



Year 6 Families
Transition Newsletter
Issue 4



WELCOME

Welcome to issue 4 of our transition newsletter!

We hope you've enjoyed the sunshine this week; did you make a start on the reading and writing challenge? There have definitely been lots of opportunities to read outside on a sunny day! We hope you are looking forward to learning a little more about what to expect when you join us in September. Remember to keep checking our [website](#) for resources and information.

MEET THE STAFF

Miss Dale, Year Leader for incoming Year 7, introduces herself and explains how she's looking forward to looking after your year group in September.

READ MORE ON PG. 2

LOVE IS Patient and kind,
NOT jealous, boastful, proud, rude, self-seeking, irritable, or resentful.
LOVE does not delight in evil BUT rejoices with Truth. Love protects, ALWAYS TRUSTS, always hopes, ALWAYS perseveres. LOVE NEVER fails. 1COR 13:4-8

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QUESTION TIME

What will I experience during the Transition visit in July?

FIND OUT ALL ABOUT YOUR VISIT, ON PG. 2

SUBJECT CHALLENGE

It's double challenge time! Have you got what it takes to take on the Technology and PE challenges?

FIND OUT MORE ON PG. 3



OUR AIMS & VALUES

Christ Talents	Inclusive Faith
Accountability	Ambition
Courage	Excellence
Kindness	Friendship
Respect	Choices
Forgiveness	Inspire
Compassion	Justice
Humility	Charity
Responsibility	Neighbour
Service	Hope
Solidarity	Stewardship
Love	Cooperation
Resilience	Manners

MEET A MEMBER OF STAFF



Welcome to St Bede's! I look forward to seeing all of you soon-to-be Year 7s. My name is Miss Dale and I will be your Year Leader. I'll be checking in with your progress, attendance, positive contributions and making sure your behaviour and attitude remains as amazing as I'm sure it already is.

St Bede's is a wonderful school to join and I'm confident you are going to enjoy your time here! Secondary school is not as scary as it sounds so don't panic! Students and staff are all here to make you feel welcome.

Enjoy your last few weeks as a Year 6 student, cherish every moment before you come to make brand new memories.

See you soon!
Miss Dale

QUESTION TIME

What will I experience during the Transition visit in July?

We are really looking forward to welcoming you in person to our Transition visit next month! Here's a flavour of what to expect:

- ✓ Gathering together in our main hall for your first year group assembly might feel a little overwhelming but don't worry, Miss Dale and your new form tutors will be there to make sure you know where to sit and you will soon get into the routines we expect.
- ✓ Explore the school site on our tour led by staff and students.
- ✓ Spend time getting to know your form tutor and find out about the extra-curricular clubs and activities you can get involved in.
- ✓ Enjoy your first St Bede's family meal in the dining hall – you're going to love our menu!
- ✓ Experience a taster of your curriculum with some subject lessons.

What are next year's term dates?

You can find information about our term dates for 2023-2024 [here](#), on our school website. Please scroll down the page.

Please also click [here](#), to read about why excellent attendance is important.



Contact Us

If you would like to find out further information about our school, please click [here](#) to visit our school website.

For the latest news, events and updates, find us on [facebook.com/stbedeslancheater](https://www.facebook.com/stbedeslancheater)
If you have any questions, please feel free to contact us on: transition@stb.bwcet.com

Double Challenge!

Design and Technology Subject Challenge

It's always nice to be creative, especially during the holidays when you may have some spare time. You will soon learn St. Bede's Technology staff love to bake, sew and mend things. So, let's be inspired this summer and try some of the tasks below!



Bake a sweet treat (ask an adult for help)	Watch an episode of <i>The Great British Bake Off</i>	Design an afternoon tea menu for a summer fayre
Research a famous textile/fashion designer and produce a presentation about their work	Make a small textile product at home and take photographs along the way and present visually	Produce a fact sheet on the cotton fibre
Make a product using recycled items you have found around the home and garden	Make a model out of lollipop sticks	Make a small wooden toy. (ask an adult for help)



'Reps across the world' fitness challenge!



Task: Your task is to select a distance between one location to another and complete the distance of air miles in repetitions or seconds of specific exercises!

Firstly, you need to select one of the challenges below. Once you have done this, you will have the whole week to complete the specified number of exercises, this will equate to the air miles to get you to your destination! The further you choose to travel; the more repetitions of exercises you will need to complete the get there! Remember, you can complete these exercises in your own time across the week, you can also split them up however best suits you. Good luck!

Bronze challenge:

London to Paris



(214 air miles)



- 12 Burpees
- 10 sit ups
- 12 Squats
- 12 Press ups (on knees)
- 10 Tricep dips (with use of a chair)
- 12 Jump Squats
- 10 leg raises
- 12 Lunges
- 10 Mountain Climbers
- 12 Jumping Lunges
- 12 Star Jumps
- 30 second Wall Sit

Silver challenge:

Sydney to Brisbane



(467 air miles)



- 36 burpees
- 30 sit ups
- 35 squats
- 30 press ups (on knees)
- 30 tricep dips (with use of a chair)
- 35 jump squats
- 30 leg raises
- 35 lunges
- 30 mountain climbers
- 35 jumping lunges
- 36 star jumps
- 35 second wall sit
- 35 second plank on hands
- 35 second plank on elbows

Gold challenge:

New York city to Chicago



(714 air miles)



- 54 burpees
- 50 sit ups
- 35 squats
- 50 press ups (on knees)
- 50 tricep dips (with use of a chair)
- 55 jump squats
- 50 leg raises
- 55 lunges
- 50 mountain climbers
- 55 jumping lunges
- 55 star jumps
- 45 second wall sit
- 45 second plank on hands
- 45 second plank on elbows

Platinum challenge:

Tokyo to Shanghai



(118 air miles)



- 70 burpees
- 67 sit ups
- 70 squats
- 67 press ups (on knees)
- 67 tricep dips (with use of a chair)
- 70 jump squats
- 70 leg raises
- 70 lunges
- 67 mountain climbers
- 70 jumping lunges
- 70 star jumps
- 60 second wall sit x 2
- 60 second plank on hands x 2
- 60 second plank on elbows x 2