Year 6-7 Transition All About Me

Starting your journey at



Name:

Tutor Group:

College:

Welcome to Houlton School!

Welcome from the Principal

Congratulations to you and your family on securing your place with us at 'big school' and on joining our Houlton family! For almost a century our campus has been a world-class centre of excellence and you will be part of our second ever cohort of Year 7 pupils; you will lead the way for all the children who will follow you. You should be very proud: we can't wait to welcome you soon.

Mr McCulley

Welcome from the Vice Principal

We are so excited to welcome you all to our new school. At Houlton we will expect the very best from you so be prepared to be challenged! Each and every one of you will become a member of our Houlton family and we want you all to be successful, happy and to feel welcomed. I am really looking forward to seeing you in September.

Miss Buckenham

What do I need to do with my Transition Booklet?

Your transition booklet is designed to ensure that we get to know you as quickly as we can! The first few pages are for you to fill in to tell us a little bit about who you are.

Pages marked with a $\left(\circ \circ \right)$ in.

are the ones that everybody has to fill

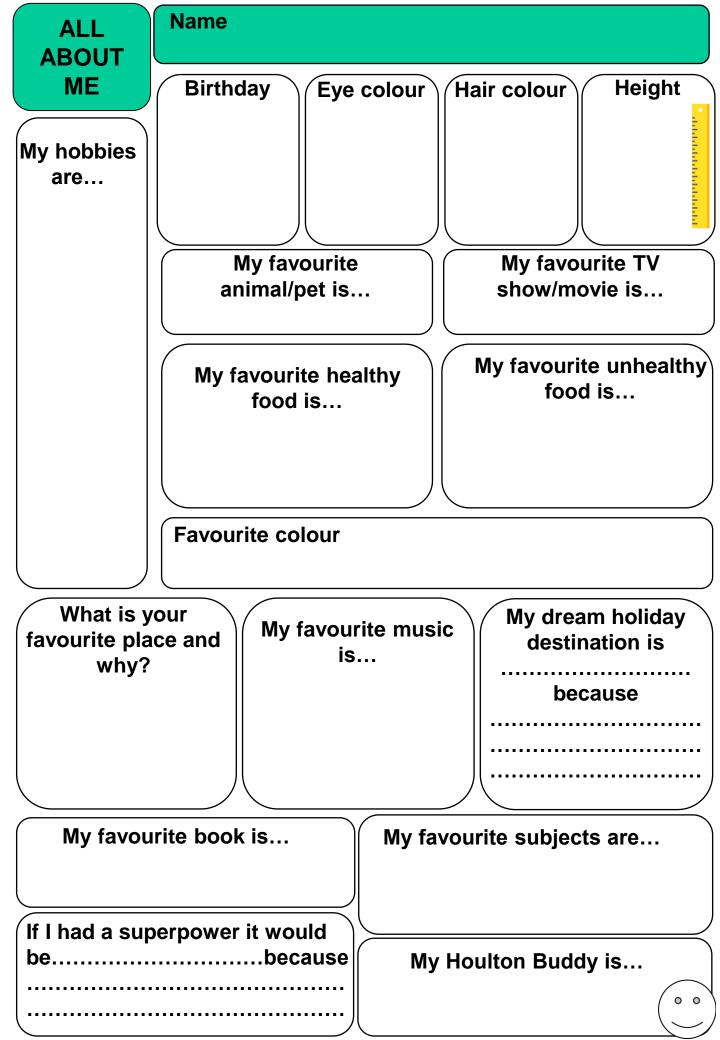
The Transition Challenges section is optional so you can complete as few or as many of the challenges as you like! The Transition Challenges are designed to give you a taste of what is to come in your new subjects that you will be studying in Year 7. The first challenge is our College Challenge and your chance to help shape the identity of your brand new College! All optional pages are marked with a ________ so have a go at as many as you can.

For each page with a star that you complete you will receive a reward point. if you complete them all you could have 20 reward points before you even go to your first lesson!

Look out for the options to get additional reward points on some of the challenges...

We will tell you which College you are in and who your Year 8 Buddy will be soon

You will need to bring your completed Transition Booklet with you on your first day at Houlton School.



All about me

Tell us a little more about your likes and dislikes by doing the 'would you rather' task below. If you **had** to pick one or the other, which would you pick? Circle your

answer below!				
OR	A world with winter all year			
OR	Go to the city			
OR	Chocolate			
OR	Hold a snake			
OR	Be an eagle			
OR	Be a superhero			
OR	Only be able to walk sideways like a crab			
OR	Never celebrate your birthday			
OR	Go to a waterpark			
OR	Stay in an underwater hotel for a week			
OR	Be able to control water			
OR	Meat flavoured cookies			
OR	Have super speed			
OR	Be a dog sitter			
OR	Be too cold			
	OR OR OR OR OR OR OR OR OR OR OR OR			

Tell us about your skills! List 4 things that you think you are a really good at and you are going to bring with you to Houlton School.









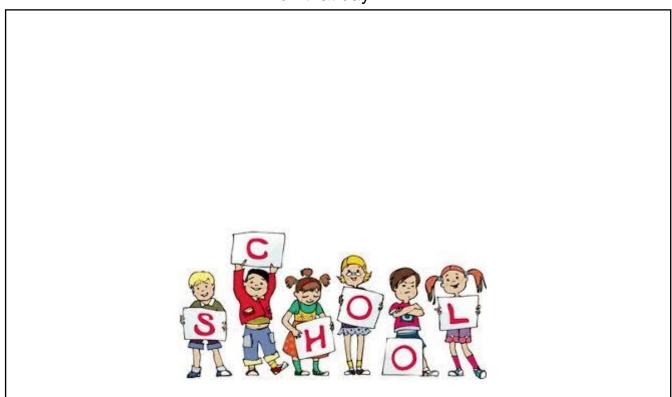
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My journey so far
                                                             0 0
 Life is a journey! Think back through your life since you were born and write
down your favourite memories or events that have shaped you and made who
                          you are today.
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My primary school

0 0

Name of the School	
What were the 5 best things about your primary school?	1.
	2.
	3.
	4.
	5.
What 1 thing will you miss the most about primary school?	

What does your primary school look like? Draw a picture of your primary school OR draw as a comic strip 'your favourite day' at primary school and what you did on that day.



My new secondary school

Name of the school	
School address	
School telephone number	
Name of the Principal	
School starts at:	
School finishes at:	
I will get to school by:	
How long will it take you to get to school?	
What time will you have to leave home?	

Add 8 words around the Houlton logo below to describe what you think your new school will be like \odot



My route to school

Getting to Houlton School safely is just as important as being there. In the box below, draw the route you are going to take to school (whether that's walking, cycling, driving or by bus). Identify spots where there could be hazards (e.g. busy roads) and explain how you will manage them safely. If you are riding a bicycle to school, what safety checks do you need to do first?



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Our Houlton Family

You can learn a lot about our new school just by looking closely at our logo as it is inspired by almost a century of heritage at our campus. Take a look at the elements below and how these honour the hundreds of members of our Houlton family that came before us, as employees of the General Post Office, British Telecommunications and others.



The lower part of our logo represents Rugby's iconic Radio Mast which was 250 metres high! It also is designed to looks like the original tuning coil from the Radio Station which was used to tune the radio, making sure all the transmissions were clear. This coil is now housed at the Science Museum in London and can be seen in the picture below.



The top part of our logo represents the impressive heritage windows that can be found in our Grade II listed Power Hall Refectory and Auditorium. The lighter colour in the logo represents the original steels that you will see in the Power Hall which have been carefully restored. See if you can spot them in the pictures!

0 0







Moving to my new school

List 4 things that you are most excited about moving to Houlton School
1.
2.
3.
4.
List 4 things you are a little worried/nervous about
1.
2.
3.
4.
List 4 things you would like to know about Houlton School
1.
2.
3.
4.
List 4 things that will help you when moving to Houlton School
1.
2.
3.
4.
List 4 differences between your primary school and Houlton School
1.
2.
3.
4.



Subjects at Houlton School



Maths

English

Science

Geography

History

Art

Music

PSHE

ΡE

Dance

Drama

Design Technology

Computing/Broadcasting

Religious Education

Languages (French & Spanish)

Food Nutrition





Equipment

At Houlton School we expect all our pupils to be well prepared to learn. You will need to bring the following equipment all the time, every single day. You will be moving around to different classrooms for different lessons and you have to be equipped for every lesson. Below are some items you will need to bring – can you identify them and add anything else that you think you might need?



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Houlton School Values

At Houlton School we have high expectations and values which apply to the way we choose to conduct ourselves, the way that we behave towards other people and the way that we behave in our lessons and around the school site. We expect our pupils to model these values and be proud of them and you will be given reward points for doing this.



What do you think our values mean? If you are unsure, research the definition. write your definitions below;

Courage	
Tenacity	
Kindness	
Loyalty	
Excellence	

Houlton College System

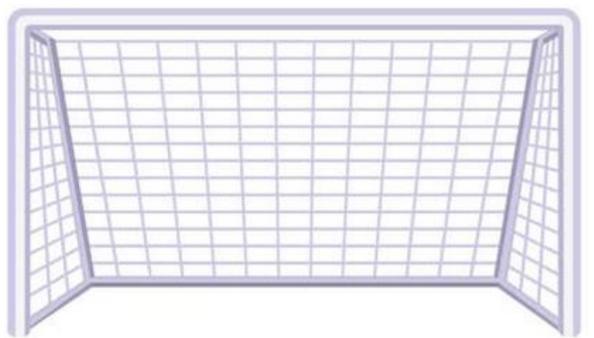
As our second cohort of pupils you will play a key part in helping our current pupils to shape the school as it grows. We will need you to set the standard for all the pupils who will join us in the years to come.

You will be joining pupils in our current College System and you can see below the logos for our Colleges. You new Tutor Group will represent your College in Year 7 and we know you will be as proud to be a part of them as you are the school. You will find on the first page of your summer transition work a page for you to work through to help you find out more about your College and what it stands for. You will see your College Tutor's twice a day and they will be there to help and support you on your journey. You will also have your own Pupil Experience leader for Year 7 who will be on hand to make sure everything is running smoothly. Have a look on our 'Meet the Team' page on our website where you can meet all of our staff and find out more about them.



My Goals

You will learn a huge number of new skills at secondary school, and improve skills you have learnt in primary school. In the goal below, write in 8 new skills or things you would like to build on in your years at secondary school. Use the list below to help if you are stuck.



Be in a school play or production	Speak another language	Represent your school in a national competition
Learn to play a musical instrument	Volunteer in the local community	Travel to another country
Play for a school team	Use the school library regularly	Take care of the school grounds
Learn how to manage money	Taste food from another country	Captain a sports team
Cook a new meal from scratch	Read new books	Take part in a fancy dress day
Create a piece of art	Raise money for charity	Be healthier
Learn how to read a map	Join an after school club	Learn to dance
Use computers to create your own website	Become a student leader	Improve your singing
Make new friends from other schools	Work as part of a team	Achieve a Houlton Excellence Award

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The Future...

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After secondary school, you can move onto college, an apprenticeship, university or into a job! It's normal not to know what you want to do yet but this is a chance for you to have a think about your dreams! In the crystal ball write/draw where you see yourself in 20 years.



What is your ideal job?

What skills will you need?

What subjects do you think you will need to study?

Summer Transition Challenges

From this page onwards you will find several tasks for you to do over the summer. Each subject has set tasks which will introduce you to some of the things you will be doing when you join us at Houlton School in September.

It is really important that you bring this work with you on the first day and show your Tutor. Some subjects have provided you with the space to fill out the answers in this book, others require you to have a notepad, pen, paper, colours etc. If this is the case just attach it to the back of the booklet or place it in a folder/plastic wallet and bring it with you on the first day of term.

We hope you have fun and enjoy Houlton learning!



Your College Challenge

As the second year group in a brand new school, you will be really important in helping us shape and develop how our school evolves. Our Colleges are really important to us at Houlton as it is one of the ways we will build our Houlton family, create heathy competition and provide support for younger pupils as they join us each year. Your College will already have a Year 8 Tutor Group and you will join them as new Year 7's. Each year new pupils will join until eventually in Year 12 you will start to lead your College fully. This means some of you will go on to become the first ever Student College Leaders at Houlton School!

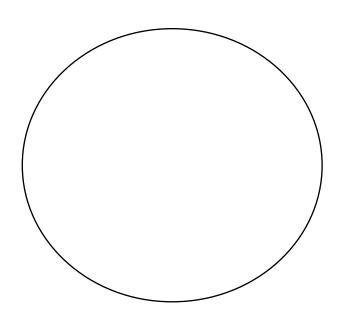
Task 1

Our Colleges focus on key areas of communication and are named after an ambassador of that area. We would like you to explore why your College is such an important element of the communication industry. Answer the questions below in as much depth as you can without copy/pasting anything from the internet!

- · How has your College's areas of communication changed the way we live?
- Why is your College name important? What 'first' did the person your College is named after do?
- What lessons could we learn from the person who inspired your College name?

Task 2

Draw your College logo in the circle below and write as many key facts as you can find about your College ambassador (the person your College is named after). If you can, try to think about how our Houlton School values have been demonstrated by your College Ambassador and write your thoughts below.





English Challenge



Year 6 Reading Project

TASK 1

Choose a new book to read over the summer. Try and choose something that is more difficult that what you would normally read. Ask your teacher for some recommendations if you are not sure what to pick

TASK 2

Write a review of the book, give it a star rating and then design an activity or a quiz that the next person who reads it can do.

TASK 3

Pick <u>3</u> of the tasks below to do:

- Find out as much as you can about the author and write a short biography of him/her. This should be in your own words; **Don't** copy and paste **anything** from the internet!
- Write a letter or email to a friend, persuading them to read this book.
- Rewrite a scene from the story from the point of view of a different character.
- Write an acrostic poem about one of the characters or places in the book.
- Imagine yourself involved in one of the events of the novel. Recount what happens from your point of view.
- Write a new story featuring some of the characters from the book.
- Write a letter to the author giving your response to the book and asking him/her any questions you would like answered.
- Write a diary entry for one of the characters in the novel.
- Write an alternative ending to the book.
- Rewrite the story for a much younger reader.
- Redesign the book jacket and write a blurb to go on it.
- Make a timeline which shows the events of the novel.
- Design a postcard that might have been sent to or from one of the characters in the book.
- Draw one of the characters from the book and label it with words and phrases which describe that person.
- Design the front page of a newspaper which reports a key event from the book.
- Storyboard the events of the whole novel or a key event in the story.
- Make a collage representing a character or an event from the book.



Maths Challenge

What do you think makes a good mathematician?

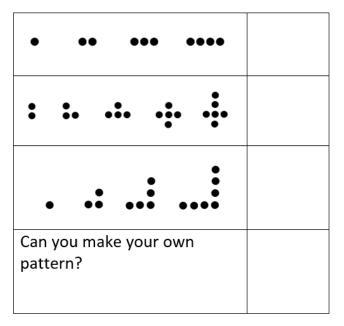
A good mathematician is...

Sequences

Our first topic at Houlton is going to be looking at sequences. Let's see what you know already about sequences.

Pattern Spotting

Can you draw the next pattern in this sequence?



Number Sequences

What comes next in these sequences and describe what is going on. I have done the first one for you.

Sequence	next?	Description
1 4 7 10	13	I am adding 3
1, 4, 7, <u>10,</u>	12	each time.
2, 4, 6, 8, 10,		
17, 14, 11, 8,		
10, 20, 40, 80,		
1000, 100, 10,		
1, 1, 2, 3, 5, 8,		





Research

Sequences appear in nature and the world around us. Can you find an example of a sequence in nature?

You may draw a picture, find a photo, or make a poster or even a presentation.

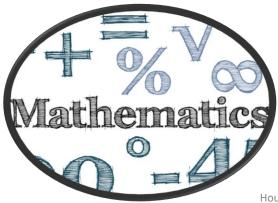
Unsure where to begin, try using these questions:

- Why does a sunflower spiral?
- How are storms related to sequences?
- What does Fibonacci have to do with rabbits?

Challenge

Can you work out what comes next in these more challenging sequences:

a) 1, 2, 6, 21, 88, ...





RS Challenge

Complete a (safe) random act of kindness (e.g. washing the dishes, giving someone a compliment).	Design your own and paint or draw a stained glass window. Try your hand at	Watch a documentary to do with religion (e.g. Rebuilding Notre Dame or Morgan	See how ma sector sector secto		
Cook a religious food item (e.g. challah bread, latkes, hot cross buns, baklava). PLEASE ASK PARENTAL PERMISSION FIRST.	religious calligraphy! Write a creative story with a moral (e.g. treat others the way you would like to be treated, do not give in to temptation).	Freeman's 'The Story of God'). Make a list of as many religions as you can possibly find online	th Ma C	e summer! ke sure you omplete a ninimum of	
Colour in a mandala online or on paper.	Go for a walk (safely) and pay attention to	Design a poster showing your understanding		ree of the allenges to	
Research and create an informative leaflet about a religious celebration which	what you can see, hear and smell. Write down five things	of religion. Be creative!		chieve your ward point.	
happens in May. Write a sentence	you are grateful for today.	Create a ne What are t		Try to find and make a list of food items with	
about the following: Where do you like to go when you want to	Research a random country in the world and create a leaflet about the main policien within	What festiv celebrate? Create a pla	vals do you	this label in your home:	
feel peaceful? Why does this place bring you peace?	place bring that country. What do		ice of of naterials , mosque,).	rials Search online for a	
		Create a ch to show you	ildren's game r	poster about it.	



research online; three religions in the local area. Research celebrities who may be religious, or nonreligious! Create a set of questions about their beliefs such as: 'What do you believe in?' or 'What do you celebrate?' Try to see if you can find the answers to your questions too!

understanding of a topic

you enjoyed in RE this

year (e.g. Snap, Snakes

and Ladders etc.)

Ask your family or

Navigate the BBC News website to find a news article about how a religion in the UK has helped the community during the coronavirus pandemic.



Design a new religious

symbol. Give a reason

as to why your symbol

looks the way it does.

Give yoga a go! It's

PE Challenge

In year 7 you will be participating in a variety of sports/activities which will challenge your skills, leadership and understanding. At Houlton our learning links to our BIG QUESTIONS. To give you a head start, our first 2 BIG QUESTONS in PE are...

TASK 1 - BIG QUESTIONS

Can you have a go at answering the following questions from knowledge you already have:

Rugby – How do we play Rugby Safely?

Netball – How do we become effective Netball players?

Task 2: Leadership

What skills do you need to become a good leader? Write your answers in the box below:

i.e – Good communication

With the skills listed above, can you create a short game at home that you can play with your family/friends. **YOU** are the **LEADER**, and you must communicate your instructions clearly to your group at the start. Use the box below to plan your activity.

Task 3: Healthy active lifestyles

For your age group, your recommended daily physical activity should be 60 minutes (1 hour) of moderate to vigorous intensity (something that increases your heart rate considerably – walking, cycling, swimming).

MAKE A PLEGDE TO YOURSELF: Can you reach the recommended 60 minutes per day before you get to Houlton. If you already do physical activity, we also want to find out what you already do.

Write down anything you are currently doing for physical activity or what you are going to try and do more of:

NOW – Go and use your spare time to participate in some physical activity (Have fun!) Try and get those 60 minutes in today.

Dance Challenge

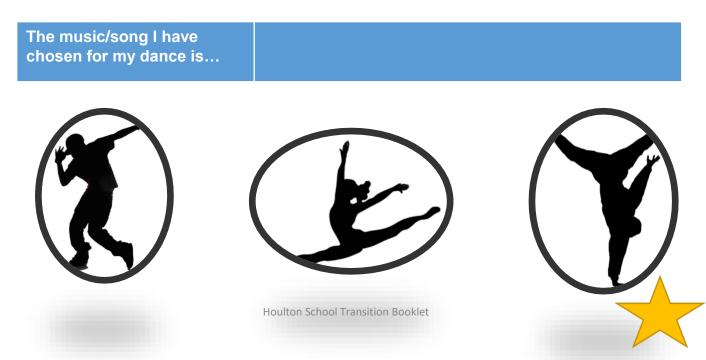
Task 1

Make a list of as many styles of dance as you can in the table below. Are there any distinguishing features of this style that you can add? Use the internet to help you if you are unsure. Try to find at least four!

Type of dance	Key features

Task 2

Design your own simple dance routine. Your routine should last a minimum of thirty seconds and contain at least five separate movements or shapes. Write below the music/song that you think best suits your dance routine.



PHSRE Challenge

Task 1

Write a letter to your Tutor introducing yourself and telling him/her a little bit about what makes you 'you'. Make sure you include as much detail as you can. Remember, your Tutor is the person that will support you throughout your whole time here so the more detail you can give, the quicker your tutor can get to know you!



Task 2

Houlton School is part of the TLET Trust and we share five really important core values which we expect everyone to model every time you have the opportunity. Our values are:

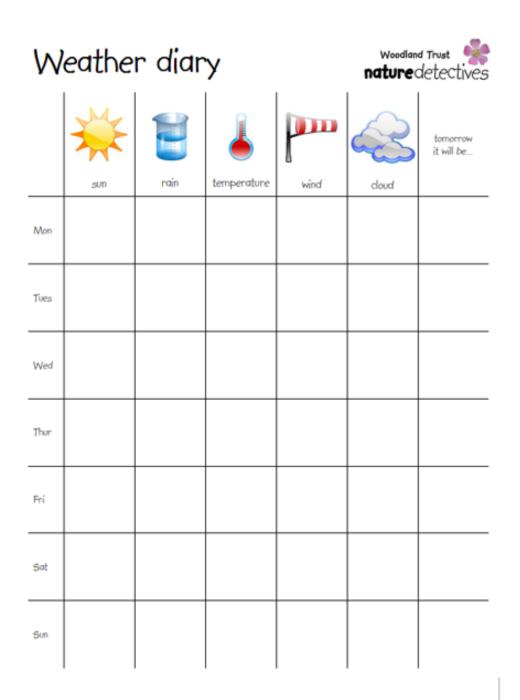
- Kindness
- Courage
- Tenacity
- Loyalty
- Excellence

Your mission is to give examples in the table below of how you could demonstrate these values in school.

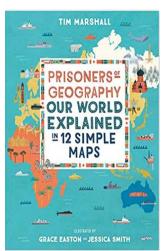
Value	Kindness	Courage	Tenacity	Loyalty	Resilience
How can you demonstrate this value in school?					
How can you demonstrate this value out of school?					

Geography Challenge

Complete the weather diary below in as much detail as you can \odot







Have a look at the front cover from the book: Prisoners of Geography. The back of the book describes it as 'a books that uses maps to show how geography has shaped the history of our world, as well as the future'.

Predict: What do you think this text is about?

Do you already know anything Geography?	

The land on which we live has always shaped us. It is affected wars, politics, and people all around the world. This fact is just as true today as it was long ago, when the leaders of ancient tribes sought out high ground from which to defend themselves. The choices of governments, leaders and people are sometimes limited by rivers, mountains, deserts and oceans. You could say that, often, nations are the prisoners of their geography, bound by the location of mountain ranges, or their access to rivers for trade.

It is not just the physical landscape - such as rivers and mountains – that's important, but also the climate and natural resources: all of these things have affected how human cultures have developed overtime.

Today common technology does help us overcome some of the barriers of geography. The Internet means we can stay connected; air travel allows us to fly over the mountains. But, even with all these advances, the physical landscape remains important: understand the earth's geography, and you're well on the way to understanding the events taking place in the world around us.

New vocabulary – write down any new words you haven't encountered before. Can you use a dictionary to help you find out what they mean.

What question would you like to ask about the text to help you understand it better?	

Chemistry Challenge

Get Ready For Chemistry!

Why is my birthday important in chemistry?

Name:_

My birthday is on: _____

The name of my chemist is: ____

My chemist is from this country: _____

This is what my chemist did: ____

Here is a picture of my chemist, or of something my chemist discovered.

Hints

What to do

chemistry.

Fill in the form in your own words.

Birthday chemistry

Click on your birthday.

If there is a word you don't understand, ask someone for help, or look it up in a dictionary or on the Internet.

Every day, scientists do investigations and make

observations to answer questions in chemistry. These scientists are called chemists. Chemists

work out why materials have certain properties. They find out how materials change in chemical

Go to this website: http://www.rsc.org/learnchemistry/collections/chemistry-calendar

Fill in the form to show others in your new

class why your birthday is important in

reactions. They create new materials, with perfect properties for particular purposes.

You can draw a picture or find one on the Internet, print it out, and stick it on the form.

Materials matter

Chemists make materials that are suitable for their purpose. In this activity, you will work out why objects are made from certain materials.

What to do

- Find five objects at home that are made from different materials.
- Fill in the table to show why the objects are made from their materials. The first line is already filled in.

Object	Material the object is made from	Properties of the material that make it suitable for the object
frying pan	metal	 good conductor of heat rigid

Sugar or salt?

In this activity you will plan and do an investigation to answer this question: **Can you dissolve more sugar, or more salt, in a glass of water?**

My plan

Complete the table.

Variable	Will I change it or measure it or keep it the same?
substance (sugar or salt)	
amount that dissolves	
volume of water	
temperature of water	

• Write down what you will do.

My results

Substance	
Sugar	
Salt	

What I found out

Activate

Physics Challenge

Get Ready For Physics!

We use physics in lots of areas of our lives. Use what you know about science to help you carry out the tasks below.

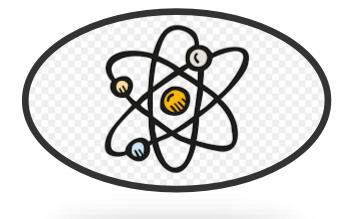
Circuits Can you dra	aw a simple cir	Que cuit that you	The Sun Check the S	iun's position s	several times in	week. Write dov	n every night for a vn what it looks like about its shape, and
	n a torch? Incl			write the cha		Day	How the Moon looks
things:			Warning: Ne	ver look directly	y at the Sun!	Monday	
			Time	Height in	Position	Tuesday	
battery	bulb	switch	Time	sky	Position	Wednesday	
			7 am			Thursday	
			Noon			Friday	
			4 pm			Saturday	
			9 pm			Sunday	
							·
Forces						Magnets	N S

Some types of force slow us down when we are moving. Fill in the blanks, using the words below:

water resistance air resistance drag

- A force that slows me down when I run is
- A force that slows me down when I swim is
- A force that slows me down when I cycle is

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Activate

The Moon

List some objects that are magnetic and some that are not.

Magnetic

Not magnetic

Biology Challenge

Get Ready For Biology!

Activate

Complete these tasks using what you know about the human body.

Healthy eating

During the summer holiday, find three different chocolate bars of your choice, or three different soft drinks of your choice.

Look for the nutritional on the wrappers or bottles. Fill in the table below with the nutritional information about the bars or drinks.

Name of chocolate bar or soft drink	Carbohydrates (per 100 g)	Fats (per 100 g)	Protein (per 100 g)	Calories

Which of the chocolate bars or drinks is the healthiest? Use your table to help you decide.

.....

The human heart

Answer these questions using what you know about the human heart.

Where is the heart found in your body?

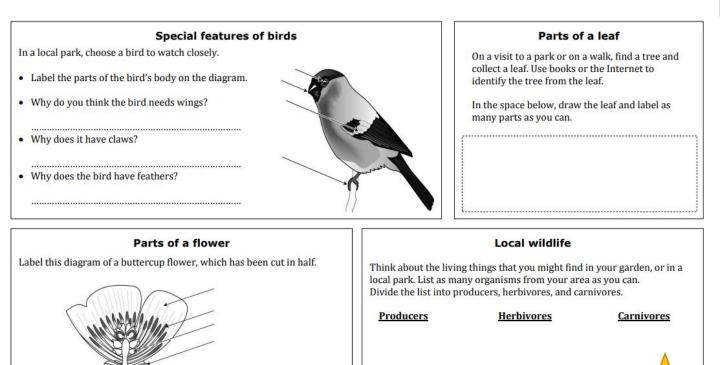
What does the heart do?

Your pulse measures how many times your heart beats in one minute. Your pulse goes up when you exercise.

- Record your pulse when you are resting, and fill in the table.
- Now jog on the spot or do star jumps for two minutes.
- Measure your pulse again and fill in the table.

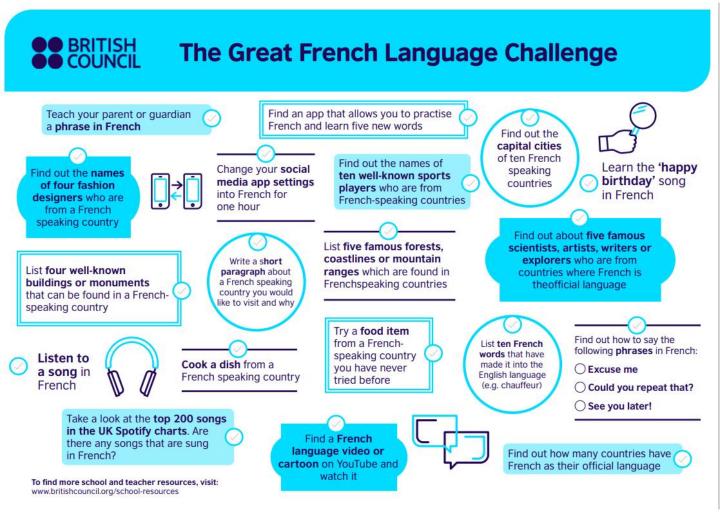
Resting pulse	Pulse after exercise		
(beats per minute)	(beats per minute)		

What is the effect of exercise on your pulse rate? Use your table to help you decide.



French Challenge

Complete the tasks below and be prepared to impress your teacher in your first French lesson!





Houlton School Transition Booklet



Spanish Challenge

Complete the tasks below and be prepared to impress your teacher in your first Spanish lesson!

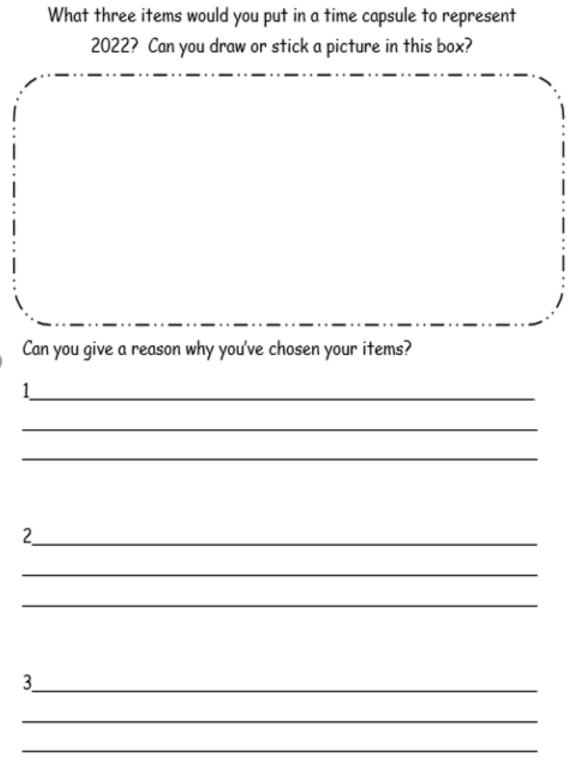




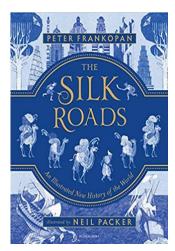
Houlton School Transition Booklet

History Challenge

Time capsule







Have a look at the front cover from the book: The Silk Roads. The back of the book describes it as 'a stunning journey across the world, encountering mighty empires and rulers.

Predict: What do you think this text is about?

Do you already know anything about the Silk Roads?

The Silk Roads do not have a start or an endpoint, because they're not actually real roads at all. They are a web of networks that have allowed goods, people, ideas, disease, and violence, to flow east to west and west to east - from the Pacific Coast of China and Russia to the Atlantic Coast of Europe and Africa, but also from Scandinavia in the north to the Indian Ocean in the South. You might even think of the Silk Roads as the world's central nervous system, linking all the organs of the body together, or perhaps the veins and arteries pumping oxygen and carbon dioxide away from and towards the heart. To understand the body, you need to look under the skin, and you also need to see how the body as a whole works, rather than just looking at one part of it.

We are going to visit places you might not have heard of before: some have now disappeared. Merv, in modern Turkmenistan, was once so large and so beautiful that she was called the mother of the world. The magnificent city was destroyed by fighting 800 years ago, and never recovered. Baghdad, in modern day Iraq, was once a city studied with parks, markets, mosques and bathhouses, as well as schools, hospitals and charitable foundations. It was home to mansions that were lavishly gilded and decorated and hung with beautiful tapestries of silk. Timbuktu, in modern day Mali, was once the richest place on earth led by a king, Mansa Musa, the King of Kings, who was the richest man to ever live.

New vocabulary – write down any new words you haven't encountered before. Can you use a dictionary to help you find out what they mean.

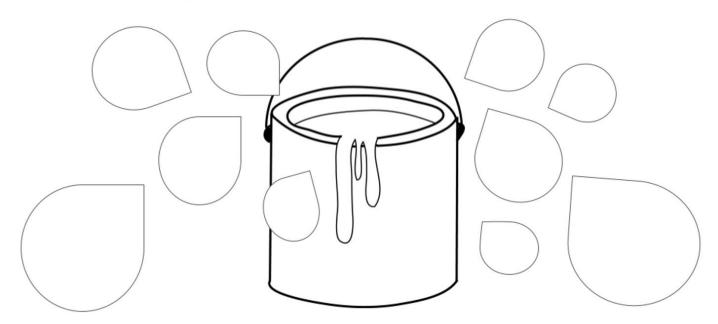
What question would you like to ask about the text to help you understand it better?	
	·····

Art Challenge

Colour Investigation

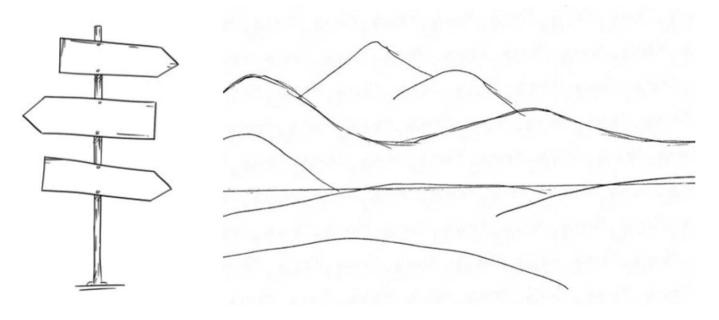
NAME:

Add colour to the paint using a colour that you feel represents you. Fill the drips of paint with all the things that make you awesome.



Journey Investigation

Where do you want to go? Add destinations to the road signs and draw what might be there when you arrive. Draw your ideas using the landscape below.



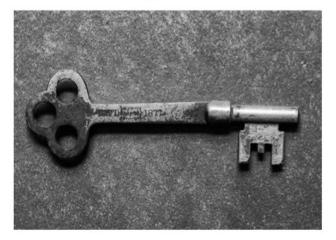


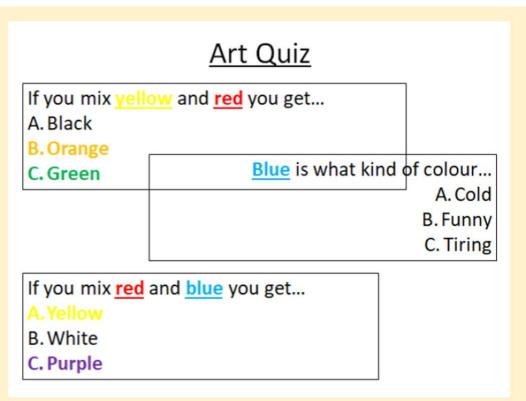
Tonal Observation



1. What geometric shapes do you see in this object?

2. Using the tonal scale as reference, draw the object in pencil. Look carefully and include as much detail as possible.



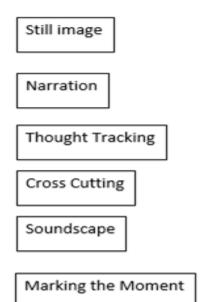




Acting Challenge

Task 1: Draw lines to match the Drama techniques below to their definitions (You can use the internet to help you if you're not sure)

DRAMA TECHNIQUES



DEFINITIONS

When you emphasise a key moment in a play to make it stand out for the audience

A character reveals their inner thoughts or feelings

Someone describes what is happening on stage

All the actors freeze in a picture that captures a key moment

When a scene jumps backwards or forwards in time

The actors make noises to create atmosphere or a place

Task 2

Research, draw and label different areas of the stage on the diagram below that an actor has to know including: wings, downstage, upstage, left, right, centre.





Houlton School Transition Booklet

Design Technology Challenge

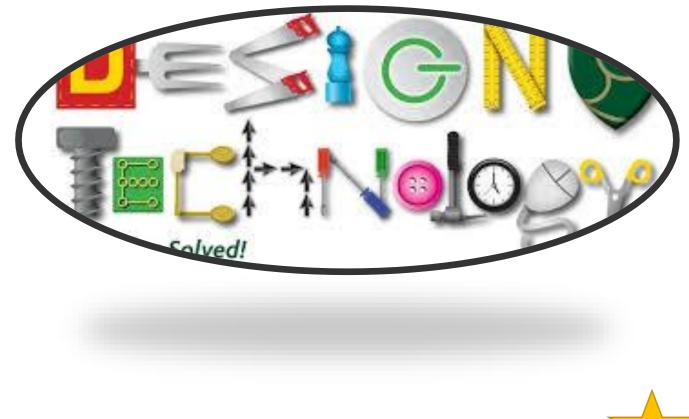
Design Technology is such an exciting area of the curriculum as it covers so many different areas of STEM and creative learning.

Please go to:

https://www.smallpeicetrust.org.uk/engineering-athome?fbclid=IwAR1FmUV5EBZqw6xn-Fx6f559YVHdEIYZYfIZdF5pHcmM8jWUv1ORxFfPR_k

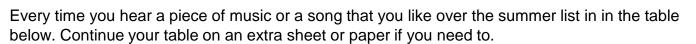
If you scroll down on this webpage you will see 20 challenges listed. Your mission is to complete at least one of the challenges and bring along what you have done to you first DT lesson.

If you want to complete more than 1 challenge you will receive **extra** reward points for each that you complete.



Music Challenge

Studying music is all about listening, composing and playing music of different styles and from different cultures. What kind of music do you like to listen to and why?

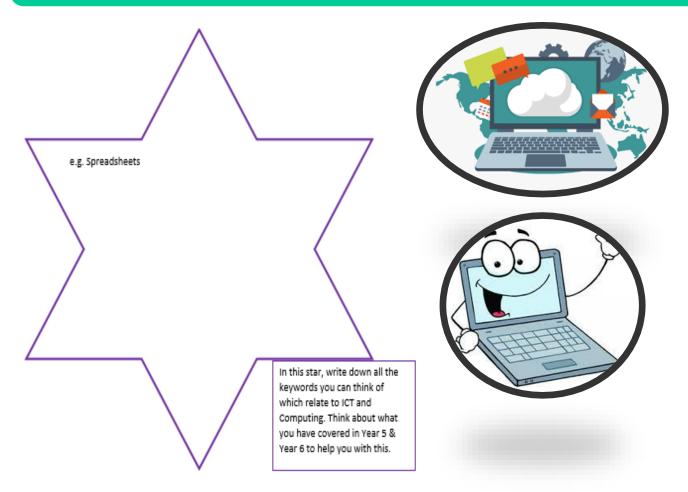


Title of music/song	Artist/Group	Where did you hear it?	Why do you like it?

List as many instruments as you can in the box below that play in a traditional orchestral. If you can play an instrument, highlight which one/s and write down next to them to what level you are.



Computing Challenge



You will be using the latest IT equipment when you arrive at Houlton. To keep you safe and to make sure we look after our equipment we will have a few rules to follow in our computer suites. Can you spot 9 hazards in the picture below? Write your answers to the side of the picture.



Houlton School Transition Booklet



Online Safety Quiz

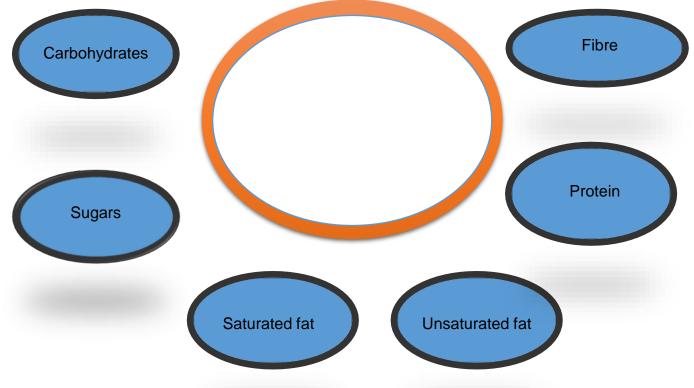
How many of these app and game related logos can you identify?



Food Prep & Nutrition Challenge

Task 1

Design a well balanced healthy meal on the plate below. Separate your plate like a pie chart to show the portion size for each type of food then match the food you have chosen to each food group around the edge of your plate. Think carefully about how much of each food group to put on your plate. Use the internet to help you if you are not sure.



Task 2

Have a go at cooking plain scones using the recipe below. If you are able – take a photo of your finished scones and stick it into your booklet. Write down how you think they went and attach you evaluation to this sheet. Ready...steady...cook!!!

Ingredients					
		1.	Preheat the oven to 220°C (200°C fan, gas mark 6). Line a baking sheet with parchment.		
50g	Butter (unsalted)	2.	Rub the butter into the flour, until the mixture resembles breadcrumbs. Stir in the sugar and salt.		
200g 1 tbsp	Self-raising white flour White caster sugar	3.	Make a well in the centre of the mix and stir in the milk. Stir until the mixture is even and the dough comes together.		
1 pinch	Salt 🚺	4.	Turn out onto a floured surface and shape into a rough square about 3 - 4 cm thick. Transfer to the prepared baking sheet.		
125ml	Milk (whole)	5.	Brush all over with milk and score into 9 rough squares. Bake for 15 minutes until golden and cooked through. Cool on a wire rack. Serve warm or cold plain or with jam and cream.		

Method

Well done for completing your Houlton School Transition Booklet!

Don't forget to bring your booklets with you your first day. Your teachers will be giving you lots of reward and points for completed ones which have shown lots of effort © Write in the star how many reward points you think you have earnt!

We are really looking forward to seeing you in September!