

# WELCOME TO DORCHESTER MIDDLE SCHOOL



## Dorchester Middle School

Ready. Original. Ambitious. Respectful. Safe.

This is your '**Moving on Handbook**'. You can use it at school or at home. It explains a lot about Dorchester Middle School and will answer some of your questions.

Once you've finished, you'll know lots about your new school.

**HAVE FUN!**

Name:



At Dorchester Middle School we believe that **you are extraordinary** and that education has the capacity and the possibility to change not only your life, but others too.



It is our aim to ensure that you are encouraged by high expectations and aspirations to achieve the highest standards.

## 'ROARS' VALUES

Every child at Dorchester Middle School aspires to be:

### R - 'READY'

- Being **READY** means you are organised and prepared for learning.
- Being **READY** might mean are you thinking about and using previous knowledge and understanding to help you with your learning.

### O – 'ORIGINAL'

- Being **ORIGINAL** means being unique.
- We all think and see the world differently. Being **ORIGINAL** means that you celebrate who you are and use it in a positive and respectful way to help you learn.
- It also means that we recognise how we can use the unique and **ORIGINAL** talents of others to help us.

### A – 'AMBITIOUS'

- Being **AMBITIOUS** means doing the best that you can.
- It means that when we set out to do something, we use inspiration from others, use our own **ORIGINAL** ideas and try to achieve something that makes you proud.
- If you do something that makes you feel proud, you have been **AMBITIOUS**.

### R – 'RESPECTFUL'

- Being **RESPECTFUL** means, you are having a positive impact on yourself and others by what you do or say.
- It means that you understand how people feel and that you make choices that help others. It means you understand how you feel, and therefore how other people feel.

### S – 'SAFE'

- Being **SAFE** means, you are looking after the wellbeing of yourself and others.
- It means that we don't hurt ourselves or others physically or emotionally.
- Being **SAFE** is linked with being **RESPECTFUL**. If you are **RESPECTFUL** you will likely be **SAFE**.
- Making a **SAFE** learning environment can also mean people feel happy to share ideas and speak in class.

# Questionnaire

What do you think it will be like at your new school? *Tick as many boxes as you like:*

Good

Fun

Bigger than my old school

Exciting

Different

A new challenge

How do you feel about coming to your new school? *Draw a face in the box below:*

What would you like to know about your new school?

.....

.....

Write down three things you are looking forward to:

1)

.....

2)

.....

3)

.....

What do you think you might need help with at school? *Tick as many as you like.*

Writing

Finding my way around

Reading

My timetable

Homework

Making Friends

Getting to know new people

Something else .....

# How I feel about coming to Dorchester Middle



## School?

It is completely normal to have lots of different feelings about coming to a new school, especially when you may not know anyone else. We want you to know that we are here for you and will help you with any concerns you may have.

You will need two different colouring pencils or highlighters. Colour in/highlight the phrases that you are looking forward to in one colour and use a different colour for those you are nervous about.

This will be really useful for us to see!



<b>Making New Friends</b>	<b>Learning a new timetable</b>
<b>Lunch time</b>	<b>Being on time</b>
<b>Having a different uniform</b>	<b>Break times</b>
<b>Finding my way around</b>	<b>Learning new subjects</b>
<b>Getting to school</b>	<b>Joining clubs</b>
<b>Meeting others my own age</b>	<b>School Rules</b>
<b>Being with friends</b>	<b>Meeting my new home base teacher</b>
<b>Homework</b>	<b>Finding the work challenging</b>
<b>Meeting teachers</b>	<b>Getting changed for PE/Games</b>
<b>Being with older pupils</b>	<b>Meeting all my new teachers</b>

# Finding out about my new school

Can you answer these questions?

The name of my new school is: .....

The telephone number is: .....

The address of my new school is:

.....  
.....  
.....

The name of the Headteacher is .....

The Year Lead is .....

School starts at .....: ..... am and finishes at .....: ..... pm

How will you get to and from school? *Please tick.*

Walk                       Bike                       Scooter   
By Bus                       By Car

Who will be dropping you off? *Please tick.*

I go on my own                       Mum                       Dad                       Carer

Do you know someone who lives near you, who you could walk with?

Yes                       No                       If yes, who? .....

To get to school on time, I will need to leave my house at .....am

# Finding my way around



Most Year Five pupils feel excited about going to a school which is so much bigger than their first school, they may also feel a little nervous.

In September, you will be given your own map of the school.

A **MAP** can help, because it shows where all the different rooms are and you can easily see the quickest way to get there. Year groups have their own entrances and exits; there are certain ways to travel around the school so it does not get too busy in one spot. These will be explained to you when you start at DMS.



How many Science Labs do you think Dorchester Middle School has?

.....

What equipment do you think you would find in a Science Lab?

.....

.....

How many books do you think there are in the Library at Dorchester Middle School?

.....

Who is your favourite author and why?

.....

.....

.....

# My Class

This is possibly one of the biggest questions you have about coming up to Dorchester Middle School.



- Which class will I be in?
- Who will be my Homebase Tutor?
- Who will be in my class?
- Will I be with my friends?

You will be introduced to your Homebase Tutor on Transfer Day. All of the Year Five Team are wonderful, lovely people who cannot wait to meet you.

Your class will be a mixture of pupils from all of our feeder schools and some non-feeder schools. We will always try to place you and someone you know in the same class. They may not be from the same school as you, but you might know them from a club you attend or an activity you do outside of school.



A question for my new Homebase tutor:

.....

What would you like to ask your new class friends?

.....  
.....  
.....  
.....

**No matter what, you will make friends.**

# Lessons

During your time at Dorchester Middle School, in the space of one week, your different lessons will be with different teachers. Most of your lessons will be taught in your home base classroom, except for some specialist subjects, e.g.: DT.

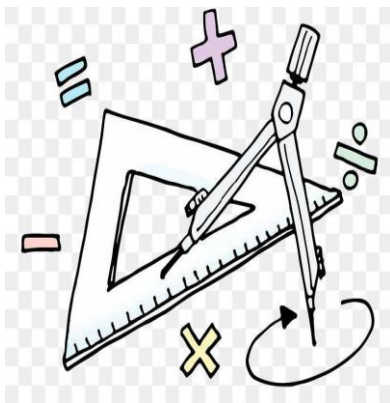
## What lessons will I have?

### PE and Games (Mr M Palmer – Faculty Lead)



PE allows you to develop and learn key individual and fundamental skills, activities like dance, gymnastics and fitness. Games at DMS involve playing together as a team, or as individuals, against one another. For example, in games of netball, football and basketball.

### Maths (Miss L Sharpe - Faculty Lead)



Our Year Five Maths team are fantastic teachers who love teaching Maths and will help you love maths too. In your daily lessons you will be using the Power Maths Scheme, and lots of other great resources which will make your lessons fun and exciting. You will be working hard with the Maths Faculty to become the best mathematician you can possibly be!

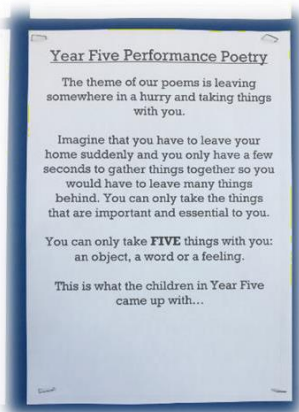
### Science (Mrs C Whiting – Faculty Lead)



At DMS you will have regular Science lessons in Year Five. Some of your lessons might be in a Science lab and some will be in a specialist classroom with all the equipment you will need. You will learn a lot more

about some of the Science topics you have already been doing at your first school as well as studying new areas of Science that you may not know much about at the moment.

## English (Mrs R Sprules – Faculty Lead)



What can you expect in English at DMS? You will have a daily lesson of English and in these lessons, you will build on all the learning you have been doing in your first schools. You will have elements of reading, writing, drama, spelling and grammar built into your lessons, while uncovering exciting stories and texts with teachers who love English. You will also get a chance to visit our library so that you can pick a book written by your favourite author (or even try something different if you wish).

We start September by looking at Roald Dahl. Roald Dahl Day, as I'm sure you already know, is September 13th every year, and yes, probably just like your first schools, we do enjoy dressing up!



## Music (Mr W Hellier – Faculty Lead)



At DMS you will enjoy weekly music lessons with your tutor group where you will be exploring the fun of creating music. Our main music room is kitted out with keyboards, xylophones, electric drum kits, ukuleles and suite of music laptops to explore music through technology. In your lessons, you will also develop your understanding of music theory and begin to learn to read music notation

Throughout the year, we will be hosting termly events to allow our pupils the chance to perform and express their developed skills. These shows will end with a Summer Musical performed by our Performing Arts Club. There will be a variety of other clubs throughout the year from Choirs, to Rock Band, to Ukulele groups. We run singing assemblies where we learn and sing a song together as a year group. There will also be musical trips to give our pupils the chance to see performances live, from orchestral shows to live musicals.

## Humanities (Mr J Greetham – Faculty Lead) (*Geography, History and Theology*)



At DMS in Years 5 and 6, you will have Humanities lessons which consist of Geography, Theology and Ethics (RE) and History; these alternate each half term. When you arrive in September, you will start with History. Leading up to Christmas, you will have Theology and Ethics (RE) and when you return in January, you will study Geography. This cycle will then be repeated, so that you study each of the Humanities subjects twice per year.

## Technology and Art (Mrs V Gowers – Faculty Lead)

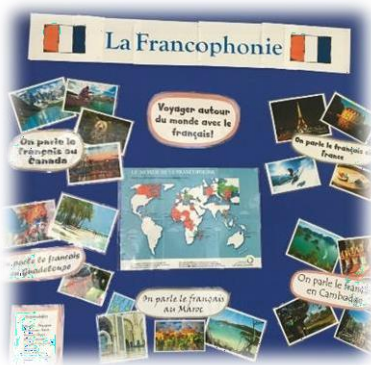


Design Technology involves you taking part in designing and making activities in the subject areas of Resistant Materials, Food and Textiles. These activities take place in specialist rooms. Subjects rotate throughout the year.

Art is taught for one lesson a week and gives you the opportunity to develop your creative skills in a range of 2D and 3D media, alongside studying art history.



## French (Mrs R Way – Faculty Lead)



At Dorchester Middle School we make learning French an enjoyable experience and in Year Five you will develop your language skills with songs, stories and role plays. The aims of French are to enable you to develop an enthusiasm for learning languages and to respect and understand other cultures.

## Computing (Mrs Hyde– Faculty Lead)



In the Autumn Term we will be starting with a unit called 'All About Me' where you will create a presentation about yourselves. You will also independently create a presentation about Endangered Species and learn how to use the Internet and emails effectively. In the Spring term you will learn to program using Scratch and in the Summer term you will look at computer networks and online safety as well as working in a group to create a short video. All these units of work are great building blocks for your time at DMS and when you go to Secondary School.

# Timetable Practice

One of the most important and first pieces of information you will be given in September will be your **TIMETABLE!**



It is very important because it tells you which lessons you will have each day. It also gives you a clue about the equipment you will need to pack in your bag. Your timetable tells you what time each lesson starts and finishes and which room you will be in.

Have a look at a current Year Five **TIMETABLE:**

Day	Lesson 1	B	Lesson 2	L	Lesson 3	Lesson 4	HB
<b>Monday</b>	Maths		English		Humanities	Art	Reading
<b>Tuesday</b>	Maths		English		Technology	Technology	Reading
<b>Wednesday</b>	Maths		English		ICT	PE	Assembly
<b>Thursday</b>	Maths		English		French	Humanities	Reading
<b>Friday</b>	Maths		English		Science	Music	Assembly

### The timings of the school day for Year Five:

<b>Start of school</b>	<b>8.55am</b>	<b>Lunchtime</b>	<b>12.15pm - 1.10pm</b>
Morning Homebase	8.55am - 9.10am	Lesson 3	1.10pm - 2.05pm
Lesson 1	9.10am - 10.35am	Lesson 4	2.05pm - 3.00pm
<b>Breaktime</b>	<b>10.35am – 10.55am</b>	Afternoon Homebase	3.00pm - 3.25pm
Lesson 2	10.55am - 12.15pm	<b>End of school</b>	<b>3.30pm</b>

At Dorchester Middle School, we run a two-week timetable. This is so that we can fit in all the fabulous learning that we have planned for you. We will make sure you know what you will be learning and when. We will be with you every step of the way,

**See if you can answer these questions:**

1) How many lessons are there in one day for Year Five?

.....

2) How many English lessons are there in a week?

.....

3) Which day did the class have Technology?

.....

4) What would you need for Friday's lessons?

.....

5) How many Humanities lessons does this class have a week?

.....

6) What time does morning break start?

.....

7) What time does lunch start?

.....

As you can see, some lessons are longer than others. At Dorchester Middle School we want you to achieve your full potential which is why we have Maths and English lessons in the morning. We all have our Maths and English lessons at the same time which is brilliant.

**When you start with us, your timetable might look a bit different but please don't worry, we will talk you through it so you know what to expect.**

On your first day in September, Year Five will have the school all to ourselves which will be great fun. The next day we will be sharing your timetable so you will know:

- What lessons you will be having when
- Who will be teaching you
- Where your lesson will be.

Try not to worry about getting lost – we will show you where you need to go and how to get there!

## Home Learning



**Home Learning is great!** It allows you to explore new topics before you are taught them and it will develop and deepen your understanding on topics you are covering in class.

Home learning is your chance to become the next David Attenborough, Nikki Lilly, Dr Chris Van Tulleken or Roald Dahl.

To help you organise your home learning, you will be given a **home-school diary** where you can write what you have to do and when it is due in. This diary will also be signed every week by your parent/carer and your teacher will check and sign it too!

Every week, you will be set one English and one Maths homework. Your English teacher and Maths teacher will tell you what you need to do and will give you plenty of time to complete it.

You will be expected to complete 5 reads a week, which will be signed into your home-school diary by a parent/carer or teacher.

### ***Help with home learning...***

Your teachers will always answer questions you may have about your home learning. Outside of lessons you can attend **Homework Club** at lunchtimes, where there will be staff on hand to help you. We also run a Homework **Club** after school for the pupils that staff feel need extra help with their home learning.

**REMEMBER – always ask for HELP if you need it!**

**We are here for you!**

## Equipment you will need at DMS

At Middle School you will be expected to have all of your own pencils and pens. You will be given your home-school diary when you start with us.

At Dorchester Middle School we expect you to have for every lesson, your home-school diary, pencil case and a reading book.

School Ready Checklist

In my school bag I need to pack:

- pencil case 
- home-school diary 
- reading book 
- homework 
- snack & lunch box 
- drink 

I might also need to take to school:

- Food Tech Ingredients (if needed) 
- PE kit 



Name: .....

Class: .....

Here is an example of a checklist that you could use, to remember everything and to make sure you have all your equipment with you every day. Maybe you would like to design your own?

In my pencil case I will need:  
Two handwriting pens (**no** biros allowed!)  
Purple Pen  
Pencil  
Ruler  
Eraser  
Whiteboard pen  
Glue stick (optional)  
Colouring Pencils (optional)  
Highlighters (optional)

### Hints and Tips:

**It's a good idea to pack your bag the night before!**

Using words from the **'ROARS'** values on page 2 create your own word search.

**Remember:**

- Each word should fit on one line,
- to use all **'CAPITAL'** letters
- the words can be:
  - left to right,
  - top to bottom or,
  - bottom to top.
- Once all the words are in, fill the spaces with random other letters.
- You could ask someone in your household to have a go!

**Have fun and see how many you can fit in!**

**I fitted ..... words in!**

C	O	L	L	A	B	O	R	A	T	I	V	E							
												M							
												P							
												O							
												W							
												E							
												R							
												E							
												D							



## School Rewards



It is really important to us at Dorchester Middle School to reward children who have gone above and beyond what has been asked of them.

At Dorchester Middle School there are several ways that we recognise your achievements.

Throughout the year you will collect **Achievement Points!** As you collect these each term you may reach certain milestones.

- 25 APs = **BRONZE** stripe for your school sweatshirt
- 50 APs = **SILVER** stripe for your school sweatshirt
- 75 APs = **GOLD** stripe for your school sweatshirt
- 100 APs = **PLATINUM** stripe for your school sweatshirt
- 125 APs = **ROARSOME** stripe for your school sweatshirt
- 150 APs = **HEAD TEACHER** stripe for your school sweatshirt



There will be other rewards that run alongside the stripes and we will share those with you when you start with us in September.

### Celebration Assemblies

At the end of every term we hold a Celebration Assembly, families are invited along to share and celebrate the children's achievements. We currently hold our Celebration Assemblies at the Thomas Hardy Theatre. They are a true celebration of you and all that you achieve.

### ROARS Certificates

Every week, every year group presents one child from each class with a ROARS certificate. The children are chosen by their Homebase Tutors and are awarded to children who have demonstrated our school's beliefs and values. These certificates are handed out every week in our year group assemblies.

When you join us in September you will see the Year Five WAM Board. This is where a copy of the presented certificates are displayed. At Dorchester Middle School we believe that ALL of our children are worth a mention so this is for those children who are particularly #roarsome.

We notice what you do and we want you to know how wonderful you are!

A photograph of the ROARS Certificate recipients along with the 'WAM' board is published on our DMS Facebook page every week.



17



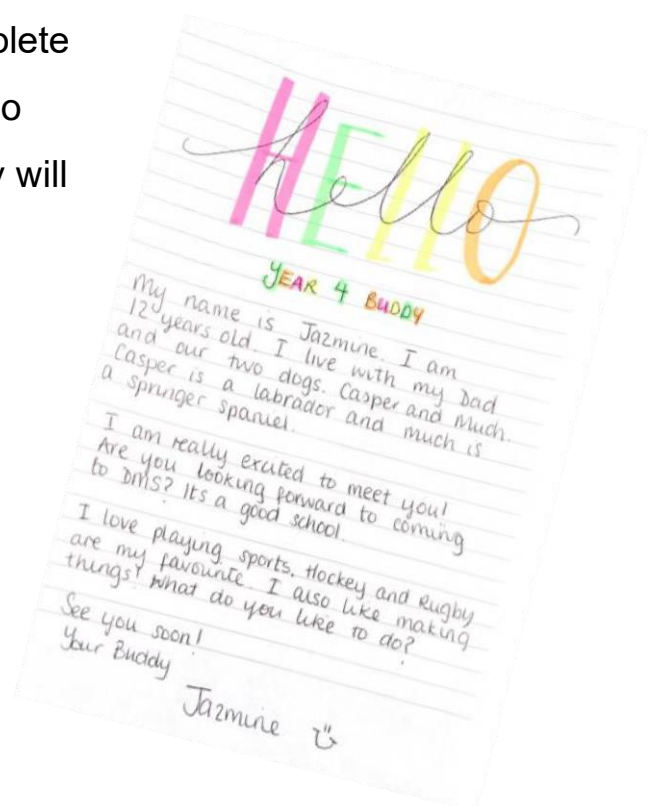
## Settling In Buddies



Mrs Ray, Year 5 Lead and Mrs Emery, current Year 7 Lead, will start looking at pairing you with a current Year Seven pupil. This pupil will be in Year Eight in September and help guide you through your move to Middle School. They will be there to guide you through the first few days of middle school


You will meet your Settling In Buddy on Transfer Day. You will be given an “All About Me” sheet to complete for your Settling In Buddy, this is for you to fill in so your Settling In Buddy knows your interests. They will be doing the same on Transfer Day.

In September, you will meet with your Settling In Buddy again. We will also have the opportunity to meet up from time which will be great. One of our favourite things we do with our Buddies is read – they love listening to us and we love listening to them!



## Dorchester Middle School Word Search!

D	A	B	C	D	T	N	A	T	S	I	S	E	R	E	F	T	G	S	H	W	I
O	P	O	M	A	T	E	R	I	A	L	S	N	E	M	L	I	K	T	J	O	S
R	F	Q	R	S	T	U	V	W	X	Y	Z	A	L	B	C	M	D	N	E	R	C
C	O	S	R	Q	P	O	N	M	L	K	J	M	U	I	H	E	G	I	F	R	H
H	O	M	E	S	C	H	O	O	L	D	I	A	R	Y	A	T	C	O	E	Y	O
E	D	T	U	V	W	X	L	I	C	N	E	P	Y	Z	B	A	D	P	F	T	O
S	T	U	T	S	R	Q	P	M	O	N	M	L	K	J	I	B	H	R	G	R	L
T	E	V	A	B	F	G	J	A	K	L	M	N	O	P	Q	L	R	U	S	E	R
E	C	W	Z	C	E	H	I	K	T	U	V	K	R	O	W	E	M	O	H	E	E
R	H	X	Y	D	S	T	N	I	O	P	T	N	E	M	E	V	E	I	H	C	A
M	R	S	R	A	Y	W	X	N	Y	Z	A	B	X	C	D	E	F	V	G	H	D
I	I	C	E	J	K	L	M	G	N	O	P	Q	P	R	S	T	U	A	V	W	Y
D	X	I	W	K	Y	Z	A	F	B	C	D	U	E	J	K	G	J	H	A	B	C
D	Y	E	A	L	X	F	E	R	Q	R	S	T	C	H	M	R	K	E	Z	C	H
L	Z	N	R	U	L	E	S	I	O	I	P	V	T	G	Z	O	J	B	G	F	E
E	A	C	D	N	W	G	N	E	U	C	L	W	A	F	Q	O	K	M	N	B	C
S	B	E	S	M	V	H	P	N	Y	V	K	X	T	E	X	T	I	L	E	S	K
C	D	L	G	O	H	A	N	D	W	R	I	T	I	N	G	P	E	N	R	E	L
H	C	A	H	P	U	I	O	S	T	B	M	Y	O	D	E	R	T	Y	D	T	I
O	E	B	I	Q	T	J	M	C	R	E	N	Z	N	S	R	E	W	N	X	D	S
O	F	S	J	R	S	K	L	X	Z	W	Q	A	S	A	T	Y	U	I	O	P	T
L	I	B	R	A	R	Y	E	A	R	E	I	G	H	T	B	U	D	D	Y	L	D

Dorchester Middle School	Year Eight Buddy	Science Labs	
Library	Mrs Ray	Home-school Diary	
Textiles		Food Tech	
Map		Rules	
Rewards		Pencil	
Ruler		Homework	
School Ready Checklist		Resistant Materials	
Timetable	Worry Tree	Achievement Points	Making Friends
Behaviour Points	Handwriting Pen	Expectations	

# Get to know the staff



In this part of the booklet you will be meeting:

- Mr Webb, Head of School for Dorchester Middle School
- Mrs King, Deputy Head of School
- Mrs Ray, Head of Year Five

Can you answer these questions?

(You will find the answers in the following information)

1. Which member of the Dorchester Middle School team has said that dogs are their favourite animal?

.....

2. What is Mrs Ray's favourite animal and why?

.....

3. Who likes to sing and play the piano?

.....

## ***Mr Webb – Head of School***



Dear Year 4 pupils,

I am very much looking forward to welcoming you to Dorchester Middle School.

There are many exciting opportunities to enjoy at the school and I want you to feel safe and supported in your learning so that you can achieve your full potential during your time with us.

I am passionate about ensuring your education is the best that we can provide. I have taught a range of subjects during my career, but mainly English and History.

**Likes:** I love reading - particularly thrillers. I love to travel around the world whenever I can. I also enjoy going to the gym and keeping physically fit as much as possible. My favourite country to visit is America.

**Dislikes:** Poor manners.

**Favourite colour:** Blue

**Favourite animal:** Dogs - I have always owned dogs with my two most recent ones being an Old English Sheepdog and a Yorkshire Terrier.

## ***Mrs King – Deputy Head of School***



Dear Year 4 Pupils,

My name is Mrs King and I am the Deputy Head of School at Dorchester Middle School.

Moving to a new school can feel scary as it takes a while to get used to all the changes but we are all here to help you fit in quickly and enjoy this new chapter of your schooling.

Mr Webb, myself and all the teaching staff here will spend lots of time getting to know each of you individually, what you like and love about school, as well as the special gifts you have. Perhaps you really enjoy sport and are good at football? Or you love Art and are keen to use the Art Room here to improve your skills? Maybe you love music and play an instrument or sing? This is a real passion of mine - you are likely to hear me sing and play the piano a lot whilst you are with us!

Each and every one of you is unique in your own special way and our job is to make sure that you become the best possible version of yourself whilst you are with us. I will do my very best to help you flourish here at Dorchester Middle School and settle into school quickly.

I look forward to meeting you all really soon!

Mrs King

## ***Mrs Ray – Head of Year Five***



A huge hello and 'welcome' to our soon to be Year Fives! My job is to make sure that the children in Year Five are happy, working hard, loving school and making the most of the many opportunities they have at the fabulous DMS! I tend to be here, there and everywhere - you can normally hear me before you can see me!

**Likes:** Running, swimming, cycling (not that I'm any good at any of them!), going to see live shows - especially comedy, enjoying the great outdoors (but only when it's sunny!), going to Nice and socialising with my friends and family.

**Dislikes:** Onions, injustice, inconsiderate people and snakes.

**Favourite Colour:** Blue

**Favourite animals:** Cows (my dad is a dairy farmer and my classroom was littered with them) and rabbits (we had two adorable bunnies called Roy and Beryl who were both male!)

## Music Lessons

There will also be the chance for you to learn to play musical instruments through our Wessex MAT Music.

<https://music.wessex.ac/about-wessex-schools-music.html>



### About Wessex Schools Music

Wessex Schools Music comes under the umbrella of the Wessex Multi-Academy Trust. It was formally known as DASP Music (and was an independent charity), supported by the schools in the former...

[music.wessex.ac](https://music.wessex.ac)

We have several instrumental teachers who visit the school each week.

You could choose to play the recorder, flute, oboe, clarinet, saxophone, cornet, trumpet, French horn, trombone, violin, viola, cello, drum kit, acoustic guitar, electric guitar, bass guitar, ukulele or have singing lessons.

If you are interested in learning an instrument then you will need to visit the following website: [\*\*https://music.wessex.ac/about-wessex-schools-music.html\*\*](https://music.wessex.ac/about-wessex-schools-music.html)

You will need to ask your adult at home to apply for you. They will follow the links on the Wessex MAT Music Scheme website and they will be asked to fill in a form. They will then be in contact with you. Your contract will be with them, we at Dorchester Middle School are the hosts.

The 'Tomorrow's Orchestra Project' (TOPs) is a special scheme which allows you to learn an instrument in a group lesson and have an instrument to borrow. This scheme is only available on certain instruments. Please click here for more details: <https://music.wessex.ac/tomorrows-orchestra-programme-subsidised-lessons-for-beginners.html>

# Reading at Dorchester Middle School

At Dorchester Middle School, reading is very special to us and we believe that it is an important part of learning and growing. It builds a strong brain, helps you in every subject, and also teaches you to understand others. Reading is fun, relaxing, and gets you ready for the future. We believe reading is like magic—it opens the door to learning and adventure!

One of the best places to enjoy reading is our wonderful school library—a welcoming space filled with exciting books for everyone. In the library, we have over 6000 books (and we are always buying more!) so there's always something new to discover and our librarian, Mrs Jeffery, is brilliant at recommending books.

Three times per week, we enjoy homebase reading sessions where everyone can relax and enjoy a good story together.

We celebrate reading all year round through assemblies, author visits, competitions and events like Non-fiction November and World Book Day. We have a keen team of pupil Reading Ambassadors who help spread the love of reading – maybe you can become a Reading Ambassador?

Just like your first schools, we ask you to read at home five times a week and record this in your Home/School Diaries so we can award you DMS Reading Stripes. I wonder how many of you will earn the top award - the ROARsome Reading Stripe - by reading a whopping 200 times over the year?

Finally, don't forget to join in with this year's Summer Reading Challenge. Visit your local library or visit <https://summerreadingchallenge.org.uk/>

Keep reading!

Mrs James – Reading Leader



# Making Friends

How many people are in your Year Four class? .....

How many years have you known them? .....

How many adults are there in your Year Four classroom? .....



Most children in your class will feel comfortable and happy because they know everyone very well and feel like they belong. Just having one tutor can make you feel safe too.

Coming to Dorchester Middle School will be very different because you won't know everyone and it may take a bit of time to feel like you 'belong' in your new class.

It is actually a good opportunity to make new friends and learn from adults who have special knowledge in their particular subject.

I am looking forward to meeting

.....  
.....

because.....

.....  
.....





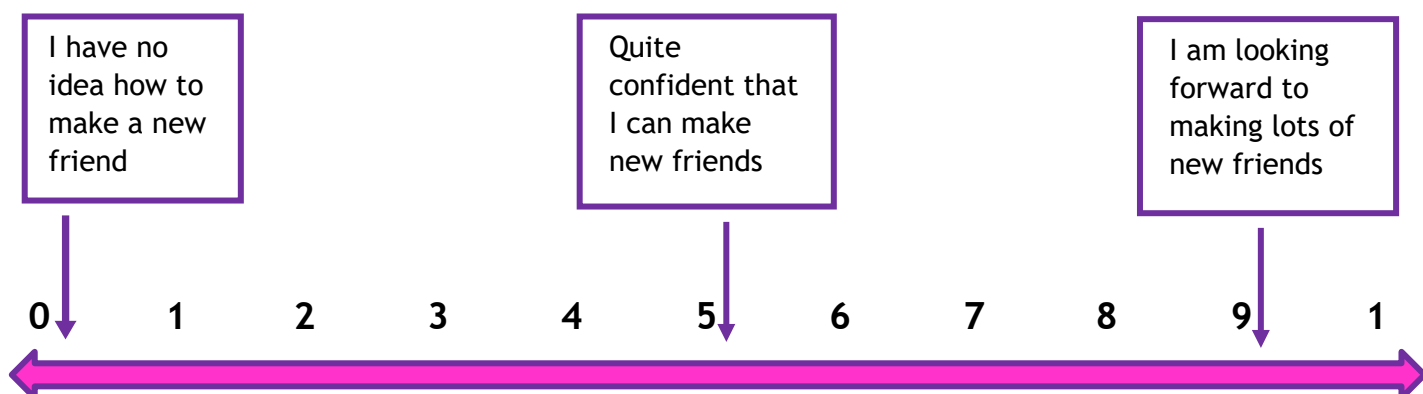
Everyone has strengths and weakness. Some pupils find it really easy to get to the top level on a computer game whilst some, will never get past Level 1!

Some pupils have no problem drawing amazing life-like pictures, whilst others find it difficult to draw a good stick man.



It is the same when making friends. Some people love meeting new people, are very chatty and make lots of friends easily. Others do not know how to begin to make a new friend. Remember – be kind and smile.

*Where do you think you are on the friendship scale?*



### **Hints and Tips: Making a new friend**

At Dorchester Middle School you can join a range of clubs and activities. Some clubs run during lunchtime break and some are after school – some are even by invitation only!

There will be lots of fabulous clubs for you to choose from when you start at DMS. If you are sporty, musical, love the performing arts, creative, green-fingered or a huge fan of reading – there is something for everyone.

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves. We can...



How do you feel today? Sometimes we feel happy, other times we may feel sad. By talking about how we are feeling, we can celebrate the happy and exciting things and support each other to feel better when we feel unhappy or worried.

Eating a balanced diet means eating lots of different types of foods. We should eat healthy foods, such as fruit and vegetables. We can eat other foods like cakes and chocolate too, but we shouldn't eat too many of these.

Doing exercise helps our bones and muscles to grow strong. Exercise helps us to stay fit and healthy.

Looking after our personal hygiene means we need to keep ourselves clean. We need to wash and have baths or showers to keep our bodies clean. We need to wash our hair too. Brushing your teeth is very important to make sure your teeth are clean and healthy.

To look after ourselves in different types of weather, we need to wear different types of clothing.

Our bodies will tell us when we need a rest. Sometimes when we are playing, we will need to stop for a rest – especially if we have been running around!

## Summer Bag Challenge

We are really excited about you starting your Dorchester Middle School journey and want to get to know you in September.

We would like you to fill a blank sheet of A4 paper with information all about you in a creative way. You can use pictures, words, craft materials, whatever you like to make your montage all about you.

- What do you like to do?
- What makes you special?
  - Who are you?
  - Who is in your family?
  - Who are your friends?
  - Where do you live?
- What is your favourite place?
- What is your favourite food?
  - What makes you smile?
- Who makes you smile and laugh?



# Notes

# Notes

**Congratulations you have completed the  
Dorchester Middle School  
Transition Handbook!**

HAVE

a

great

Summer

**SEE YOU SOON!!!**