** **

**Moving on up!**

**There are lots of new things you will need to practise to be ready for high school. Try some of these challenges over the summer holiday.**

**Can you…?**

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| **Challenge**  | **Tick when you can** |
| Remember a parent/carers phone number by heart  |  |
| Tie a tie  |  |
| Iron your shirt  |  |
| Get dressed in your uniform in under 5 minutes  |  |
| Get into and out of your PE kit in under 5 minutes (with all items on the right way round!) |  |
| Check there are labels with your name in your uniform |  |
| Tell the time on an analogue clock  |  |
| Read a bus timetable  |  |
| Write down your home address and postcode  |  |
| Buy something and work out the correct change from £5 |  |
| Tie your shoelaces  |  |
| Set an alarm on a clock or mobile phone  |  |
| Make yourself a healthy packed lunch |  |
| Look at the school website and find out the times of the start and end of the day, break and lunch times  |  |
| Cook a meal for your family  |  |
| Look at the school website and know the names of key staff eg Headteacher or Principal, Form tutor, Head of Year 7 |  |
| If you are going to walk to high school: Can you walk the route safely by yourself? Time yourself doing it, then add at least 5 minutes. What time will you have to leave home to get there on time? |  |
| If you are going to catch a bus to high school: Can you find out what time the bus goes, and from which stop? Can you walk the route safely by yourself? Time yourself doing it, then add at least 5 minutes. What time will you have to leave home to get there on time? |  |
| Attach a document to an email and send it to a parent or teacher |  |
| Make a checklist of the equipment that you will need for school |  |
| Use the checklist to pack your school bag in less than 5 minutes  |  |
| Wear your new school shoes for a day |  |
| Plan or make a “what-if wallet” with your home contact details, bus ticket or emergency money  |  |
| Choose a special object that makes you feel calm and positive, whatever your day brings. Decide where you will keep it in your new uniform or bag. |  |

**You may not be ready to do all of these things by yourself yet.**

**Find out which ones you need to practise and ask the adults at home to help you.**