



Getting To Know You



Welcome from our Headteacher

We are absolutely delighted that you will soon be joining Bolder.

As you approach the next stage of your schooling, we want to make the transition as easy for you as possible. We will be arranging a variety of activities so that you can get to know us and we can get to know you too.

As a starting point, we thought that it would be really helpful to share this booklet with you. The aim of it is to enable:

- 1. You to share things about how wonderful you are – we know every child has something to celebrate!**
- 2. You to share what you may be a little anxious about or concerned about as you move up to secondary school (you will not be alone).**
- 3. Us to provide you with some information about what to expect when you come up to Bolder Academy for the first time.**

We would love it if you could spend the next few weeks completing the activities in this booklet.

We can't wait to meet you.

**Ms Swidenbank
Headteacher**



Welcome to the Bolder family!

We love to celebrate all of our students and recognise how special they are. We would like to get to know you a bit better: your passions, strengths and interests.



Imagine your life so far as a film. You are the main star! Design the poster advertising your film. The poster should tell the viewer your strengths, talents and skills...

Would You Rather...?



**Complete the sentences below to tell us a little more about you.
Remember to explain your choice!**

Would you rather...

**be the worst player on a team that always wins
or the best player on a team that always loses?**



I would rather _____ because _____

Would you rather...

**be the fastest person in the world,
or have the ability to freeze time?**



I would rather _____ because _____

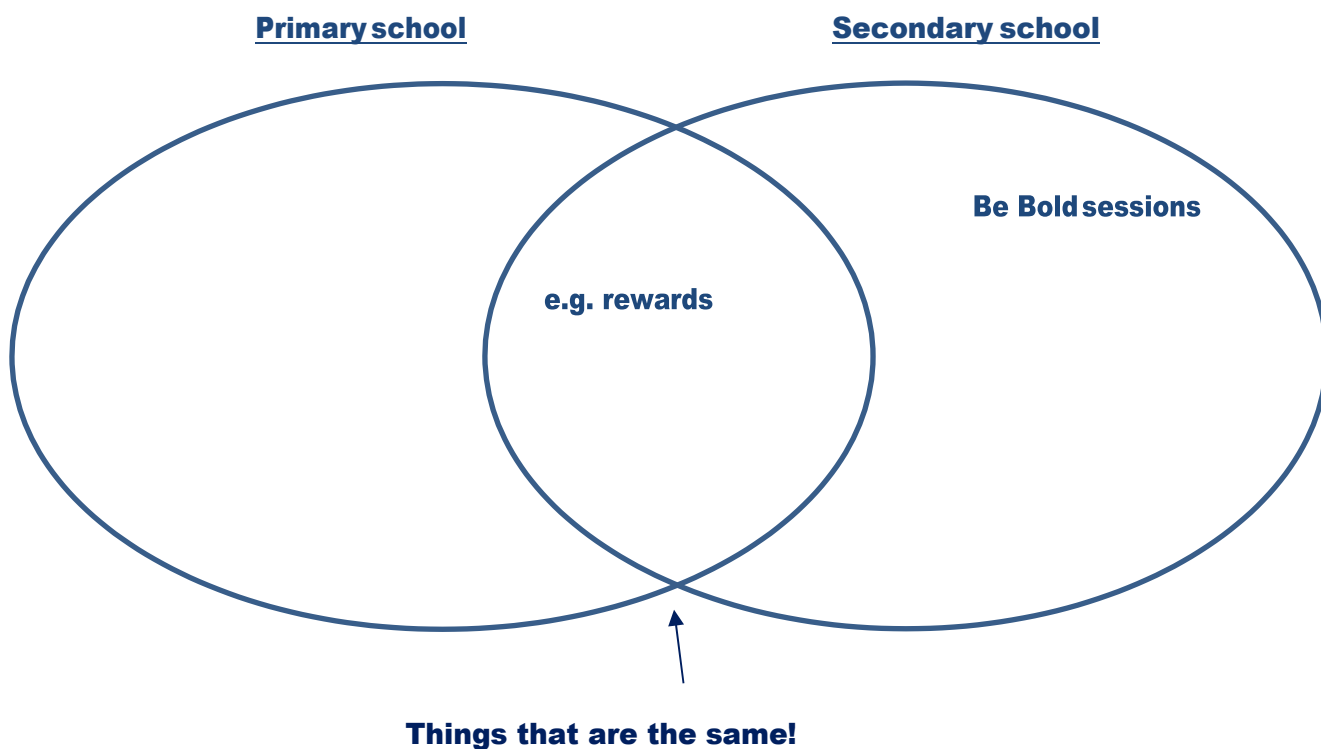
**Think of a few new 'would you rather...' questions for the
new friends you will make in September...**

Moving up to Secondary School

Leaving your primary school can feel like a big change to your life as you know it. Many students coming to Bolder Academy will have similar worries or thoughts.



Fill in the Venn diagram below. This should show you that some things are the same at secondary school as they are at primary. Plus there are differences – which we want you to be excited by.



(Hints: teachers, subjects, journey, uniform colour, homework, time school day starts, when school finishes, family dining etc.)

Coping with challenges



Bolder students are brave. Think of some challenges you might face. Then, with your parent or carer, think about what solutions you can use to overcome these challenges.

Problems	Solutions
e.g. not having the same friends	

Moving to Bolder



Fill in the grid below to help you manage your feelings about moving from primary to secondary. This will help your family and your teachers support you in making the change.

Try to write three things in each box!

Things I am excited about:

Things I am worried about:



Things I will miss from primary school:

Questions I have about Bolder:



Kind

Friends

Lots of you will be coming to Bolder without your friends. We think this is great because you can stay in touch with your old friends AND make new ones! This may feel scary but it does not have to be. Remember: Bolder students are kind.

First Impressions

It's important to make the right start at Bolder Academy from Day One.

You will be meeting your new teachers, head teacher, support staff and friends for the next five years at least. You want to be remembered by all for showing the school values: for being kind, being brave and being strong.

Making New Friends

- **SMILE!**
- **Give someone a compliment**
- **Join a club**
- **Sign up for a role, such as one of our Anti-Bullying Ambassadors**
- **Ask someone a question**
- **Join in with group activities**
- **Invite someone to sit with you or play with you at break**



Write your thoughts:

What makes someone a good friend?

How can I be a good friend to others?

What qualities do I like to see in my friends?



Expectations at Bolder

Our expectations for behaviour are linked to our three values: be kind, be brave, be strong. We expect everyone to behave this way. If you can show these three values, then you are on the path to being successful and considerate, ready to face the outside world.

Be Kind

Be Brave

Be Strong



Find three coloured pencils- red (kind), yellow (brave), blue (strong). Shade in the images below to show how it links to our values.

Trying my best in everything I do

Learning from mistakes

I help out others

I step outside of my comfort zone

Practice makes perfect

I have good manners

I make the most of opportunities.

I turn off my phone when at school

I am proud to be a Bolder student

I admit when I make wrong choices

I keep my uniform neat and professional

I make healthy choices

I treat everyone with equal respect.

Bolder Values

Our three values are: be kind, be brave, be strong. They are easy to remember and apply to everything we do to be successful. You have probably already shown these values at primary school or outside of school.



Use the space below to do three sketches that show you being kind, being brave and being strong.

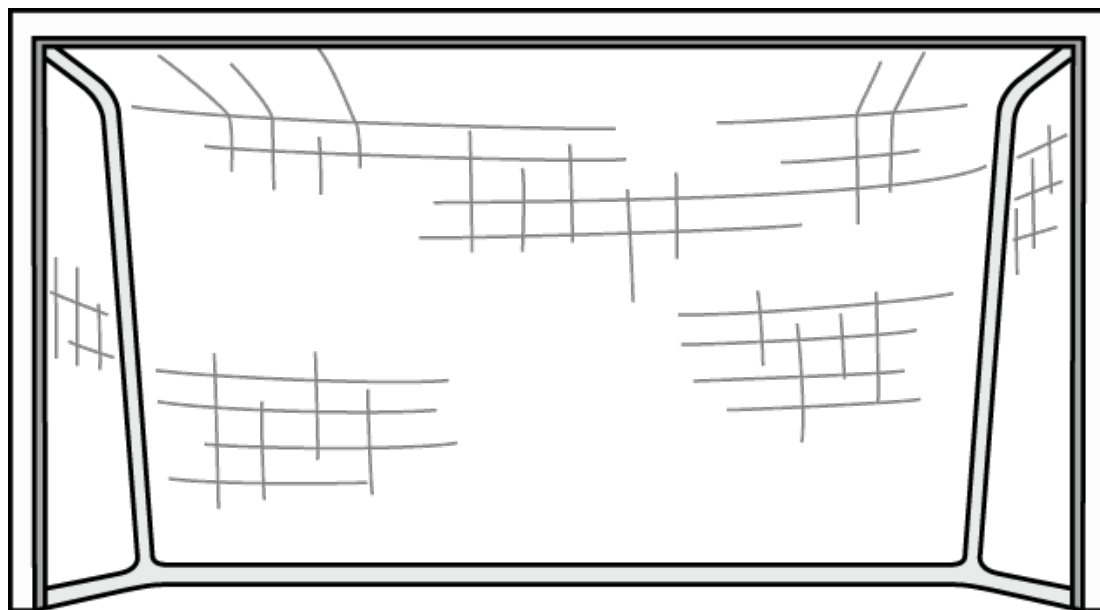
Kind

Brave

Strong

Your Goals At Bolder

When you join the Academy, you will learn many new skills and develop the ones you already have. Shade in the skills you would like to learn, or use them to help you write a list of other skills you would like to learn.



Learn to play a musical instrument.	Speak another language.	Enter a national competition.
Play for a Bolder sports team.	Learn how to read a map.	Join a lunchtime club.
Create a piece of artwork.	Volunteer in the community.	Take part in dress up days.
Take part in the Duke of Edinburgh award scheme.	Become an anti-bullying ambassador.	Improve your singing.
Make new friends.	Learn first aid.	Win the gold award for house points.
Raise money for charity.	Join the school council.	Read a new book.
Improve your Accelerated Reader score.	Work as part of a team.	Carry out science experiments.
Perform in drama lessons.	Meet and work with Sky volunteers.	Learn how to cook.

Equipment

We want you to make the most of your learning. This means being well equipped. Each day you should bring:

- The Bolder Academy bag
- Reusable water bottle
- A pencil case.



Inside your pencil case:

- Blue, black, green pens
- Pencils
- A ruler
- A glue stick
- A maths set
- A scientific calculator
- A rubber
- A sharpener



Write a list of the things you need to buy before school starts:

-
-
-

Items NOT needed:

- Anything valuable, such as money, iPads or jewellery.
- Mobile phones need to be switched off and stay in your bag.
- If seen or heard, a staff member will take it off you and give it to the office until your parent / carer can come and collect it.



Our School Uniform

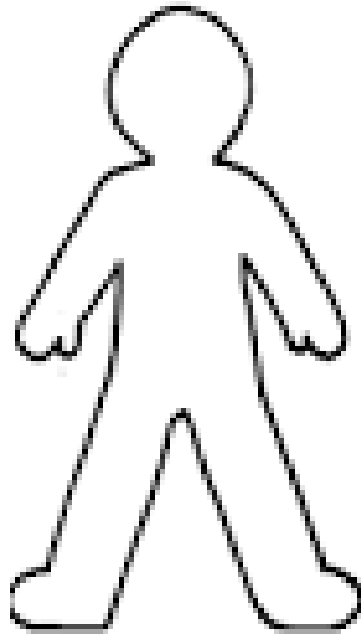
At Bolder Academy we want you to be proud of your school and to be ambassadors for it. Wearing the uniform is part of this.

Dressing smartly helps you gain the mindset and behaviour needed for learning. Wearing the Bolder uniform means you belong to our community and makes us one team (it also makes getting dressed in the morning much quicker!).



Draw what these Bolder students should be wearing to school and in their PE lessons!

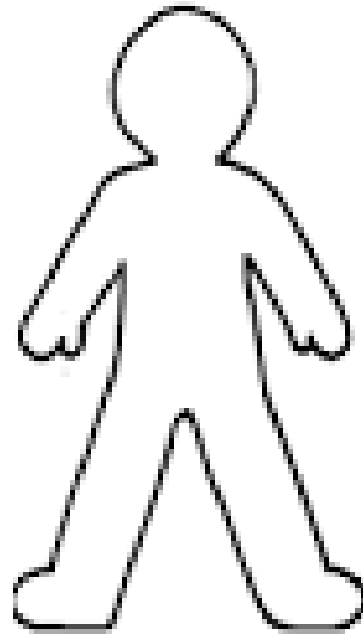
Normal Uniform



- **White shirt**
- **School tie**
- **School blazer**
- **School trousers***
- **Dark-coloured outer coat for winter**
- **Black shoes (not trainers)**

***Girls may wear the school trousers or the skirt.**

Our PE Kit



- **The Bolder rugby top**
- **The Bolder Polo**
- **Bolder shorts or tracksuit bottoms (girls may wear leggings also)**
- **Bolder socks**
- **Trainers**

When on the field:

- **Football boots with plastic studs (no metal studs)**



Rewards

At Bolder, your work and excellent behaviour will be rewarded. You will win House Points when you complete excellent classwork or homework, and for demonstrating our values of being kind, strong and brave.

30 points = bronze award

80 points = silver award

150 points = gold award



We also reward you with prizes, celebratory afternoons, off-site visits to exciting places and plenty of certificates!

Our Houses

When you come to Bolder, you will belong to one of our Houses. Our first ever Bolder students chose these six inspiring role models. Whichever house you belong to, you will feel proud to represent your house and the values your role model showed.

Kahlo



Curie



Which of these people are you familiar with? What do you know about them?

Malala



Pankhurst



Owens



Turing



Responsible Internet Use

We expect everyone to show kindness whenever they use technology.



Fill in our computing quiz to show how you use the internet safely.

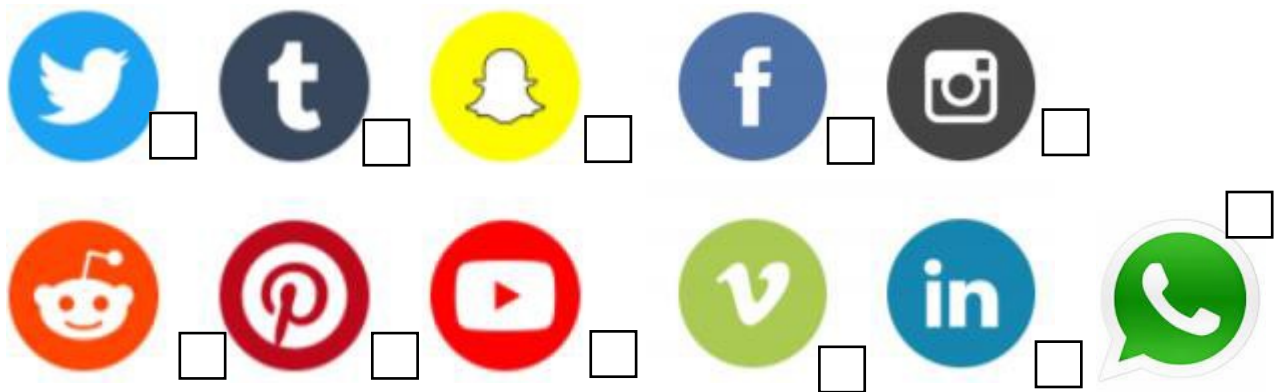
1. Do you use the internet at home? (circle) Yes No

2. What is your favourite website? _____

3. Do you use or have online gaming? (Tick the box.)

4. Do you use social media? (Tick any you use.)



5. Do you feel safe using the internet? Yes No

6. Do you know who to report concerns to? Yes No

7. Do you have family members on your social accounts? Yes No

8. Do you have strangers on your social accounts? Yes No





9. Write one tip for using the internet safely:

Leaving Primary School

Bolder students are brave. It is important for all of us to reflect on our strengths and experiences, to give us the courage to face new challenges.



Use this grid to record some of your achievements and memories so far. This keeps your memories safe and makes you brave enough to make new ones.

Favourite lessons and why:	A time something made you laugh: 	Favourite memory:
A time something made you worried or scared:	Memorable school trips or performances:	Most enjoyable topic and why:
Favourite book: 	Proudest moment or achievement:	Special roles:
Best friends and for how long: 	Best teachers and why:	Certificates and awards: 

Why not start a scrapbook or treasure chest? These are great for looking back at how far you have come. Collect certificates, pieces of work, photos, awards, diaries etc. and keep them safe in a box. When you are 18 and leaving Bolder Academy, you will enjoy rediscovering these!

Coping with a Brand New Start

It is absolutely natural to have worries about starting a new school. The good news is many pupils will be feeling the same on Day One. Here are some tips on how to feel brave on those first few days at Bolder.

Confidence-boosting tips:

- **Take some deep breaths – in through the nose, out through the mouth.**
- **Read through this pack again before Day 1 – the better prepared you are, the more you will know.**



- **Check out our website and Twitter feed – you’ll see some of your new teachers’ faces before you have even met them!**
<http://bolderacademy.org/> <https://twitter.com/bolderlondon>



- **Imagine you are a giraffe! Stretch up tall from your toes. The more confident you act, the more confident you’ll feel!**
- **Wiggle your toes as if you are on the beach. Imagine you are pushing them into the sand then relax your toes.**



Discuss some more ideas with your friends and family to add to our list.

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-
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Remember:

- **Everyone is likely to be feeling the same.**
- **Lots of people won’t know anyone on their first day.**
- **Your new teachers will want you to enjoy your time at Bolder; speak to them if you are feeling nervous.**
- **You CAN do it!**





Your New School Routine

Bolder students are strong. This means being on time and prepared. Your new daily routine may be different to your old one.



Discuss your routine with your family and fill in the grid below.



Tasks:	What time?
Brush teeth	
Shower/wash	
Put on uniform	
Eat breakfast	
Leave for school	
Leave school	
Arrive home	
Homework	
Leisure activity	
Dinner	
Activity	
Pack bag for next day	
Get ready for bed	
Brush teeth	
Bedtime reading	
Lights out	



Your Journey to Bolder



Sketch a map of your route to school from where you live. Mark on the possible hazards and how you will avoid them. You can make it as artistic as you like!



Write down your school travel plan here:

Time I will leave the house: _____

(Time I will get on the bus/train: _____)

Time I will arrive at school: _____

**Remember to
leave extra
time for traffic
and delays to
your journey!**

How will you travel to Bolder?

At Bolder Academy, we are kind to our environment. This means we want you to use public transport, walk or cycle to school.

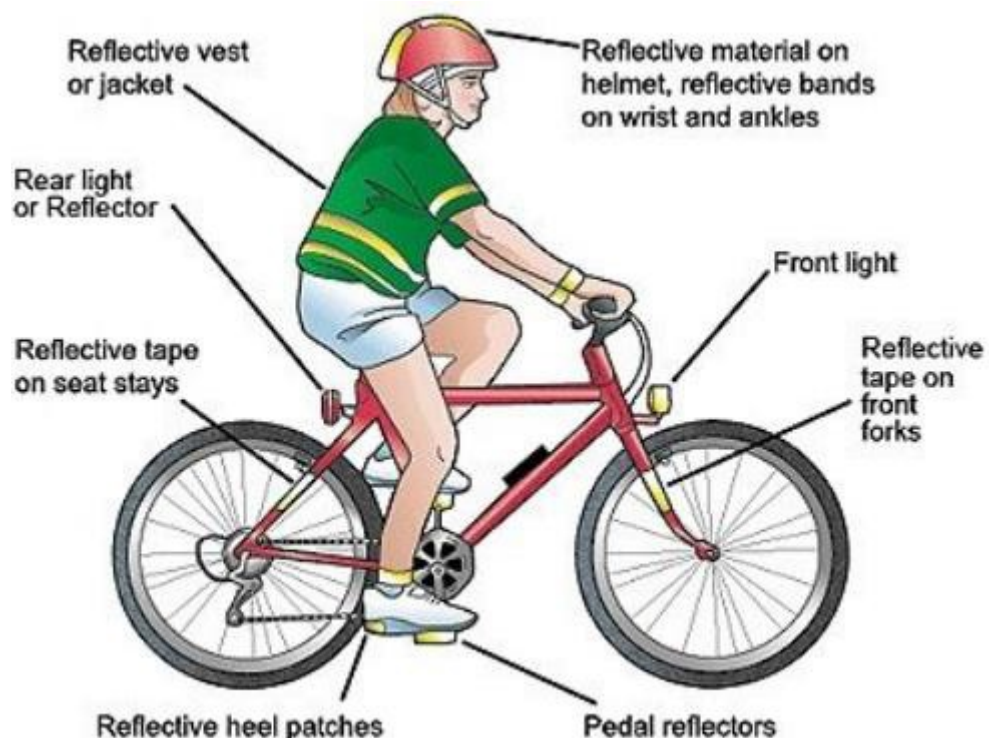
Cycling

If you cycle to the Academy, you need to follow the Highway Code. Sustrans, the cycling charity, can help you with this – ask your parents or carers to Google them.



Rules for cyclists:

- Always follow the Highway Code.
- Wear a helmet and high visibility jacket.
- Bicycles must have lights for the winter nights.
- Walk your bicycle inside the Academy grounds.
- Lock your bicycle in the bike shed.



Your School Day

We have a longer day Monday – Thursday to fit in all the extra-curricular lessons. This means you go home early on a Friday!

Timetable: Monday – Thursday

Time	Activity
8.15	Academy opens to students
8.45 – 9.15	Form time/enrichment
9.15 – 10.10	Lesson 1
10.10 – 11.05	Lesson 2
11.05 – 11.25	Break
11.25 – 12.20	Lesson 3
12.20 – 1.15	Lunch
1.15 – 2.10	Lesson 4
2.10 – 3.05	Lesson 5
3.05 – 4.00	Lesson 6

Timetable: Friday

Time	Activity
8.15	Academy opens to students
8.45 – 9.15	Form Time / Assembly
9.15 – 10.10	Lesson 1
10.10 – 11.05	Lesson 2
11.05 – 11.25	Break
11.25 – 12.25	Lesson 3
12.25 - 1.20	Lesson 4
1.20	Lunch/Departure

Afternoon Lessons at Bolder

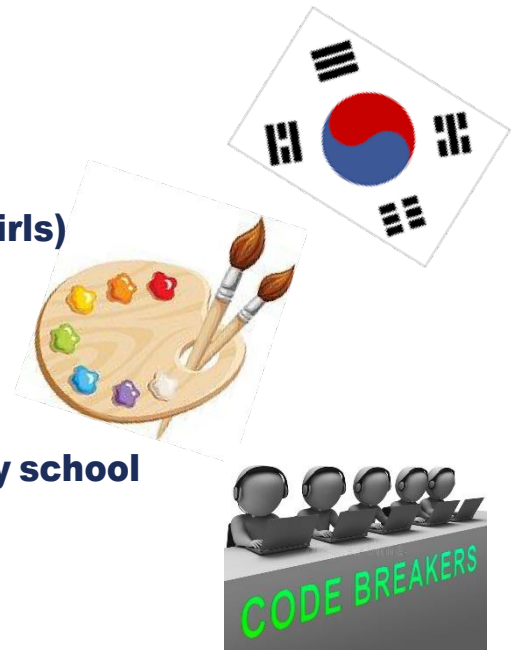
At Bolder Academy we want you to be brave. This means trying new things.

All Bolder students have the chance to do this during afternoon lessons that will take place during lesson 6.

You can take up a new sport, learn a new language (such as Arabic) or visit local primary schools.

Here are some more examples:

- Circus Skills
- Public Speaking
- Computing Club
- Be Her Lead (builds confidence in girls)
- Korean
- Karate
- Rugby
- Code Breaking
- Volunteering at a nursery or primary school
- Music: composing on computers
- Travel Ambassadors
- Anti-bullying Committee
- Art Club



Which activities would you sign up for? Add your own ideas for new clubs!

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Well done for completing the booklet. We can't wait to meet you!

**What could we
achieve if we
were all just a
little bit
Bolder?**