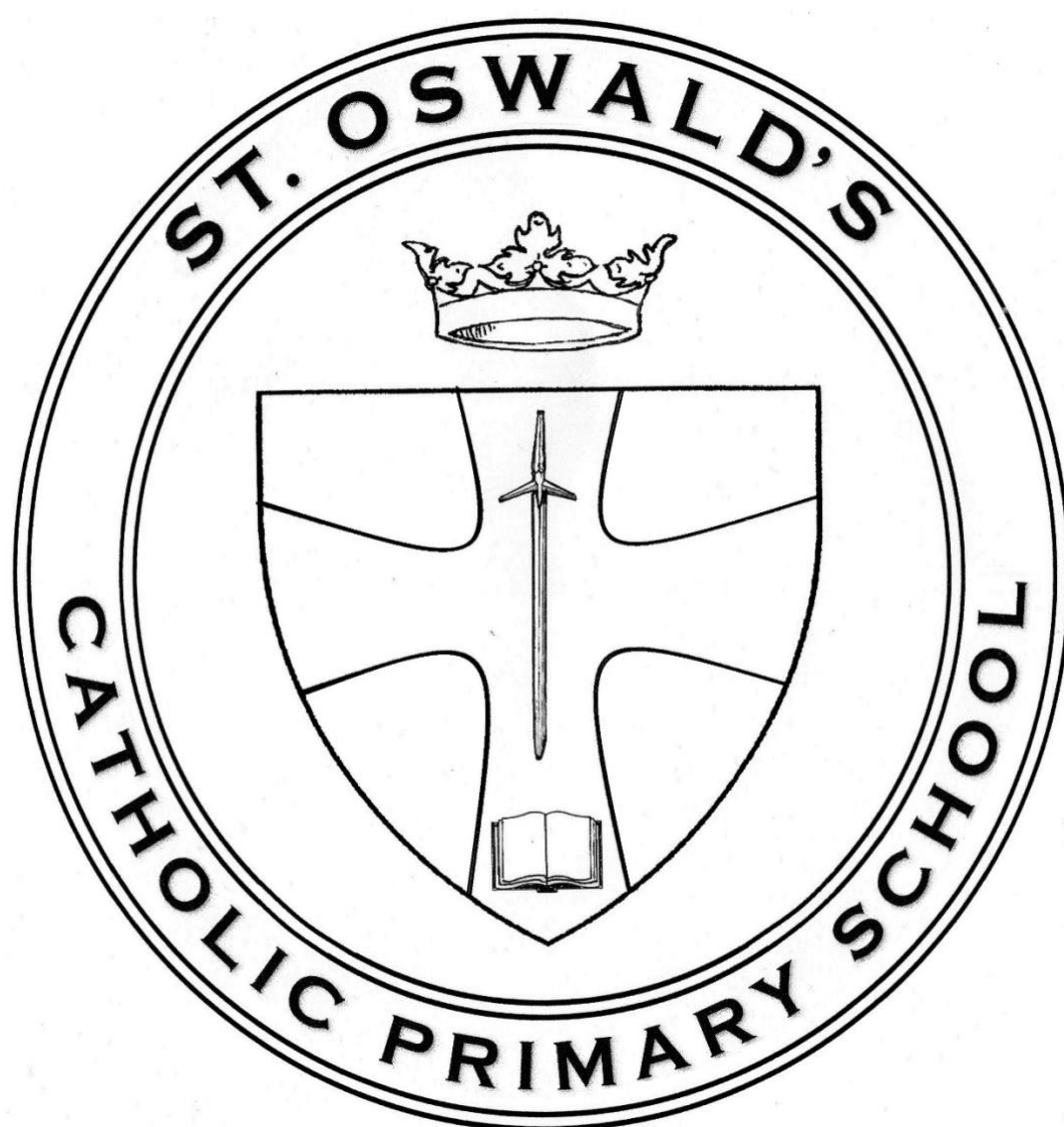


St Oswald's Catholic Primary  
School

Year 4 to Year 5

Transition Booklet 2020



## **Information about me**

**Name:**

**Age:**

**Date of birth:**

**What I'm great at:**

- 
- 
- 
- 

**What I find a little bit difficult:**

- 
- 
- 
- 

**Who and what helps me when I find things difficult:**

- 
- 
- 
- 

### **ALL ABOUT ME:**

- My favourite place is...
- My favourite food is...
- My interests are...
- I don't like ...
- My favourite band/music is...
- My favourite sport is...
- My favourite TV programme is...
- My favourite colour is...
- I like to wear...

Photo or Self portrait



- When I'm an adult, I would most like to be...
- I am looking forward to ...
- I am most relaxed when...

**What does lockdown feel for you right now?**



Not sure



Worried



Happy



Sad

**Draw or write any other feelings here:**

**SOME QUESTIONS TO THINK ABOUT?**

1. WHAT WAS HAPPENING IN SCHOOL AND HOME BEFORE SCHOOL CLOSED?
2. WHY DID SCHOOL CLOSE AND CHANGE?
3. HOW DID YOUR LIFE CHANGE BECAUSE OF COVID-19?
4. WHAT DID CHANGE FEEL LIKE FOR YOU?

5. HOW WILL WE GET BACK TO WHAT IT WAS LIKE BEFORE COVID-19?

6. WHAT WILL SCHOOL LOOK LIKE WHEN WE RETURN?



**WHAT WAS HAPPENING IN SCHOOL AND HOME BEFORE LOCKDOWN?**

**What was school like before COVID 19?:**

➤	_____
➤	_____
➤	_____
➤	_____

**Before my school closed because of COVID-19, there were some things I may have been looking forward to or not looking forward to:**

- |  |  |
|--|--|
| <input type="checkbox"/> School trip       | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| <input type="checkbox"/> Sports day        | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| <input type="checkbox"/> Easter activities | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| <input type="checkbox"/> School disco      | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| <input type="checkbox"/> Afterschool clubs | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |
| <input type="checkbox"/> Other: _____      | 😊 <input type="checkbox"/> - 😞 <input type="checkbox"/> (Which one are you?) |

## What was I looking forward to?

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

## WHY DID SCHOOL CLOSE AND WHY HAS IT CHANGED?

School closed until scientists could find out more about COVID-19 to keep us safe. To keep us safe until scientists could find out more about COVID-19, the government thought it was a good idea to close schools. This meant a lot of change would happen. The things that you did before schools closed because of COVID-19 may have changed a lot and it can be confusing. COVID-19 is a virus that can make you feel unwell, a bit like having a cold or the flu. Coronavirus can give you:



A fever



A cough



Feel tired



If you do have a fever, a cough or feel tired, it does **not** mean you definitely have COVID-19. It can mean that you have a common cold that we can get every year. Only the doctor can tell you if you have had or have COVID-19. They can tell you if you have had or have COVID-19 by giving you a test. If you do have COVID-19, the doctor will tell you how to look after yourself so that you can get better.



Scientists tell us that COVID-19 jump from one person to another when they are standing close to each other.

In order to keep everybody safe, very clever scientists have decided that we should keep a distance from other people for a little while so that COVID-19 can't spread from one person to another and to let the people who are unwell to get better.

Scientists and doctors will make sure it is safe for you before you go back to school. When the scientist tell you that it is safe to go back to school, they will give us rules to follow to keep us safe. Once back in school you will be able to see all the teachers and your friends again and there may be other rules to follow that the teacher will tell you about.



## **HOW HAS YOUR LIFE CHANGED?**

### **Some of the things I've missed are:**

- Shopping with my family
- Going to the park
- Going to the playground
- Visiting friends
- Other: \_\_\_\_\_

### **Some of the things I may not be looking forward to doing again are:**

- Playtime
- Seeing friends again
- Doing school work
- Leaving the house
- Travelling to school
- Leaving my grown ups
- Getting in my uniform again – washing etc.
- Eating lunch in school
- Using the bathroom in school
- The noise in school
- The smells in school
- Other \_\_\_\_\_

In September, my class and I will be moving to Year 5. My new classroom is 5AB.



**My New Classroom.**



Mrs Black will be my new teacher. I know Mrs Black because I see her on the yard and around the school. She is looking forward to having me and my friends in her class after the long summer.

## This is Mrs Black



What may you be worrying about? What are you happy about next year?

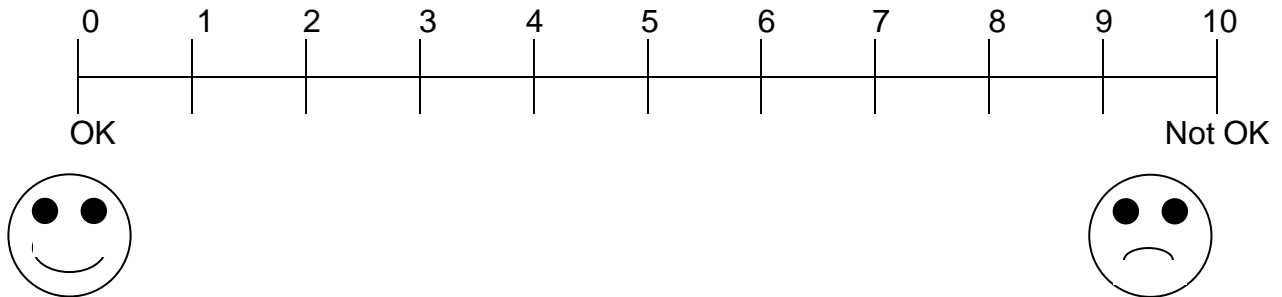
List these below:

WORRIES	HAPPY



## **A solution-focused approach**

Think about something that worries you about moving to Year 5



What is the worry?

On the scale of 0 to 10 how worried are you?

Think of a time when you have been worried before.

What helped you move down the scale that time?

Where on the scale would you like to feel in a month, 6 months and in a year?

What would help you move one point nearer?

What will have changed so you know you are less worried?

## **WHEN WE ARE BACK TO SCHOOL**

### **Asking for help**

There are many people who could help you, but they won't know that you need help unless you tell them.

**Friends** Ask friends if you don't know what to do. You can ask them what the homework was if you are not certain. They can also help to work out new situations.

**Teachers** Ask your teachers if you don't know what to do in class or for homework. They will also be able to help you if you have forgotten something or don't know what to do.

**People at home** People at home will be able to help you plan and organise your equipment and homework. They will want to know if you have any problems. They will be able to help you work out the best person to ask if you have problems with work.

### **HOW DO WE GO BACK TO THE WAY IT WAS BEFORE?**

This is a tricky question as this may look different for everyone. When exploring the changes you can use the following four steps to help you.

- **COMMUNICATE** – if you are unsure ask someone you trust, family members, teachers or friends. This can be through telephone, email or drawing.
- **LISTEN** – listen when you are ready
- **THINK** - think about the information.
- **DECIDE** – think about what is being asked, decide whether you would feel comfortable in doing this if you don't start the cycle again communicate your feelings!

### **BACK TO SCHOOL**

When we can return back to school after the COVID-19 lockdown, we can begin to do more activities such as going back to school, the shops, parks and cafes for example. We may be able to see more people, family members, teachers and friends too. This can mean we may see some of our family and friends that we have not seen for some time. We may have spoken to some of them on the phone or seen them on video, but not physically. Seeing them physically for the first time again may feel scary. It may feel scary because you can see the body as well as their face. They may have a higher tone voice because they are excited to see you. They may want to hug you or smile more than they used to because they are so happy to see you in person. Some people may cry because they are so happy to see you. Some people may say they are scared when they see you because they have been in lockdown because of the COVID-19 for many weeks it feels strange to see you. Others may say they are scared because they do not know if the COVID-19 has really gone.

**What would I be scared about?**

➤ _____
➤ _____
➤ _____
➤ _____
➤ _____

It is very important to know that when we come out of COVID-19 lockdown, the scientists will think it is safe to do so. When we come out of COVID-19 lockdown, the scientists will give us some rules to follow to keep us safe.

### RULES MAY INCLUDE:

#### **KEEP YOUR DISTANCE:**

We still might have to keep our distance. This means staying 2 metres apart as it is recommended now for social distancing. However, this may change and the scientists will tell us when it does. When the scientists tell us what distance we need to keep from someone else, your parents and teachers will tell you and show you.

At the moment the distance we need to keep from each other is:

← 2 metres is like two shopping trolleys in this gap →



The

advice on social distancing measures applies to everyone.

You may not be able to hug or touch other people.

People should be reminded to wash their hands for 20 seconds and more frequently than normal.

#### **WASHING HANDS**



This is helpful so that you don't spread the virus to anyone else but washing your hands too much may hurt your hands. So you only wash your hands when you need to such as when you have been outside and come back inside the house, when you have been to the toilet, if you touch something that lots of other people touch. While outdoors, you don't know if everyone

else is washing their hands as much as you so instead of being afraid of this you can use hand gel when you are out or try not to touch your face with your hands until you can wash them. This can keep you safe.



- If you blow your nose, do it in a tissue and put the tissue in the bin. Then, wash your hand or use hand gel.
- If you cough, do it into a tissue or your sleeve.



## Friendship skills

### Vocabulary practice

Choose the right word to match the definitions.

advocate	disagree	trust	respect	empathy	confidential
compliment	advice	command	secret	support	apologise

1. \_\_\_\_\_ an opinion or recommendation you make about what someone should do
2. \_\_\_\_\_ to say you're sorry for something you said or did
3. \_\_\_\_\_ private or secret
4. \_\_\_\_\_ someone who defends and supports you
5. \_\_\_\_\_ to have a different opinion from someone
6. \_\_\_\_\_ to say something nice about someone
7. \_\_\_\_\_ information that's not meant to be shared with others
8. \_\_\_\_\_ to stand behind or encourage others
9. \_\_\_\_\_ understanding what someone feels
10. \_\_\_\_\_ to rely or have confidence in someone

11. \_\_\_\_\_ to hold someone in high esteem

12. \_\_\_\_\_ a direct order to do something

### **How to be a friend**

Here are some positive things friends do for each other to keep their friendship strong.

- **Empathise.** Put yourself in your friend's situation to understand what they're going through.
- **Support.** You can show your support for your friends by just listening when they want to share.
- **Compliment.** Everyone likes to receive a compliment. Compliment your friend on a new hairstyle, a great score on a test, a smooth football move. Be specific and keep it simple. Choose the right moment to give the compliment.
- **Respect privacy.** Sharing secrets is a fun part of a friendship. It's hard to regain your friend's trust if you tell secrets you weren't supposed to share.

When you wonder if you are being a good friend, ask yourself this question:

**Am I treating my friend like I want my friend to treat me?**

**CONGRATULATIONS!**



