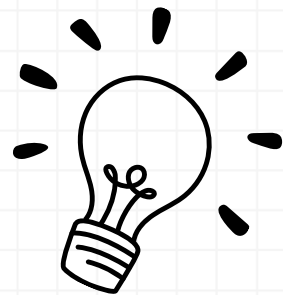




DARE TO BE THE BEST



WELCOME

We're looking
forward to you
joining us!



to

Rokeby

TRANSITION BOOKLET

WELCOME FROM OUR STAFF



Mr Bashir, Year 7 Coordinator

I am very excited to welcome you to our Rokeby family. We have a fantastic selection of transition challenges for you to complete in this booklet, so please try your absolute best.

Starting secondary school is a new and exciting adventure, and we will be here to support you every step of the way.

I hope you had a wonderful Transition Day and I'm already proud of your efforts today. Wishing you a wonderful summer and I look forward to seeing you (and your Transition Challenges) in September. Remember that at Rokeby we always DARE TO BE THE BEST!

KEY MEMBERS OF STAFF



Ms Doyle, Headteacher



Ms Ward, Key Stage 3 Coordinator



Ms Hobbs, Deputy Headteacher



Ms Black, Safeguarding Lead & Assistant Headteacher



Mr Galoria, Deputy Headteacher



Ms Abdulkadir, Student Support

Respect . Success . Passion for Learning . Personal Challenge . Harmony

MESSAGES FROM OUR STUDENTS



RESPECT

Starting secondary school can be a scary time but don't worry because at Rokeby we are a family who always support and respect each other. There are student leaders and senior and junior prefects who are always here to help you. I know you will make friends very quickly here.

Molynayan (9E): Junior Prefect



SUCCESS

There are loads of opportunities to win awards at Rokeby. When you work hard, you are rewarded for it! You will earn certificates and badges throughout the year, and your achievements will be celebrated with our whole school community.

Sazid (9Y): Junior Prefect



PASSION FOR LEARNING

Rokeby lessons are engaging and interactive. We are always encouraged to ask questions and expand our minds. Students are challenged and supported in every lesson and our teachers go the extra mile to make sure we reach our potential!

Aariv (10E): Senior Prefect



PERSONAL CHALLENGE

We have excellent extra-curricular opportunities. From outward bound to P4C, Rokeby will always push you to be your best. Our sports facilities are state of the art and we offer multiple clubs that cater for all interests throughout the year!

Brendon (10R): Senior Prefect



HARMONY

At Rokeby we all receive unique pastoral support. There's always a friendly teacher you can speak to to support you. You will have your own form tutor, year coordinator and key stage coordinator to help you throughout your time at Rokeby. We also have a fantastic safeguarding team who will support you and your family.

Zubair (10E): Senior Prefect

TRANSITION CHALLENGE: ENGLISH

HAIKU CHALLENGE

A Haiku is a poem that originated in Japan.

A Haiku is made up of 3 lines.

The first line has 5 syllables

The second line has 7 syllables

The third line has 5 syllables

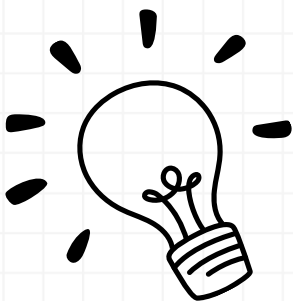
For example:

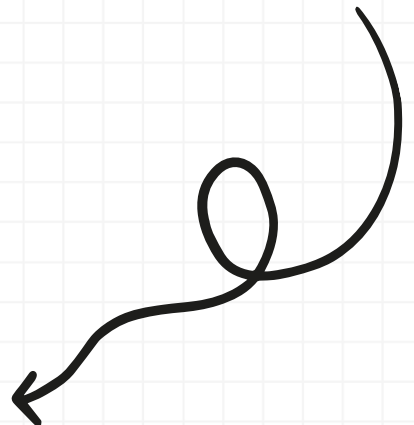
Welcome new students

Rokeby, one family

You will love it here!

Now try your own, it can be about whatever you like - just remember to stick to the Haiku rules!





TRANSITION CHALLENGE: MATHS

Each row, column and box must have all the numbers 1-9 without any repetitions

SUDUKO CHALLENGES

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		

6	8				5	4	3	1
		7	9		4	2	6	5
4		5	1				7	9
2	5	8	4				9	3
				9		1		4
			8	6	3			7
7	1	3				9	4	
	9		6					8
8						7		2

TRANSITION CHALLENGE: SCIENCE

CONSERVATION OF MASS

Equipment

bowl

weighing scales

teaspoon

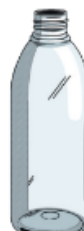
bicarbonate of soda

jug or measuring cylinder

distilled vinegar

container to mix in (a tall one is better)

funnel or paper to make one



Method

1. Place a bowl on the scales and zero them. This means we will not include the mass of the bowl in our measurement.
2. Add 2 teaspoons of bicarbonate of soda to the bowl and record the mass.
3. Use a measuring cylinder or jug to measure 100ml of vinegar.
4. Place the container you will mix the ingredients in on the scales and zero them. This means we will not include the mass of the container in our measurement.
5. Pour the vinegar into the container and record the mass.
6. Next, add up the mass of the bicarbonate of soda and the mass of the vinegar, this is the total mass of the reactants. Write this down.
7. Keeping the container on the scales, slowly pour the bicarbonate of soda into the vinegar. A funnel may help with this, you can make one with paper if you do not have one. You need to add a little at a time so that nothing flows over the top of the container. Make sure that all of the bicarbonate of soda is transferred to the container.
8. When the reaction is complete, record the mass. This is the total mass of the products.



CONSERVATION OF MASS: RESULTS

What should happen to the mass of the reaction mixture when a chemical reaction occurs?

Explain your answer.

Method 1 Measurements

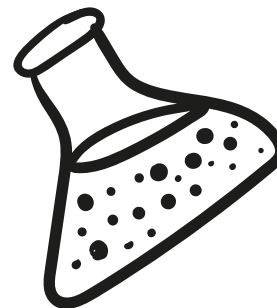
Make sure you record the correct units.

mass of bicarbonate of soda = _____

mass of vinegar = _____

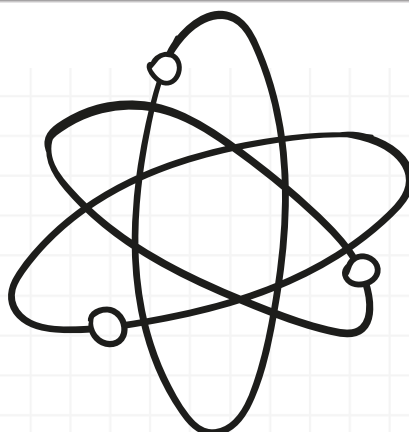
total mass of reactants = _____

total mass of products = _____



How has the mass changed during the reaction?

Suggest why the mass before the reaction and the mass after the reaction are not the same.



TRANSITION CHALLENGE: COMPUTER SCIENCE

COMPUTING EMOJIS

Can you decode these computing emoji clues to find the computing term?



.....



.....



.....

COMPUTATIONAL THINKING:

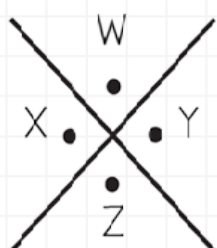
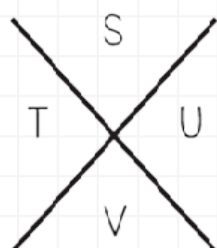
How many differences are there between these two puzzles?



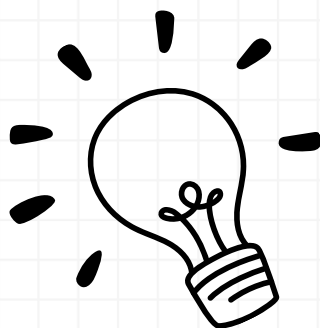
DECODING SKILLS:

Can you decode this message?

A	B	C	J	K	L
D	E	F	M	N	O
G	H	I	P	Q	R



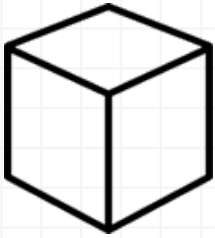
L [] [] [] < > [] [] [] L [] [] [] [] < []



Write your answer in the space below:

TRANSITION CHALLENGE: ART

LEARNING HOW TO DRAW 3D SHAPES



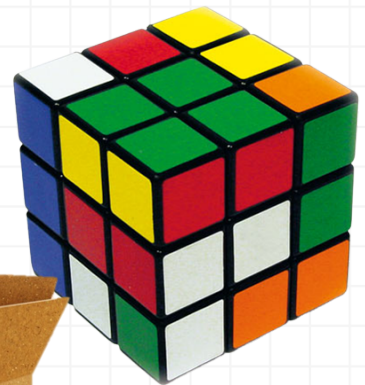
Copy this cube to get you started

TASK:

Draw a cube **LIGHTLY** in the box above.
Now turn your cube into one of the images below.

Challenge:

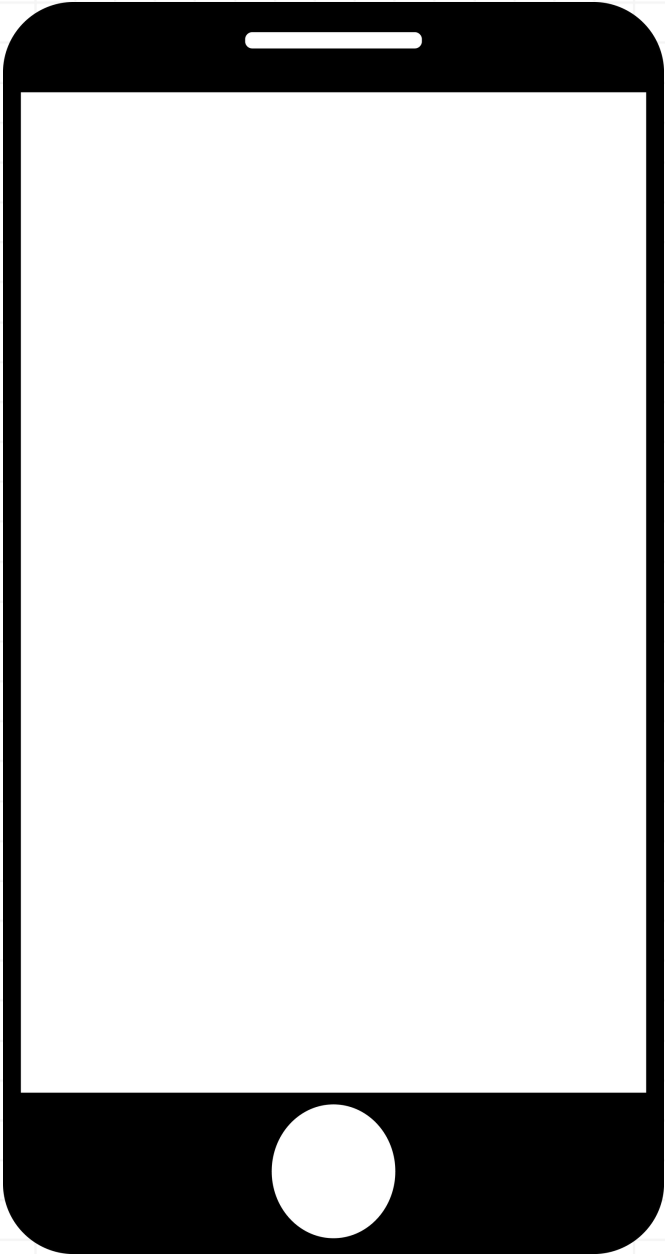
What else can you transform a cube into?
Try and join more than one cube together.



TRANSITION CHALLENGE: APP DESIGN

CAN YOU DESIGN AN APP... SKETCH OUT YOUR PLANS HERE.

HOME SCREEN

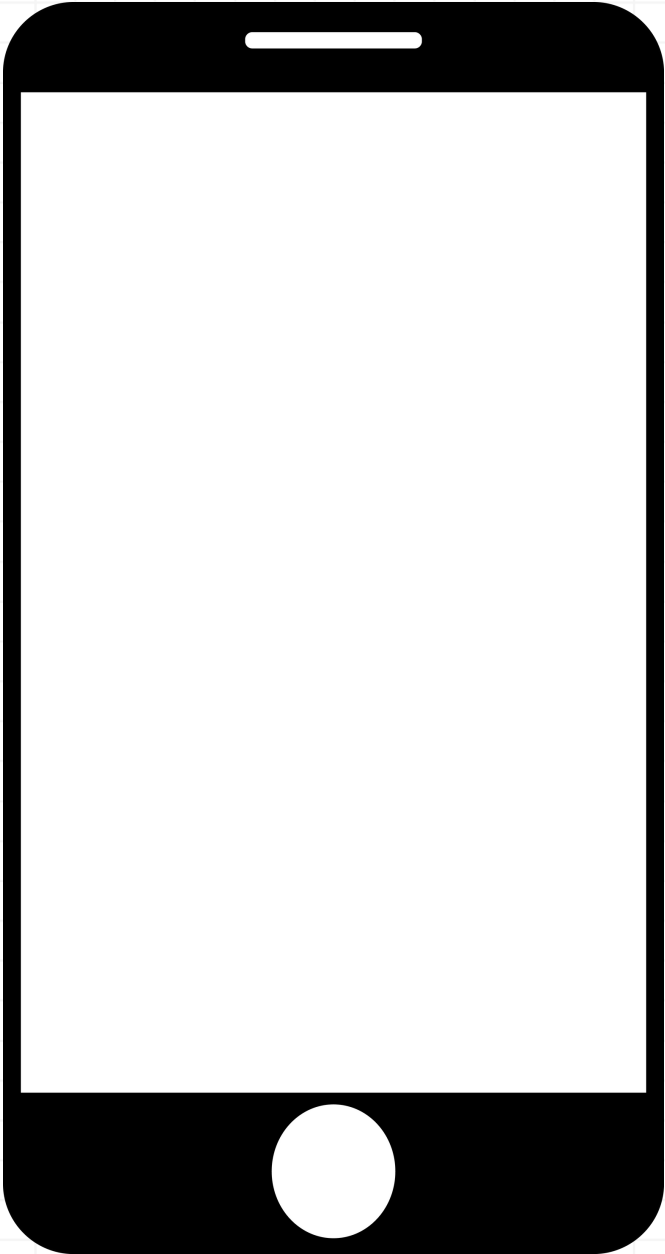


Description

TRANSITION CHALLENGE: APP DESIGN

CAN YOU DESIGN AN APP.. SKETCH OUT YOUR PLANS HERE.

SECOND SCREEN



Description

TRANSITION CHALLENGE: BOOK REVIEW

Name of the book & the author

What is the book about?

Who were your favourite characters and why?

How would you rate this book from 1 - 10? Explain your answer.
(1 = lowest; 10 = highest)

Would you recommend this book to someone else? Why or why not?

GETTING READY FOR SEPTEMBER

SCHOOL UNIFORM

Smart white shirt

Long or short sleeved; must be tucked in at all times.

The following are not permitted: polo shirts, t-shirts, PE or coloured t-shirts worn under shirts.

Black trousers

Plain black trousers worn waist high.

The following are not permitted: jeans, jean style trousers, corduroy trousers, tracksuit trousers, tracksuits worn under trousers.

Black school jumper

Black v-neck jumper with the school logo.

The following are not permitted: sweatshirts, tracksuit tops, cardigans, fleeces, designer label sports tops.

Black blazer

Black blazer with Rokeby logo.

Coats & outerwear

Plain black or navy coat.

The following are not permitted: hoodies, tracksuits, corduroy or denim jackets, brightly coloured jackets/anoraks/rain tops (sports) and fleeces.

School tie

Rokeby school tie

Formal black shoes

The following are not permitted: boots, trainers, sandals, basketball boots, converse/baseball boots.

Bags

Bags should be large enough to carry A4 books. Side bags are not permitted.

Headwear

Plain black hat may be worn outside. Black or white religious hat.

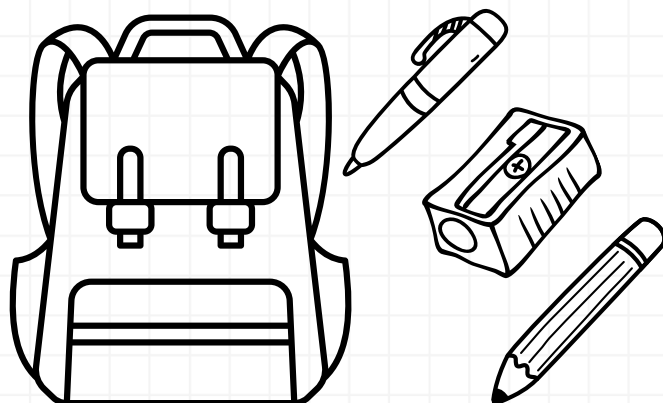
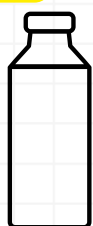
The following are not permitted: other types of hats or colours, prayer shawls, headbands, visors, bandanas, durags.

Jewellery

Plain small silver/gold stud and watches are permitted

EQUIPMENT CHECKLIST

- ✓ School bag or rucksack
- ✓ Water bottle
- ✓ Pencil case with a black pen, green pen, pencil, ruler, sharpener & rubber



GETTING READY FOR SEPTEMBER

WELLNESS TOOLS

Wellness tools are things we can do that we enjoy and that make us feel happy. We can use wellness tools when we are feeling worried, sad or anxious. Wellness tools will change and grow over time, just like you!

Here are some examples:

Listen to music

Music can lift our mood. Think about the types of music that make you feel good.



Keep active

Exercise can help you sleep better, have more energy and keep you healthy. Even if you just go for a walk



Get outdoors

Connecting with nature can help lift your mood. Take a walk in a local park and try to notice the sound of birds or how the trees change over the seasons.



Connect with others

Spend time with friends & family.

Watch something funny

Laughing can help you feel better and lift your mood.

WHAT TO DO IF YOU ARE STILL FEELING WORRIED

Here are some useful websites:

[bbc.co.uk/bitesize](https://www.bbc.co.uk/bitesize) - lots of information about starting secondary school

[youngminds.org.uk](https://www.youngminds.org.uk) - help to support your emotional health & build your resilience

[Kooth.com](https://www.kooth.com) - safe and confidential online counselling

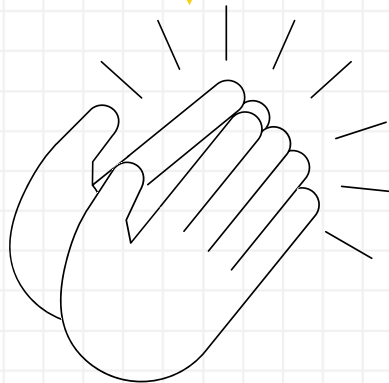
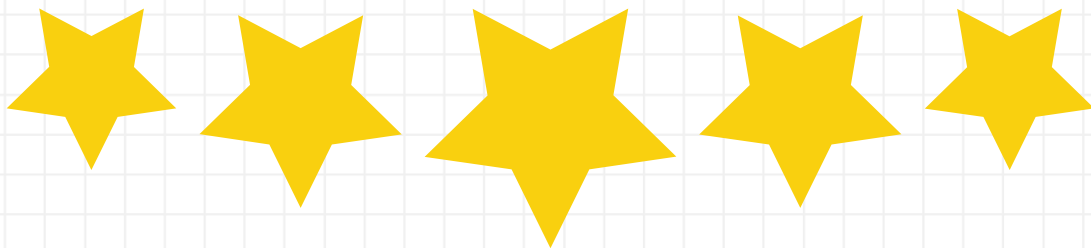
[Sleepfoundation.org](https://www.sleepfoundation.org) - tips on how to get a good night's sleep and why it is important for your physical and mental health

TRANSITION CHALLENGES

**TICK HOW MANY CHALLENGES YOU HAVE COMPLETED
TO RECEIVE AN AWARD IN SEPTEMBER**

Tick below

BRONZE AWARD	2 CHALLENGES	
SILVER AWARD	4 CHALLENGES	
GOLD AWARD	6 CHALLENGES	



WELL DONE!

**WE LOOK FORWARD TO SEEING
YOU IN SEPTEMBER ON**

FRIDAY 2ND SEPTEMBER AT 8:25am