

# Transition Newsletter

Issue 3: **18 May 2020**

Hello and welcome to Issue 3 of the Transition Newsletter. We hope that you were able to work out the Maths questions without having to look at the answers. This week, we have a new INVOLVE club to tell you about, as well as an exciting PE challenge for you to have a go at.

Don't forget to keep checking the school website for up-to-date information and useful resources relating to transition from Primary. We will soon be adding a Q&A section, where you can submit any questions you may have for students or staff – stay tuned for that!

## Thought of the week:

### Will I lose my old friends?

I'm sure that many of you will have been wondering whether or not you will lose contact with your old friends from primary school. Here's a video that helps you consider how you can keep your friendships going once you get to secondary school, click [here](#).

#### Top Tips

- Keep in touch and make sure you see each other outside of school time
- Don't let other commitments or new friends get in the way of making time for your old friends
- Introduce your new friends to your old friends
- Don't worry about not being as close or seeing them as regularly, a good friendship can be picked up at any time

## Values at TASB - Respect

The third of our core values is **respect**. Respect is quite a hard word to define, but often means that you deeply admire someone because of their character or actions, or that you follow the wishes or rights of others. Examples of this might include respecting the curfew that your parents have set, or respecting Cristiano Ronaldo because he is a fantastic football player.

#### Reflection questions:

- How do you show respect in your life?
- Do you think respect is given or earned?

## Meet a member of staff

### Miss Bailey

Hello Year 6! I can't wait to meet you and get to know you all, as you embark on such an exciting new chapter of your life here at Trinity Academy Sowerby Bridge. I would normally be coming out to meet some of you at your primary school and answer all your questions about life in secondary school. As we don't have that opportunity, I thought I would tell you a little about myself and my main role in school. I am here to ensure you are **safe, happy and well**, by focusing on the Safeguarding and Wellbeing of all our students. I work alongside other staff to make sure you always have someone in school you can talk to about any worries you may have. My office is a safe space, where the door is always open, to support you in any capacity needed. For now, take care and stay safe.

**Miss Bailey**



## INVOLVE - Club of the week!

### Welcome to Football Club!

Last year our Year 7 football team came out on top of the Calderdale Secondary School Football League! With Mr Traynor as your coach, you can train and play football at any level of ability. Because it is so popular, football takes place on Wednesdays and Thursdays and is open to both boys and girls. You could become the next football superstar who keeps TASB at the top of the league, or just have fun with your friends!

**Miss Bartlett**



# Subject Challenge

## PE

PE is one of the core subjects which you will take part in throughout your school life at Trinity Academy Sowerby Bridge. To be a Trinity athlete and lead a healthy lifestyle, you need be fit and active!

Here is a list of different exercises for you to try at home. The work out is called BLAME YOUR NAME. To take part, all you need to do is spell your first name by completing the different exercises according to the letters in your name.

### Challenges

- Bronze Challenge:** First name  
**Silver Challenge:** First and Last Name  
**Gold Challenge:** First, Middle, Last Name.

Challenge another member of your family to see who can complete it in the quickest time.

**BLAME YOUR NAME**  
YOUR FULL NAME SPELLS YOUR WORKOUT

<b>A</b> 20 Press Ups	<b>J</b> 20 Walking Lunges	<b>S</b> 45 Seconds Plank
<b>B</b> 30 Seconds Mountain Climbers	<b>K</b> 45 Seconds Burpees	<b>T</b> 40 Pulse Squats
<b>C</b> 30 Jump Squats	<b>L</b> 20 Tricep Dips	<b>U</b> 30 Jump Squats
<b>D</b> 25 Split Squats Each Leg	<b>M</b> 40 Pulse Squats	<b>V</b> 25x Split Squats
<b>E</b> 40 Pulse Squats	<b>N</b> 25x Split Squats Each Leg	<b>W</b> 30 Second Sprint On Spot
<b>F</b> 60 Seconds Run On Spot	<b>O</b> 45 Seconds Jumping Jacks	<b>X</b> 60 Seconds High Knees
<b>G</b> 60 Seconds High Knees	<b>P</b> 30 Seconds Flutter Kicks	<b>Y</b> 20 Reverse Lunge each leg
<b>H</b> 45 Seconds Plank	<b>Q</b> 30 Seconds Full Sit Ups	<b>Z</b> 35 Press Ups
<b>I</b> 30 Wall Press	<b>R</b> 25 Glute Bridges	

LIVE LIKE LOUISE

## Information about TASB

### What subjects will I study in Year 7?

When you arrive at Trinity Academy Sowerby Bridge, you will study a range of subjects, including:

English	Maths	Science
Geography	RS	History
PE	French	ICT
Art	Drama	Music
Technology – Food/Textiles/Resistant Materials		

Which subjects are you most looking forward to?

## Contact Us

Additional resources are available on the school website, click [here](#).

Have any questions?  
Please feel free to contact us.

**Email:** [TASB-transition@sowerby.trinitymat.org](mailto:TASB-transition@sowerby.trinitymat.org)

**Web:** [www.sowerby.trinitymat.org](http://www.sowerby.trinitymat.org)