Transition Pack



We are all really looking forward to meeting you!

Your class is _____

We will give you a copy of your timetable to take home 😊

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Meet the staff - Tick when you have met the staff 😊

Head Teacher: Mr Brown

Deputy Head Teacher:

SENCO: Mrs Holmes

Administrator: Miss Carruthers

Administrator Apprentice: Miss Corcoran

Inclusion Manager: Miss Daily

SEN Teacher: Miss Hattersley

SEN Teacher: Mr Davies

SEN Teacher: Mr Sangra

SEN Teacher: Miss Dobek

SEN Teacher: Mr Caldicott

SEN Teacher: Miss Bishop

SEN Teacher: Mr Flanagan

SEN Teacher: Miss Shoulder

SEN Teacher: Miss Renaud

SEN Teacher:

SEN Teacher:

SEN Teacher: Miss Cooper

Tutor: Miss Neumegen

Tutor/ELSA: Miss Khan (Price Instructor)

TA: Miss Orr

TA: Miss Woodhouse

TA: Miss Hodgson

TA: Mr Smith

`

TA: Miss McCracken

TA: Miss Hope

TA: Miss Thompson (Maternity)

TA: Mr Kanan

TA: Miss Fatima

TA: Miss Whitehead

TA: Mr Kilburn (PRICE Instructor)

TA: Mrs Turner

TA: Miss Royal

TA: Miss Briggs

TA: Miss Johnston

TA: Mrs Sahota

TA: Mr Gascoigne

TA: Miss Craig

TA: Mr Coate

TA: Mr Boiten

TA: Vickers

Caretaker: Mr Coston

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About Me

Completing this transition book will help you think about what kind of support you might need at your new school.

It will help staff at your new school to understand what they need to do to support you.

You can personalise this book with colours, pictures, and drawings if you like.

Name: _____

Birthday: _____

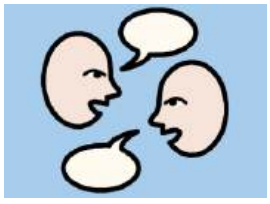
Do you want to be added to the birthday poster in the classroom? **Yes / No**

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My last School was called: _____

Draw a picture or add a photo of yourself here:

Telling the staff about what other young people are doing



You **must** tell a staff member if another young person is hurting you, upsetting you or doing something dangerous.

You do not need to tell if another young person is being silly.

Remember: Staff will make sure that the school rules are followed.

Activity: Can you highlight on this list some things that you should tell the staff members about?

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- Somone is not wearing the right uniform
- Someone is saying hurtful things about how someone looks, their race, sexuality, gender or disability
- Taking food from someone
- Whispering in class
- Scribbling over some else books
- Shouting in the corridor
- Calling someone a horrible name
- Calling someone a funny name
- Hitting, kicking, head-butting or biting someone
- Threatening someone
- Telling rude jokes

Making Friends



Moving to a new School is a great time to make new friends. Some people are good at this; other people find it much harder.

Remember, all new people will be feeling nervous – even the staff!

Here are some top tips for making new friends.

- Smile and say hello

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- Tell them your name and ask who they are
- Ask where they are from
- Ask them what they like
- Tell them what you like
- Try to find something you both like – like computers
- Ask them about who they live with
- Tell them about yourself

Activity: Can you think of any other ways that might help you make new friends?

Bullying



Bullying is against school rules!

Staff hate bullying and work hard to stop it.

Bullying does not happen very often; staff will always work with the bully to make sure it does not happen again.

If you are not sure if you are being bullied speak to a member of staff or someone you live with to help you.

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There are things you can do to help keep yourself safe from bullies:

- Always talk to a member of staff
- Make sure you know where members of staff are
- Tell a member of staff if you are worried about being in the toilets or changing rooms
- Walk away from people who are saying or doing things that you don't like
- Remember bullies are not in charge and that adults are more powerful than bullies

What is Bullying?



Bullying is when someone deliberately does something to another person which they know will upset them.

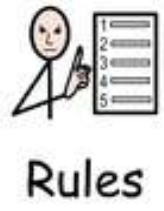
Activity: Can you highlight on this list some things which are done deliberately to upset someone?

- Taking someone's money and not giving it back
- Accidentally bumping into someone

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- Telling other people that someone fancies someone else
- Hitting, nipping, kicking or scratching
- Verbal abuse about how someone looks
- Disagreeing about someone's favourite music
- Having a different opinion
- Making someone break the rules on purpose

School Rules



Our classes only have 6 young people in, however there will be lots of young people and staff in the school. When lots of people work together in the same place, we must have some rules. The rules are there to help everyone feel safe and happy.

Our School Vision

To provide a learning environment where young people can thrive, feel supported, safe and are then able to leave school

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happy with relevant experiences and outcomes to enable them to contribute to the wider community.

Our main goal in education is to help young people to reach their full potential. At Polaris we recognise the importance of specialist education and support for young people who need a tailored approach to learning.

Ormston School values

- Integrity
- Inclusive
- Teamwork
- Celebration
- Respect
- Ormston School Vision

You can look at our display to learn about our values; Teachers will also help you understand what they mean.



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Inclusive



Accepting, understanding and catering for young people's differences and diversity, whether that is physical, cognitive, academic, social or emotional.

- Understand that we are all different
- Be accepting of all race, religion, belief, gender and sexuality
- Work towards awards for schools including 'The Rainbow Award'

Teamwork



Work together to successfully complete tasks. Be able to create a positive atmosphere recognising the strength and skills that each person bring.

- Be aware of personal space and items
- Help each other
- Develop positive relationships between each other and adults

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Celebration



Acknowledge a significant or happy day, moment or event. Celebrate working hard and learning.

- Enjoy Golden Time which is provided every day (Understand when this may be used as reflection time)
- Give and receive positive comments and feedback
- Take part in visitor events and trips
- Celebrate 'work of the week'

Respect



Thinking about the thoughts, feelings, wishes and rights of others.

- Treat each other with dignity and respect
- Listen to each other's points of view, recognising that we may have disagreements
- Keep conversation on topic
- Have kind hands and feet, be aware of personal space
- Use kind and appropriate language
- When things go wrong, don't let it spoil things moving forward, be able to take part in restoratives

Other things to know



We do not allow mobile phones in school – these must be locked away in the cupboard in reception when you arrive.

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You will be collected from your car/taxi/transport by your class TA.



We are always here to listen.

Times of the day - Brahm

Brahm Times

Monday - Thursday

Breakfast Club & Tutor Time	08:45 – 09:15
Reading	09:15 – 09:35
Lesson 1	09:35 – 10:20
Lesson 2	10:20 – 11:05
Break Time	11:05 – 11:25
Interventions	11:25 – 11:50
Lesson 3	11:50 – 12:15
Lunch	12:15 – 12:35
Activity	12:35 – 12:55
Lesson 4	12:55 – 13:40
Lesson 5	13:40 – 14:25
Personal Development & Tutor Time	14:25 – 15:05

Brahm Times

Friday

Breakfast Club & Tutor Time	08:45 – 09:15
Reading	09:15 – 09:35
Lesson 1	09:35 – 10:20
Lesson 2	10:20 – 11:05
Break Time	11:05 – 11:25
Interventions	11:25 – 11:50
Lesson 3	11:50 – 12:15
Lunch	12:15 – 12:35
Activity	12:35 – 12:55
Lesson 4	12:55 – 13:40
Personal Development & Tutor Time	13:40 – 14:15

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Times of the day - Moorfield

Moorfield Times

Monday - Thursday

Breakfast Club & Tutor Time	08:45 – 09:15
Reading	09:15 – 09:35
Lesson 1	09:35 – 10:20
Lesson 2	10:20 – 11:05
Interventions	11:05 – 11:30
Break Time	11:30 – 11:50
Lesson 3	11:50 – 12:15
Activity	12:15 – 12:35
Lunch	12:35 – 12:55
Lesson 4	12:55 – 13:40
Lesson 5	13:40 – 14:25
Personal Development & Tutor Time	14:25 – 15:05

Moorfield Times

Friday

Breakfast Club & Tutor Time	08:45 – 09:15
Reading	09:15 – 09:35
Lesson 1	09:35 – 10:20
Lesson 2	10:20 – 11:05
Interventions	11:05 – 11:30
Break Time	11:30 – 11:50
Lesson 3	11:50 – 12:15
Activity	12:15 – 12:35
Lunch	12:35 – 12:55
Lesson 4	12:55 – 13:40
Personal Development & Tutor Time	13:40 – 14:15

Different areas of Moorfield

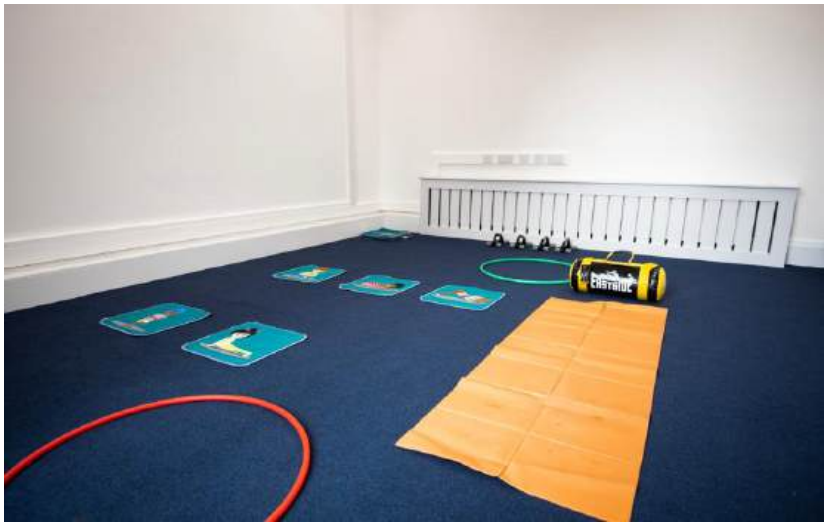




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Noise Academy - Thursday

Noise Academy DJ sessions

Noise Academy DJ sessions

Day: Thursday

Location: Moorfield IT Suite

Time	Class	Individual
09:15 – 09:35	Snowy Owl / Burrowing Owl	
09:35 – 09:55	Snowy Owl / Burrowing Owl	
09:55 – 10:10	Open Taster Session	
10:10 – 10:30	Barn Owl / Little Owl	
10:30 – 10:50	Barn Owl / Little Owl	
10:50 – 11:05	Open Taster Session	
11:05 – 11:25		
11:25 – 11:45	Hooting Owl / Tawny Owl	
11:45 - 12:05	Tawny Owl	
12:05 – 12:25	Red Owl / Hawk Owl	
12:25 – 12:45	Red Owl / Hawk Owl	

Do you have any hobbies / interests you would like to include for future personal development Times?

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First Aid Staff

Mr Brown

Mr Caldicott

Mrs Turner

Miss Hattersley

Mrs Briggs

Mr Smith

Miss Daily

Mrs Sahota

Mr Kilburn

Miss Carruthers

Miss Craig

Mrs Fatima

Mr Kanan

Miss Hope

Miss Johnston

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Ormston school

Worried about something?

Talk to your Safeguarding Team





Mr Brown



Miss Holmes



Miss Daily

polaris

ChildLine 0800 1111

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Zones of Regulation

"Zones of Regulation" is like a special colour map that helps you understand your feelings by placing them into four different zones so you can learn how to manage your emotions.

- **Blue Zone (Low Energy):**

Think of feeling sleepy, bored, or not wanting to do anything, like when you just woke up

- **Green Zone (Just Right):**

This is the best zone to be in for learning and playing, where you feel happy and calm

- **Yellow Zone (Caution):**

When you start feeling a little excited, frustrated, or nervous, like when waiting for a surprise.

- **Red Zone (Stop):**

This is when big feelings like anger or panic take over, and it's important to take a break.

How to use Zones of Regulation:

- **Identify your zone:** When you feel a certain way, think about which colour zone you are in.
- **Learn coping strategies:** Each zone has different ways to help you feel better, like taking deep breaths in the Yellow Zone or taking a quiet break in the Red Zone.
- **Talk to a trusted adult:** If you're struggling to manage your feelings, talk to a parent, teacher or TA about which zone you're in and how they can help

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Zones of Regulation

Blue	Green	Yellow	Red
 Low	 Happy	 Wobbly	 Angry
Sad Sick Tired Bored Moving slowly	Happy Calm Okay Focused Ready to learn	Frustrated Worried Silly Excited Some control	Mad Angry Terrified Yelling/Hitting Out of control

Can you think of some things that help you when you are in each zone?

Blue	Green	Yellow	Red
 Low	 Happy	 Wobbly	 Angry

`

Reading

At Ormston School we read every day – sometimes without you even knowing! Accelerated Reader (AR) is a special computer program that helps you pick books at your reading level, read them at your own pace, and then take a short quiz to show how well you understood what you read; it's like a fun way to track your reading progress and choose books that are just right for you!.





Brahm Building Library



Moorfield Building Library

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Sensory

A sensory room for is a space that provides you with various resources which can include lights, sounds, textures, and movement to help you regulate your senses. It provides you a space to explore different sensory inputs in a safe setting, this can help with relaxation and self-regulation.







We have a self-service station over in Brahm building so you can try different things which includes Sensory Mats, Body Socks and Fidget Toys. You will also find other things in school like trampolines, dark tents, spinning chairs and sensory circuits.

Breakfast and Lunch

Our canteen area is used for Breakfast and Lunch, and we have a separate lunch time for Brahm building and Moorfield building.

We enjoy sitting with you and eating our lunch however if you wish to eat in your own space, please just let us know 😊

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Brahm Building Canteen



Moorfield Building Canteen

What do I need to do now?

It would be helpful if you could answer the following questions so we can make sure you feel safe and happy.

`

ALL
about me

Things that might overwhelm me

(for example: bright lights, sounds, smells, textures)

AUSOME
passport

How you can help me if I'm overwhelmed

(for example: give me space, call my parents, give me my favourite thing, remind me to breathe)



ALL
about me

These sort of things make me feel calm

(for example: toys, activities, songs, movement)



AUSOME
passport

These are my favourite things

(for example: toys, hobbies, games, books, TV shows)

`

ALL
about me

AUSOME
passport

Here's how to explain things to me:

(for example: show me, give short instructions, write down instructions, make a drawing, let me try to understand on my own)

Please help me with...

(for example: joining the group, cutting paper, putting on my jacket, organising my stuff, saying no)

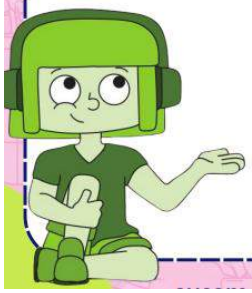


ALL
about me

AUSOME
passport

I'm often sensitive to things around me:

(for example: tags, lights, colours, noise, clothing)



I'm sensitive to things people do & say:

(for example: certain topics, meeting new people, group activities, instructions I don't understand)

AUsome
Training

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ALL
about me

I can get anxious when...

(for example: things don't go to plan, things aren't fair, I don't know where things are)

AUSOME
passport

When learning new things I struggle with

(for example: reading, reading in front of others, numbers, game rules, movements)



AUsome
Training

ausometraining.com

ALL
about me

Here's how you can help me concentrate

(for example: give me a stim toy, give me a break, let me doodle, tell me a story)



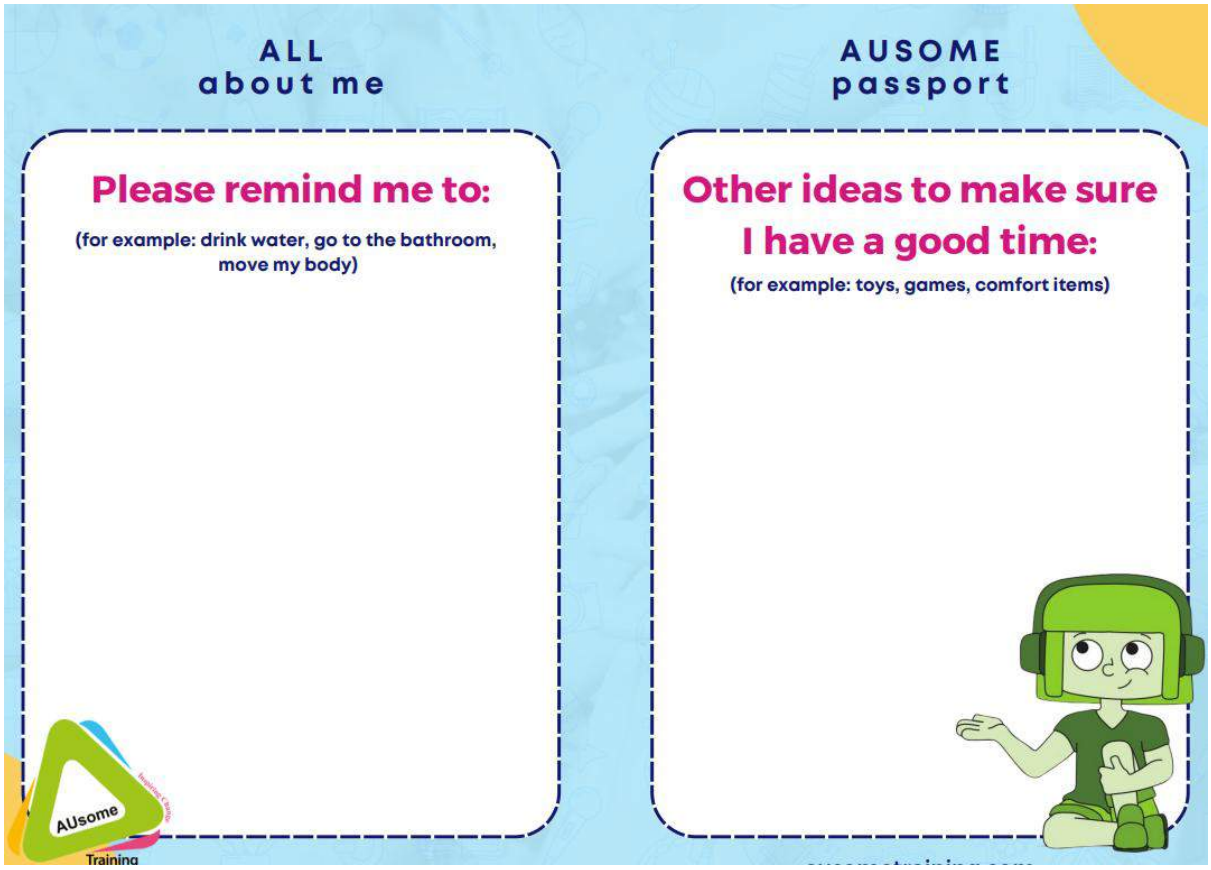
AUSOME
passport

If I need a break you will know because:

(for example: I move around, I rub my eyes, I cry)

AUsome
Training

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What are you worried about?

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- You will be thinking about your new school
- You may be worried
- Please answer the following questions by ringing the number which shows how you feel.
- Putting a circle round Number **1** means you are not worried at all. Number **4** means you are very worried.
- _____ will help you fill in this form.

1.	Being bullied	1	2	3	4
2.	Getting lost	1	2	3	4
3.	Making friends	1	2	3	4
4.	Getting detention or 'punishments'	1	2	3	4
5.	Having a lot of different teachers	1	2	3	4
6.	Finding classwork too difficult	1	2	3	4
7.	Homework.	1	2	3	4
8.	Doing PE	1	2	3	4
9.	Changing and showering	1	2	3	4
10.	Being late for school	1	2	3	4
11.	Being late for lessons	1	2	3	4
12.	Having your money stolen	1	2	3	4
13.	Having other property stolen	1	2	3	4
14.	Break time / lunchtime	1	2	3	4
15.	Doing tests and exams	1	2	3	4
16.	Forgetting books or equipment	1	2	3	4

Do you have any questions?

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question