



# Welcome to Eastbury Community School

## *A Time of Opportunity*

Name

Fill the star with a drawing or description of something you are proud of or a favourite memory.

What are you looking forward to doing at Eastbury ?  
Think about clubs you would like to join, how your lessons will be taught by subject specialist teachers, and with fantastic facilities and equipment. Learning a new skill, making friends...

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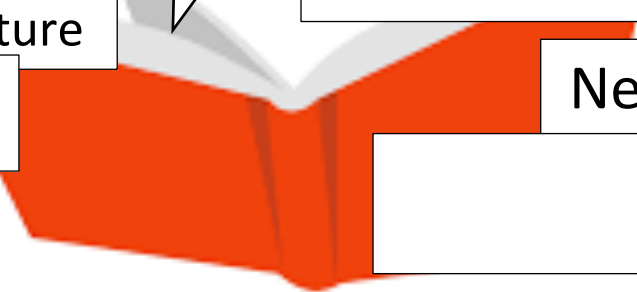
Fill the empty boxes with words and symbols, you link to joining Eastbury School Community.

**Reflection**

Adventure

**New Beginning**

Making Friends.



Hello and welcome from the Transition Team and ALL the staff at Eastbury Community School. We say "Welcome!", because although we are not physically opening the doors to your new school, we invite you to participate in the projects, activities, opportunities and fun that we share with you.

During the transition programme you will meet a variety of staff. You will have the opportunity to learn about, and start making contributions to your new school community, Eastbury.

We do hope you enjoy this Activity Guide. Do try to keep your Activity Guide safe, as It could be good to share with others in the future.

Complete the project on this page by using your imagination and reflection. Express your ideas with descriptions and drawing techniques. Add colour if you can. Have fun.

# All About Me

Colours I like

Favourite Film.

*Hobbies and Interests.*

Dream

Draw/Describe: My Ultimate Favourite Food

Sketch/Describe: Your idea of ADVENTURE.

Countries I have visited and lived. Places I would like to visit/explore.



Favourite music, songs, artists, instruments.

## Retrieval and Reflection (This is Learning to Learn).

Starting with each letter, write down something you are **thankful for**. For example, T could be Time, Talking...  
You can write sentences or words.

You can also decorate this page by creating patterns and doodling.

**T** .....

**H** .....

**A** .....

**N** .....

**K** .....

**F** .....

**U** .....

**L**

### Growth Mindset

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

#### Word Search

Find these words that are associated with Health, Fitness and Sport.

Hydration. Goal. Relax. Exercise. Run. Fruit. Balance. Team.

Skill. Ambition. Win. Train. Achieve. Fit. Strong. Ball. Kit.

Hygiene. Focus. Jump. Fun.

Do you enjoy exercise?.....What type of exercise do you do?.....

Should you exercise every day?.....Why?.....

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E	X	E	R	C	I	S	E	A	R	S
B	A	L	A	N	C	E	F	G	U	T
S	H	Y	D	R	A	T	I	O	N	R
T	E	A	M	F	C	I	T	A	P	O
R	J	S	F	O	H	U	E	L	F	N
A	U	K	U	C	I	R	A	U	I	G
I	M	I	N	U	E	F	M	R	T	B
N	P	L	V	S	V	R	O	W	F	A
N	H	Y	G	I	E	N	E	G	Q	L
R	E	L	A	X	E	L	Z	I	W	L
T	A	M	B	I	T	I	O	N	K	V

# Our World. *A Time Of Opportunity.*

Nature is powerful, remarkable, and surprising. Nature is at the heart of all living things and this is called biodiversity.

Write words that you link with nature.



Draw pictures and make sketches to share your ideas about nature.



## Ocean Atlas Art Project: Coral Reef Creation.

Many people do not realise that coral is, in fact, an animal. A creature of the sea, coral is an essential part of the biodiversity of the ocean. Coral reefs support ALL life in the ocean with a unique quality- *Symbiosis*. Symbiosis benefits both plant and animal life form in the ocean and therefore supports a variety of life cycles. Coral is a fundamental part of a healthy ocean and significantly, Planet Earth, our home.

You are invited to take part in the **Coral Reef Creation** project. If you have access to a computer use this link to access a power point presentation to <https://eastburycomp.fluencycms.co.uk/Transition-Y6-into-Y7-2020> There is also a video link to an underwater sculpture project called Ocean Atlas, in the Bahamas. It is extraordinary and I hope you get a chance to view it.

Just in case you are unable to get online, we have provided a task sheet, to support you so you can still complete the project. **Design and create your own Coral Reef. Share your knowledge, ideas and creativity when creating this coral environment.**

There are a variety of prizes for outstanding effort, creativity, skill, and originality. So, keep your artwork safe, ready to share when you start school at Eastbury in the new academic year. Take a photograph of your finished piece.

**Extension task:** Research coral bleaching and answer these questions. What causes Coral Bleaching? What is the impact of coral bleaching? How does the Ocean Atlas art project support the creation of coral reefs? Is coral important? Why?

We have included paper with this Activity Guide which you could use for this art project, or your own choosing. Have fun being creative and learning about the significance of coral and biodiversity.

## Exercise your mind, Exercise your body.

Regular exercise, every day is essential for a healthy lifestyle. Being at home with social distancing restrictions can make it more challenging to enjoy getting active. Exercise is a great way to boost your mood, so get your self up and get moving. Star jumps are a great way to get started, star jumps offer a full body workout. Put on your favourite music and have a dance, jump around, have fun. You could get active by perfecting a skill or setting a personal challenge. Perhaps focus your attention on completing 10 kick ups, headers, knee ups. Have you ever wanted to do a distance run? (make sure you check with an adult). Exercising with others can be fun so talk to people at home and complete some exercise together.

Year 7, we do hope you enjoy the activities in this guide. Your transition programme starts with your participation with this guide. Make sure you visit <https://eastburycomp.fluencycms.co.uk/Transition-Y6-into-Y7-2020> to see the virtual tour of your new school, meet your Head of Year and Tutor Team. If you have any questions you can contact Mrs Oberholzer on: JPT@eastbury.bardaglea.org.uk.