

Year 7 Induction Activity Workbook

Name: _____

Tutor Group: _____



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Welcome to Heron Hall

Welcome to Heron Hall Academy. We are delighted that you have chosen to join us and are so excited to welcome you into Year 7 and to help guide you throughout your journey at secondary school. We recognise that some things will be different for you when you come to Heron Hall Academy and that change can be both daunting and exciting!

This booklet is designed to get you thinking about those changes and to provide you with useful information that will help you feel more confident.



Please fill in the activities in this workbook and hand in to your form tutor on the 1st day of the academic year, to be entered into a competition and win a PRIZE!

MY FIRST DAY

Your first day at secondary school will be one you will always remember so follow these steps to make it a success!

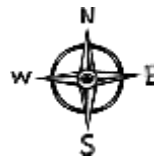
The night before:

- Have your bag packed, including your pencil case
- Have your uniform laid out ready
- Check that you know how you are getting to school and who you are travelling with
- Set your alarm to allow you plenty of time to get up and ready.



Finding your way around:

Heron Hall Academy is a big place compared to your primary school so it will take you a little while to find your way around the buildings. When you start on your first day your form tutor will give you lots of information. You will be surprised just how quickly you will get to know your way around the school.



This seems to be one of the biggest fears when you start at Heron Hall but this is something that you do not need to worry about. Teachers will not get cross if you arrive a few minutes late when you are new – they understand that it takes a little time. Other members of staff or students will help you find your way around. Please do not be afraid to ask a member of staff or someone else to help you.


Subjects are located in specific areas and this makes it easier to find your way around. All of the Science rooms are in the same block and there is an area for Maths and an area for English.

A note to myself

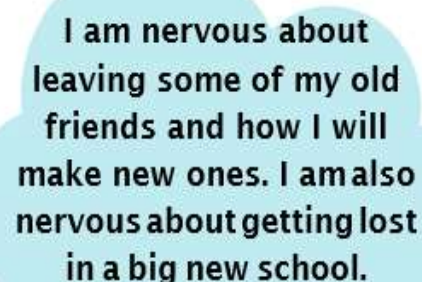
As you are thinking about leaving primary school and moving on to secondary school, you will be considering many things. What you are looking forward to; what you are nervous about; what you want to achieve in your first year.

You might also want to leave yourself a message for when you finish Year 7.


Here is what some other Year 6s are thinking:




I am looking forward to making new friends and learning new subjects. I am also looking forward to being able to go to school on my own.



I am nervous about leaving some of my old friends and how I will make new ones. I am also nervous about getting lost in a big new school.



In my first year in secondary school I want to learn to play a musical instrument. I also want to get into the football team. I would like to continue to improve my maths too.



I would like to tell my future self that I know lots will be different over the coming year and that I will change as a person, but that I should be brave, try new things and enjoy this new challenge.



A note to myself

What are you thinking about?

I am looking forward to ...

I am nervous about ...



In my first year in secondary school I want to ...

I would like to tell my future self ...

WHAT IS IN YOUR SCHOOL BAG?

BE PREPARED AND ORGANISED!

Impress your teacher by coming to school every day with all you need to learn well and participate fully. Here is a list to help you:

- Any notes in your diary from parents/carers
- All books for today's lessons
- Pen – Black/Blue and Green pen!
- Pencil
- Ruler
- Rubber
- School diary
- P.E Kit (if needed)
- Protractor
- Calculator
- Glue stick
- Water bottle



Don't forget your packed lunch if you choose not to use the school canteen!

LOCKERS

We do not have pegs to leave your belongings on so if you would like a locker then please speak to your Form Tutor on the first day of school and fill out a form.





Pop Quiz?

Equipment

Below are some subjects you will be doing in Year 7. Think about some equipment that you may need for these lessons and write what you will need to bring with you to school.

English Lesson	Equipment needed:
Maths Lesson	Equipment needed:
PE Lesson	Equipment needed:
Art Lesson	Equipment needed:
Food Technology	Equipment needed:



**BE
EQUIPPED
AND
READY TO
LEARN**

Equipment

Things you will be expected to bring:

- A school bag to carry all your books and equipment. It should be large enough to carry A4 size books and folders.
- Pencil case with all your stationary inside
- Your student planner- this must be carried at all times and is used to record homework and other information. Teachers and tutors sometimes use this to communicate with home too.
- PE kit on the day when you have PE
- Reading book



What to leave at home:

- Jewellery - apart from a watch and 2 small stud earrings (no hoop) which must NOT be worn for PE. Please do not wear any special watches and earrings- save these for your best occasions.
- If you must bring a phone, it must be turned off and put out of sight during the school day. Inappropriate use will lead to confiscation. The school takes no responsibility for phones.
- Chewing gum
- Tippex
- Felt pens

We really do advise that uniform and equipment is prepared the night before. This reduces stress and avoids last minute panic.

Here are some tips for success:

- Pack your bag the night before and get your uniform ready.
- Make sure you eat some breakfast so that you are full of energy.
- Always arrive on time. Lateness is not acceptable, although, we will understand if you get a bit lost in the first couple of weeks.
- You will have a morning break and it is a good idea to eat a snack and have a healthy drink (No fizzy or energy drinks are permitted in school).
- Bring along a packed lunch or money to buy lunch in the Juice Box diner. If you are entitled to free school meals then lunch will be provided for you.
- School finishes at 3:30pm but there are lots of clubs to join and we really recommend you try as many as possible.



Thinking about yourself - My Profile

This activity will give you a chance to think about yourself in a positive way and what you would like your new teachers to know about you.

On the next page either draw a picture of yourself or find a photo and put this in the middle of the page. Now, think about things that you like and the things you are good at.

Here's some ideas to get you started...

- ▶ What are you good at?
- ▶ What do you enjoy doing?
(This could be at school or in your spare time)
- ▶ What do other people like about you?
- ▶ What has been your proudest moment so far this year?
- ▶ What would your friend or your teacher or a family member say is good about you?
- ▶ What has your favourite subject been this year?

Once you have had some ideas, add your thoughts around your picture.

You can write or draw these, but they should help your new teachers know more about you. *(This can be done in the notes on the last page in this booklet)*



Thinking about yourself - My Profile



Design a colorful poster about yourself
You can include pictures. Please hand in to your Form Tutor on the first day of school and the WINNER will be announced in your Year 7 assembly. **GOOD LUCK!**



THE SCHOOL DAY



These are the times of the school day. We have school bells throughout the day but you must always wait for the teachers permission before leaving the classroom.

8.30am - 8.40am	Go to line up on the Year 7 Playground
8.40am - 9.45am	Lesson 1
9:45am - 10:50am	Lesson 2
10:50am - 11:10am	Break time!
11:10am - 12:15pm	Lesson 3
12:15pm - 1:20pm	Lesson 4
1:20pm - 2.05pm	Lunch time!
2.05pm - 3:10pm	Lesson 5
3:10pm - 3:30pm	Tutor time
3:30pm	End of School!

RECEPTION /STUDENT SERVICES

We are here to help you!
If you have any questions we will know
the answer.

If you are lost and cannot find your way
around we are happy to point you in the
right direction.





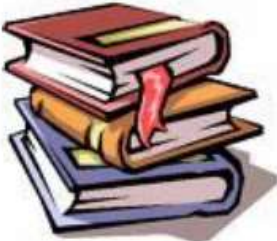

THE LIBRARY

The Library is a place where you can go to at breaktime, lunchtime and after school. It is somewhere to find something to read, look at magazines, use the computers or do homework.

You can borrow books but you must look after them and make sure you return them on time.



Take some time to find the following words in the word search – how long did it take to find all 24 words?

<p>AUDIO BIOGRAPHY BOOKS CHAIRS COMPUTERS COOKERY CRIME FICTION GEOGRAPHY HISTORY HORROR LENDING LIBRARIAN MAGAZINES PAPERBACKS QUIET READ RECEPTION REFERENCE RETURNS SCIENCE SECTIONS SHELVES TRAVEL</p>	<p>Try to find all 24 words on this board.</p> <p>F F R E C N E R E F E R F G S E J S G S E V L E H S C T M S Y N P R O R R O H X O O K P L S E M A G A Z I N E S M A V W P R Y N P E M I R C Q P H D X F Y I R L E N D I N G U V G V I H O A O L R E C E P T I O N C P D I H T N B A J M E I E J T A B A D C S D A T P R S T T I R P Z E U Z I Z C K S E W L O G E O G R A P H Y K E Z W E N O B R S N O I T C E S D W V L I B R A R I A N A M Y S R A F B O O K S D S N R U T E R R R T K C O O K E R Y R F Z F T</p>  
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HEALTHY EATING

The canteen is open during breakfast, break time and lunchtime. Hot and cold food can be bought there and a menu is displayed each day to tell you what lunch, vegetarian and lighter bite options are available.

Breakfast 7:45am - 8.30am

Break time 10:50am – 11:10am

Lunch time 1:20pm – 2:05pm

Free School Meals:

Eligible students will be set up on the school system and payment automatically arranged. If you have any questions regarding this, please contact reception.



School Lunches

You will have your photo and finger print taken to pay for your meals in the Canteen. This will be explained by your Form tutor.



Packed Lunches

The dining staff will tell you which rooms you can eat these in or you can go outside and enjoy your lunch on one of the many picnic benches.



Science Challenge - Grow your own vegetables from leftovers!

There are a number of vegetables that will regrow from vegetable scraps. In order to grow vegetables on your window sill, select any of the vegetables from the list below and cut them off about 1-2 cm from the root.

Cutting the vegetables should, as a minimum, be supervised by an adult. For some children it may be more suitable for the adult to cut the vegetable.

Put the vegetable root down in a dish/saucer/jam jar with a few millimetres of water in it. Put it on the window sill and watch it grow. You might like to try 2-3 different vegetables to see which ones grow best.

Vegetables that you can grow on a saucer or in a jam jar on a window ledge:

- ◆ Carrots
- ◆ Leeks
- ◆ Onions
- ◆ Romain Lettuce /Cabbage
- ◆ Fennel
- ◆ Garlic (whole clove)



Science Challenge - Grow your own vegetables from leftovers

In the table below, record how tall your vegetables have grown in centimetres using A ruler.

You should think about where you will take your measurement from and how you will make sure that the readings taken are accurate so that you can compare them.


Number of days after planting	Height of vegetables grown (cm)	
Day 2		
Day 4		
Day 6		
Day 8		
Day 10		

What can you use your homegrown vegetables for? Have a look at these websites:


<https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scrap>

<https://about.spud.com/blog-regrowing-vegetables-from-scrap/>

<https://www.icreativeideas.com/13-vegetables-that-you-can-regrow-again-and-again/>



What I would do differently next time is...

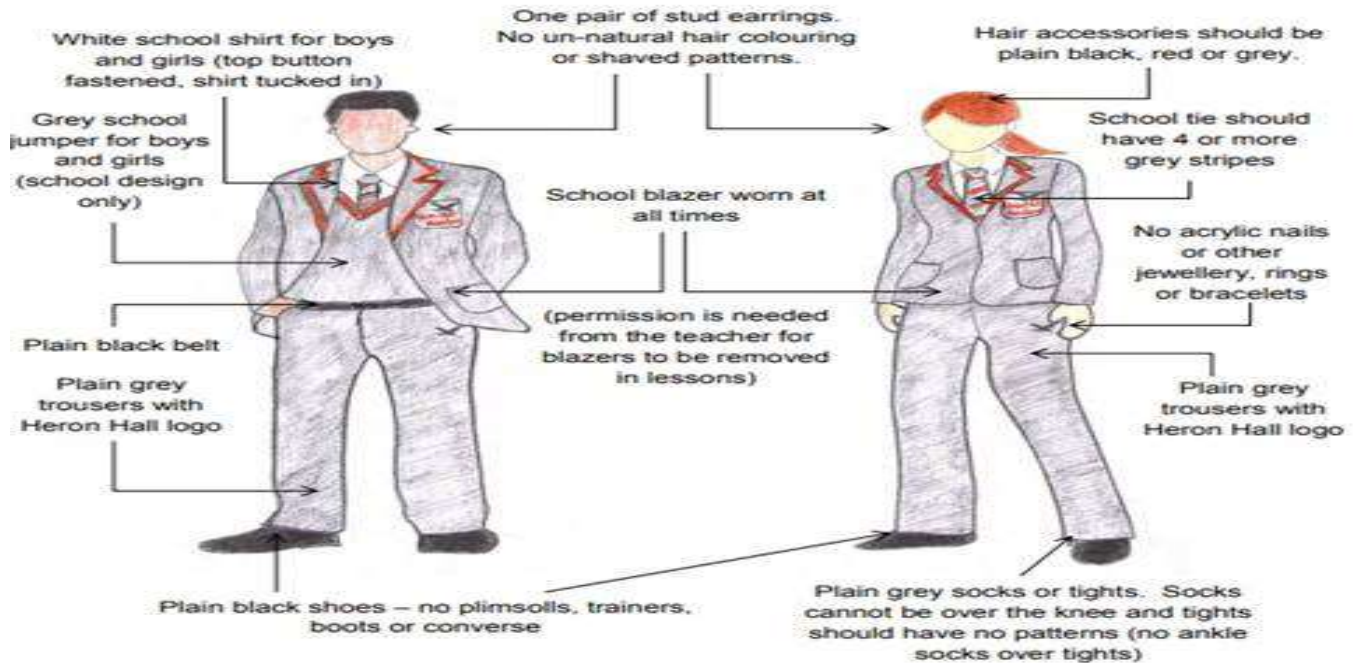


Next time I would like to grow ...

SCHOOL UNIFORM

WEAR YOUR UNIFORM WITH PRIDE!

At Heron Hall Academy we take pride in our uniform and we like our students to look smart and dress appropriately.



School Blazer	School grey blazer with the school logo on the breast pocket
Shirt	Plain white shirt with top button only
Trousers	Plain grey, straight cut, medium width regular fit or pleated.
Tie	A heron Hall tie must be worn at all times at an appropriate length – 4 red/grey stripes long
Skirt	Plain grey or black 'A' line style – no split. Skirt length – on or below the knee.
Jumper	Plain grey - V – neck with red trim
Socks/tights	Plain grey or black socks - No patterns Plain grey, opaque or flesh-coloured tights allowed – No pattern
Footwear	Leather-like flat shoes in black, or grey, no canvas shoes or plimsolls or sandals to be worn.
Coat	Sensible school coat in a dark colour must be worn. No leather or denim jackets. No hoodies allowed at any time. No sweatshirts, tracksuit tops or cardigans.

Where to purchase Heron Hall uniform

Name of Uniform Shop: Smith Schoolwear
Address: 157 -157 Lancaster Road, Enfield, EN2 0JN
Telephone Number: 020 8363 2424
Website: www.smithsschoolwear.co.uk

P.E. KIT

A black short sleeve polo shirt with school logo, black shorts and red and black socks.
Tracksuit (optional), Rain Jacket (optional).



All items of clothing including your PE kit should be clearly named.

You will need 'ASTRO' trainers that are suitable for both hard floor and Astro turf.

Don't forget that there are almost 1000 students here at Heron Hall Academy all with exactly the same kit!

Don't lose yours!

MOBILE PHONES IN SCHOOL

We recognise that you are becoming more independent which means that you may have your own mobile phone. You are responsible not only for the safe keeping of this but also for ensuring it remains in your bag and switched off so is not seen or heard during the school day.

If you are caught using your mobile phone during school hours it will be confiscated and taken to Reception/Student Services where it will be collected by your parent/carer.





Student Planner and Homework

You will be issued with a Student Planner when you join Heron Hall Academy in September. This is an important piece of your daily equipment and must be carried with you every day.

Your planner will have various pieces of information that students and parents need to know:

- Timing of the school day
- Your timetable
- Homework pages
- Pages for notes from parents.



Up until now you will not have had to refer to a timetable. Each student is given an individual timetable which will give you details of which lessons you have, where you have these lessons and when. You will also have different teachers for different lessons too. For example, you will be taught sometimes in special rooms like the workshop for Technology, cooking in the kitchen and Science in the laboratories. This is why it is important that all of this information is carried in your planner with you at all times.

You will also be asked to do some homework after most lessons. When homework is issued by a subject teacher you must write it down in your student planner.

After each piece of homework is complete you must ask your parent/guardian to sign your planner to show that they are happy you have completed your homework on time and to a good standard.

Student planners are checked weekly by your form tutor to see if they have been filled out correctly and signed by your parent/carer.

If you lose your planner you will be expected to purchase a new one – please take care of it.

Draw a picture in the box below of a place where you will sit to do your homework.

There is an expectation that you take pride in your work and that you present your work as neatly as possible. Remember that work should have your name on it, a title and a date. Keep your exercise books tidy and do not scribble or doodle on them. You may refer back to this work for revision later in the year so it is important that you take care of all of your work.



ATTENDANCE AND LATENESS

You should be in school by 8.30am every day. If lessons have already started when you get to school, you must go to Reception instead to sign in.

In order to get the most out of school it is essential that you keep your attendance as high as possible. We aim for students to have as near to 100% attendance as possible and **we reward students who manage this.**



Being on time for school and for lessons is important too, it means minimal disruption to teaching and learning.

How will you ensure you will be at school on time?

A large empty rectangular box with rounded corners and a scroll effect, intended for a student's response. A cartoon clock character is visible on the right side of the box.



If you cannot come to school your parents/carer should telephone school and speak to our Attendance Officer. If the school is not aware of why you are absent they will try to contact your parents/carer to check that you are safe.

WORRIES AND WOBBLES



Everyone who starts at a new school worries about all sorts of things- even new teachers do!

There is always someone to help you. Other students remember what it was like to be the 'new girl or new boy'. Form tutors, teachers, Heads of Year, Heads of Department, new timetables, new classrooms! The list seems huge but before you know it you will feel like you have always been here.



What FIVE questions may you want to ask your form tutor when you arrive at Heron Hall Academy on the first day of the academic year?



Reading Challenge - You just have to read this!

Reading enables us to explore new worlds, new ideas and meet new people without leaving our homes or even the bed or chair we are sitting on.



What have you been reading?



What adventures have the books taken you on?



What is your favourite story?



How would you share your thoughts about your favourite book with a friend or new classmate?



How would you convince them to read it?

Use the format below to convince a friend or new classmate to read your book.

Remember, lots of other people will be trying to influence your friend or classmate on what they should read, so you will have to think very carefully about how you do it and be very convincing.

This book reminds me of *Private Peaceful*, by Michael Morpurgo, because it is set in World War 1.

This book reminds me of *Wonder* by R.J.Palacio because the main character overcomes challenges and is successful in the end.

You've just got to read this book because not only is it the best book I've ever read, but it keeps you guessing right to the end.



The genre of this story is adventure, full of excitement and danger.

You've just got to read this book because it is the funniest book ever written. It had me laughing from beginning to end.

The genre of this story is autobiography and it tells the story of how this person lived and died.

If you haven't found a book to complete the challenge yet, why don't you visit:

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

<https://freekidsbooks.org/reading-level/older-children/>

Read one of these books here OR you can use the short story on the following page to complete the challenge, if you would prefer. |

Treasure

Someone - or something – moved in the darkness.

Tony had been sitting, motionless, for so long under the table, waiting, listening for any sound or any sign that she might be able to move. Now someone (something?) else was moving, which meant she couldn't. It also meant that she was not alone. She was cold now and her arms and legs, which had been bunched up beneath her for what seemed hours, seemed like they would refuse to work, even if she could finally get out from where she had been hiding. She wiggled her fingers experimentally, but she couldn't feel them properly and was unsure whether they were actually wiggling at all and the darkness made it impossible to check. When she could finally leave her hiding place, she had the horrible thought that she would simply fall over as soon as she tried to get up. If she wasn't so terrified, she might have laughed.

How had she ended up like this? What had possessed her to get involved in such a perilous adventure? Why hadn't she just stayed in bed, warm and safe, with functioning limbs and digits? What had she been thinking? The truth was, she hadn't been thinking – well not properly thinking – when Taylor had asked her to join him in what he described as 'the greatest adventure of all time'. And where was Taylor anyway? Was he the someone or something moving in the darkness? Or was he listening to the noise too and wondering who – or what – it was? Wondering if it was her? Or maybe, just maybe, he had escaped. Maybe he was already tucked up in bed. Maybe he had already fallen asleep, warm and safe. But he wouldn't abandon her, would he? He wouldn't leave her behind to get caught, would he? Her mind was beginning to feel as cramped as her body. She couldn't stay here forever.

Eventually she would have to get up from her hiding place and either escape with the treasure or face whatever was out there. Eventually...

Taylor was always leading her astray, into misadventure. Mum was always complaining that he was a bad influence, that he would get her into trouble and, with a degree of foresight Tony had not thought her mother possessed, that one day he would get her into real trouble. And here she was, in real trouble, with no obvious way of getting out.

Taylor was Tony's best friend and had been her best friend since they had met in Year 1, investigating 'mini-beasts' with Ms Granger. Ms Granger had paired them up because Taylor was, in Ms Granger's own words, 'a boy who found mischief even when he wasn't looking for it' and she had thought that Tony, who had a tendency to be quite shy and quiet, would be a good influence on him. In actual fact, the reverse was true and over the last six years, Taylor had found quite enough mischief for both of them.

Now, here she was stuck under a table, in the pitch dark, unable to move, with no sign of Taylor and no sign of a safe exit. She tried to think of other things, like what they would do with the treasure once they were safe; how they would share it out; whether they would keep it all for later or begin to choose the best bits straight away.

And then something moved again, in the darkness, and all she could think about was not moving, not making a sound and not giving herself up. She couldn't imagine what would happen if she got caught.

Taylor had come on holiday with them last year. They – mum, dad, Taylor and Tony – had driven to the seaside, squashed in amongst the bags and luggage, with Samson, the dog, sitting in the footwell next to the brand new beachball that some genius (possibly dad) had decided to inflate before they got there. It was a very long journey, which didn't please Tony and definitely didn't please Taylor, and they had to stop lots of times, which definitely didn't please dad, but, when they got there it had been worth it. They had played for hours on the sand, eaten too much ice-cream and stayed up late, talking about what they were going to do at their new school and how Taylor would 'turn over a new leaf' once they got there. Whilst Tony never doubted his sincerity, she wasn't convinced the leaf would be that easy to turn. And now, here she was, squashed under a table, in the pitch dark, proof positive, that very little had changed.

Abruptly, Tony realised that everything was still, whatever had been moving had stopped moving. Had it fallen asleep? Died of boredom? Left? Or, maybe it had never been there at all? No, she was sure she had heard someone – something - but now she couldn't hear anything. It was totally silent, apart from the gentle hum of some electrical appliance somewhere in the room. Tony screwed up her eyes, pulled the treasure close, mustered all her courage and moved.

She felt heavy and stiff, but even though nearly every part of her ached and the bits that didn't ache were bits she couldn't feel, she was out from under the table, actually moving and, thus far, she hadn't been caught and still had the treasure. She began to tiptoe towards the doorway, footstep by footstep, trying desperately to remember the layout of the room and to avoid walking into something – someone - as she did so. Twice, she hit her toe on something invisible in the darkness and had to stop herself from crying out and giving herself away. She was sure that, at any moment, she would be found out, caught red-handed with the treasure and face all manner of dire consequences. Slowly but surely, she made her way towards the exit and her only means of escape. At least now, she was beginning to warm up and had regained control of her arms and legs again.

Suddenly, as she reached the door, a dog started barking loudly in another room. She froze, the noise was bound to attract attention, someone would come. She would be discovered with the treasure. There would be no way of talking herself out of it. She took a deep breath. Her only chance now was to make a run for it. Anyone who was close would have heard the dog and was bound to come and investigate.

For a moment, she hesitated. Where was Taylor? Could she leave without him? What if he was trapped and she left him behind? No, she had to go, now, before it was too late. And, anyway, Taylor could talk his way out of anything.

She took one last look around, pulled the treasure close to her chest and ran.

She had reached the top of the stairs before she heard the voice. It was the voice she had been dreading and now, on the brink of success, came failure. She stopped and waited, there was no point in trying to hide, there was nowhere to run, she would simply have to take what was coming, she only hoped that Taylor was safe.

The door in front of her opened and light filled the hallway, hurting her eyes, so that she had to scrunch them up to see. And then there she was - Mum - standing in the doorway of the bedroom, looking at her quizzically. Taylor was sitting behind her on the bed, his half of the treasure laid out like a picnic in front of him. "Well, you took your time!" he said, looking up at her as she entered the room and noticing with obvious joy the cake and chocolate she was holding tightly to her. He was wearing the grin he always wore when he felt he had got away with a particularly clever piece of mischief. "Your mum was waiting for me when I came upstairs from the kitchen," he said, continuing to smile, "so I invited her to join our adventure and share the treasure. It looks like there's plenty of food for a midnight party – a proper midnight feast!" He climbed off the bed and relieved her of the large chocolate cake she had held onto so tightly. "Let's eat!"

You've just got to read this book!



Your Book

Title & Author

Main Characters

Key Events

Where does the story takeplace?



**What genre (type)
of book is it?**



**Are there any books
that it reminds you
of/are similar to your
book?**

**Why should someone
read this book?**



BEING PART OF A HAPPY FAMILY



We want our community to be a happy one! At Heron Hall Academy we expect the following behaviour:

- Arrive on time, mind your manners and always be polite
- Treat others as you would expect to be treated yourself
- Do not gossip or bully. This is taken very seriously; it is not acceptable and will be dealt with immediately
- Move around the school quietly and walk on the left side of the corridors
- Listen to your teacher and put your hand up if you have a question
- Write your homework in your planner and hand it in on time
- Smile, it's infectious

Most of all try your best, be happy and enjoy your time at Heron Hall Academy



Our Motto is:

**‘Together We Can Succeed’
and
We STRIVE to do our best**



A PAGE FOR YOUR OWN NOTES





A PAGE FOR YOUR OWN NOTES





Heron Hall

ACADEMY

