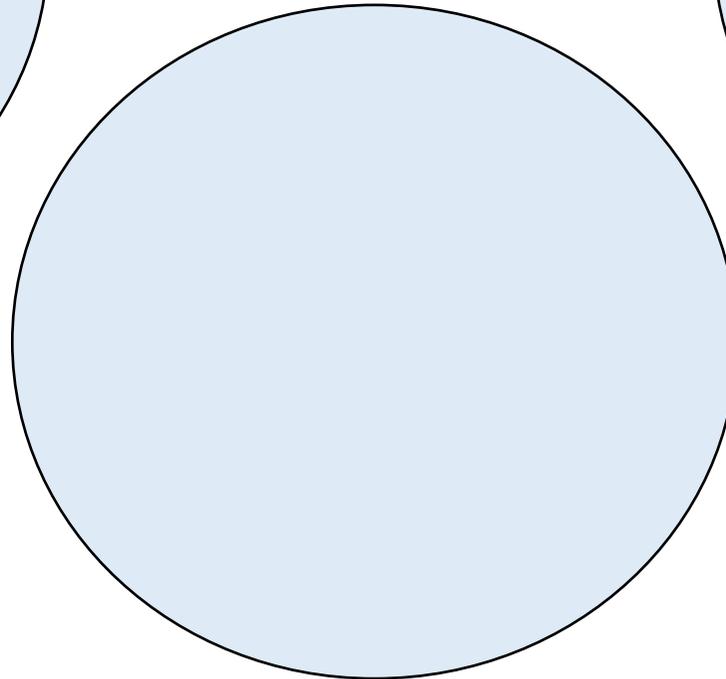
Bubble of worries

(What things do you worry about?)



Bubble of dreams

(What do you hope for at St. John's?)



Worry Jar

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it.

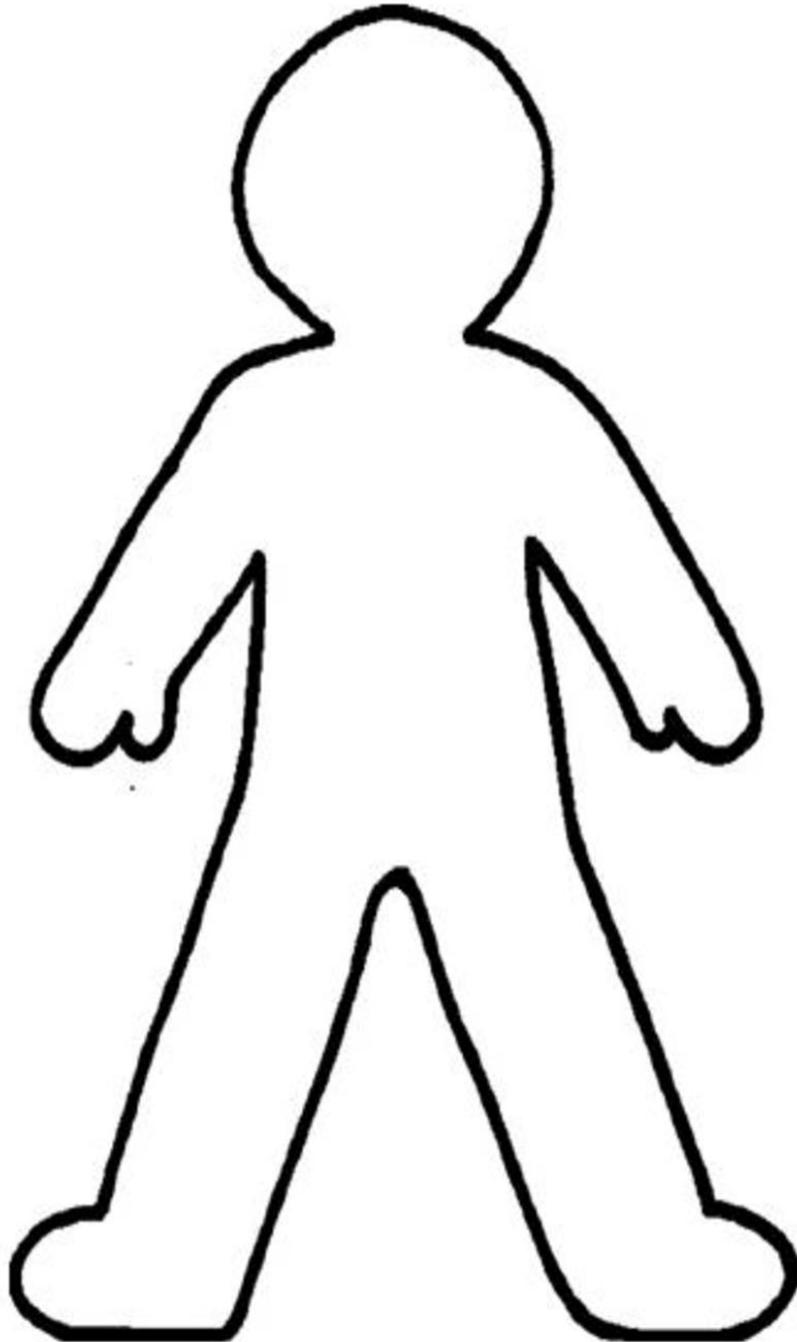
Once it is locked in the jar it is time to think about the positives and negatives of the worry. There can be positives that come from a worry, just think really hard, write these down and use two different colours to write them down, choose your favourite colour for the positives and another colour for the negatives.

If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.



My body and my thoughts

On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having. This gets you to think about how these thoughts are impacting upon your physical and mental health. On the inside of the body, write down the changes you feel inside your body.



My Stress Thermometer

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale

Scale	How I am feeling	Strategies to support me
5	<p>I feel really stressed and anxious</p> <p>I feel really angry and unhappy</p> <p>I feel like I am going to explode</p> <p>I feel like I may hurt someone or break something</p>	
4	<p>I feel slightly stressed and anxious</p> <p>I feel like something is bothering me</p> <p>I feel agitated and want to fidget</p> <p>I feel like the smallest thing might make me angry and even more stressed.</p>	
3	<p>I feel okay, some things are annoying me, but I can deal with them.</p> <p>I feel like I can cope and get on with my day.</p> <p>I feel like I could be in a good place if things carry on this way.</p>	
2	<p>I do not feel stressed or anxious and things are going really well today.</p> <p>I feel happy and I am in my good place</p> <p>People are not annoying me today and I am enjoying their company.</p>	
1	<p>I feel tired today and I cannot be bothered with anything or anyone.</p> <p>I feel down and depressed.</p> <p>I feel agitated by things.</p>	



Some suggested strategies

Below are some suggested strategies that you could use and put into whatever box you like to support you, remember this is personal to you and, what works for you, may be different to someone else.

Give me some space
Do not ask me how I am feeling
Let me listen to my music
Let me eat something
Get me something to take my mind off this
Do not challenge me
Get me to my trusted adult/member of staff

Give me some space
Ask me questions
Give me something else to talk about
Let me draw something
Get me to a safe space
Get me my favourite toy
Do not speak too loud

Do not talk to me
Ask me how I am feeling
Get me a drink
Do not make me do work
Let me read
Get me my worry book
Let me go and play sport
Let me play with my fidget toy

These are a few suggestions but you may be able to think of some of your own strategies, or things that will help you. Put them into the boxes on the chart on the previous page. If you need any help with this, ask an adult.

Stress Bottle/Jar

This is a very simple stress reliever that you can make at home or in school. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.

Equipment needed
An empty bottle with a lid
Warm water
PVA Glue or Glitter Glue
Glitter if just using PVA glue
Craft stars, buttons, gems (optional)

Instructions

- 1) Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it.
- 2) Add your glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle.
- 3) Add the warm water, but do not fill it right to the top.
- 4) Put the lid on and give the bottle a shake.
- 5) Let the mixture settle for a minute or two.
- 6) Add any craft stars, buttons and gems into the bottle.
- 7) Put the lid back on and give it another shake.
- 8) It is complete, but you can decorate the outside of the bottle if you wish.



How to use
Every time you feel stressed or anxious or when you can feel it building up, grab your stress bottle/jar and give it a good shake to get all of your anxiety and tension out.
Place the bottle on a flat surface, sit down and watch the inside of the bottle begin to calm and settle down.
Use this as often as you like and for as long as you need.

A safe space

When we are worried or anxious it can be good to have a safe space to go to. This needs to be a place where you can think and relax and that allows you to calm down. This could be your bedroom and you could hide under the covers or put some music on. It could be your garden or your local park where you can just breathe and self-regulate. This means that you are able to calm yourself down.

When you are in your safe space you should focus on you and people need to know that this is your safe space and that you should not be disturbed. Remember to tell someone where you are, just so they can check on you from time to time.

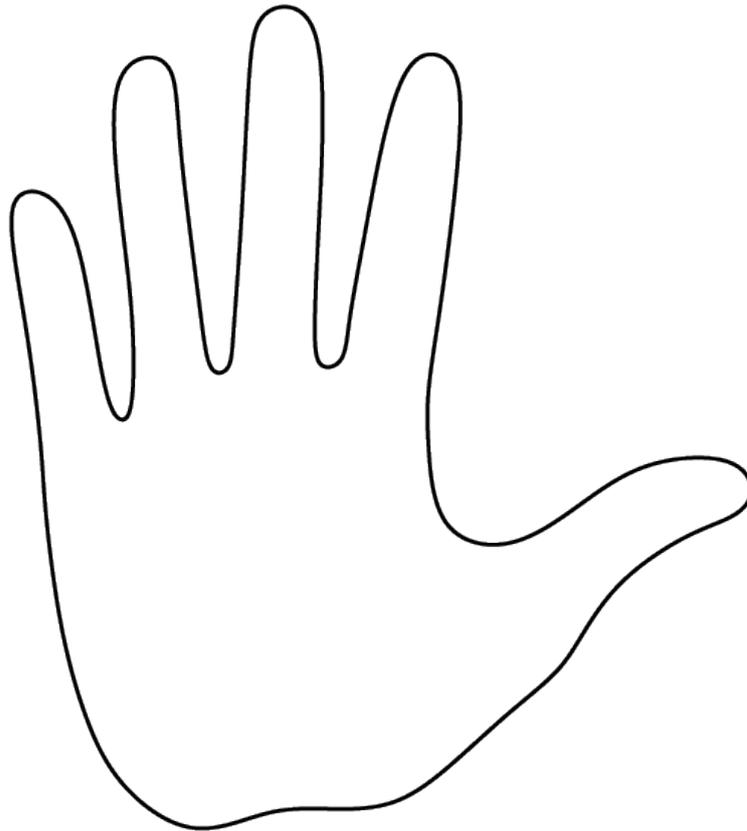
When they do check in on you, make sure that you respond to them. You can tell them that you are not ready to talk yet, but do it in a way that lets them know that you are okay but still need some space.

We will help you find a safe space in school that you can go to when you arrive if you need one.

A trusted person

It is a really good idea to have someone that you can talk to if you are worried about anything. They cannot promise to keep everything to themselves, especially if they are concerned for your safety or wellbeing. They may need to speak to someone. This can be scary, but you must trust them that they are trying to support you.

We will help you find some adults that you trust at St. John's when you get here. You could record their names on the fingers of the hand print below.



SEND Support - If you require this in a larger print or any adaptations then please contact Ms.Jarvis (SENDCo) sendco@st-johns-bromsgrove.worcs.sch.uk