

Transition Newsletter



Issue 3

Hello and welcome to issue 3 of the Transition Newsletter. We hope that you were able to figure out the Maths questions without having to look at the answers.

Don't forget to keep checking the school website for up-to-date information and useful resources relating to transition from Primary!

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 pick up at any time

Meet a member of staff

Ms Stothers

Hello Year 6! I am very excited to meet you all over the next few weeks, to make sure that you feel confident and ready to start your journey with us at Trinity Academy Grammar in September.

There are a whole host of fun and exciting opportunities awaiting you at Trinity Academy Grammar, including our extra-curricular programme (which we call INVOLVE), the graduation programme that you will start in Year 7, as well as a fantastic broad and balanced curriculum of interesting lessons.

I really look forward to meeting you all on our transition day, which will be taking place on **Friday 7 July 2023**.

Don't forget to register for your place by following the link on the email which has been sent out!



Values at TAG - 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 consider 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?

Transition Day

Our transition day will be on Friday 7 July 2023. Please don't forget to register for your place by following the link in the email, which you should have received separately.

Student Q&A

Q: How do you get food at lunchtime?

A: You use your fingerprint to pay for your food. Your fingerprint is linked to your My Child At School account which can be topped up online.

Subject Challenge

PE

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

Here is a list of different exercises for you to try at home. The workout 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

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

LIVE LIKE LOUISE

Information about TAG

What subjects will I Study in Year 7?

When you arrive at Trinity Academy Grammar, 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: TAG-transition@grammar.trinitymat.org

Telephone: 01422 831 011

Web: <https://grammar.trinitymat.org/>