



MARTIN
HIGH SCHOOL
Lionheart Educational Trust



LEARNER TRANSITION

Support Pack



CONTENTS

MEET THE TEAM.....	4
OUR SCHOOL	7
PICTURES OF OUR SCHOOL	7
THE SCHOOL DAY	9
ITEMS YOU NEED AT SCHOOL	10
YOUR CALM SPACE AT SCHOOL.....	11
ALL ABOUT ME.....	12
DEALING WITH WORRIES	13
OUR BODY’S REACTION.....	15
MY BODY AND MY THOUGHTS	16
MENTAL HEALTH THERMOMETER.....	17
STRESS BOTTLE/JAR	18
NOTES	19
A SAFE SPACE	20
A TRUSTED PERSON	20
SAFEGUARDING SUPPORT.....	20
SEND SUPPORT	20

WELCOME TO MARTIN HIGH SCHOOL

As the new Associate Principal at Martin High School, it is a real privilege to welcome you as our new Year 7 learners.

At Martin High, we recognise that no two learners are the same, and this is something we celebrate. We are proud to focus on every learner as an individual, helping each learner to discover their strengths and truly shine.

Although I am new to Martin High, I already work for the Lionheart Trust, so I have visited the school many times. I know how fantastic the staff and learners are, how friendly and welcoming the community is, and how much everyone cares about helping learners to succeed. I am confident that your move to secondary school will be smooth, positive and exciting.

There are lots of fun and interesting subjects for you to learn, as well as many clubs, teams and activities for you to get involved in. Our goal is to help you grow, become more independent and build confidence in a safe, happy and friendly environment.

Our caring teachers and support staff are always here to help you. When you start Year 7, you will be part of a tutor group with a dedicated tutor who will make sure you feel supported, settled and ready to enjoy everything Martin High has to offer.

Remember, at Martin High we believe in being kind, working hard and aiming high. We are so proud to welcome you into our community and can't wait to see everything you achieve.

I look forward to meeting you very soon.



Mike Gamble
Associate Principal
Martin High School



MEET THE TEAM

MRS COWLEY SENDCO

My name is Mrs Cowley and I am the SENCO at Martin High School.

My job is to make sure that any student who needs extra support with their learning, emotions, or wellbeing gets the help they need to feel confident and successful at school. I work closely with teachers, families and our support staff to make sure everyone feels understood, supported and included.

You might see me around school checking in with students, talking to teachers, or working with our support teams. If you are ever worried about your learning, finding things tricky, or just need someone to talk to, you can always ask to see me. I'm here to help.

Starting secondary school is a big step, but you won't be doing it on your own. At Martin High, we believe that everyone deserves to feel safe, supported and able to shine.

I'm really looking forward to meeting you and helping you settle in.



MR SEAWARD VICE PRINCIPAL

I am Mr Seaward and I am a Vice Principal at Martin High School. A part of my job is to oversee the provision for learners with SEN at our School. You will see me visiting lessons regularly and if you need help you can ask to speak with me. For parents, I can be contacted by email at: SEN@martinhigh.org.uk

MISS KIDD

My name is Miss Kidd and I have been part of the Martin family for a year now. I work in the Aspire Hub and I love my job. Every day is different.

The Aspire Hub is a quiet space and is used for lots of different reasons by pupils who are working alongside their Heads of Year for additional support.



MR KRUGER HEAD OF YEAR 7

My name is Mr. Kruger and I am the Head of Year 7 at Martin High School.

In my role, I am responsible for ensuring that every student in Year 7 develops into a brilliant learner and gets off to the best possible start for the next five years of their education. During your time here, you will grow in confidence, develop your character and become the best version of yourself.

I work closely with teachers, families and our pastoral team to make sure every student feels supported, safe and ready to succeed, both in and out of the classroom.

You most likely will have me as your RE teacher, but you will also see me on duty at break and lunch, or in the Year 7 pastoral office. If you are ever worried about anything – whether it's your learning, friendships, or how you are feeling – you can always come and speak to me. I am here to help.

I have already met many of you, and I am really looking forward to continuing to get to know you all and supporting you throughout your Year 7 journey.





MISS FLIGHT YEAR 7 PASTORAL MANAGER

My name is Miss Flight and I am the Pastoral Manager for Year 7, as well as the Young Carer Champion and a Deputy Safeguarding Lead across Martin High School. My role is to make sure that all students feel safe, supported and happy as they settle into secondary school. I am here to help with any worries, whether they are about school, friendships, wellbeing or anything else that might be on your mind. I also work closely with the Teen Health service, the Mental Health Support Team, and support our young carers to make sure everyone gets the help they need. I work with teachers, families and a range of outside agencies to ensure that every student is supported and looked after. You will see me around school a lot, so please don't hesitate to come and talk to me - I am always happy to listen and help! A little bit about me - I am known around school for being obsessed with my dog, and if you ever visit my office, you'll see lots of photos of them! Starting secondary school is a big step, but you won't be doing it alone. I am really looking forward to meeting you and helping you feel settled, confident and ready to succeed.

MRS THOMAS SAFEGUARDING LEAD

My job is to help keep learners safe and supported at school. This includes making sure that if any learner is worried about their safety, wellbeing, or something happening in or outside of school, they get the right help and support as quickly as possible. I work closely with teachers, families, and our support teams so that everyone feels listened to and protected.

You might see me around school checking in with learners, talking to staff, or working with our safeguarding team. If you are ever feeling worried, unsafe, or unsure about something, you can always ask to speak to me or another trusted adult in school. You will never be in trouble for asking for help.

Starting secondary school is a big step, but you are not on your own. At Martin High, keeping learners safe and helping them feel secure is very important to us. We believe everyone deserves to feel safe, supported, and able to do their best.

I am really looking forward to meeting you and helping you settle in.



OUR SCHOOL



This is what our school looks like from the outside, it looks really big from the outside. Our address is:

**Martin High School,
Link Road, Anstey,
Leicestershire,
LE7 7EB**

Why don't you google it on Google Maps and look how far away it is from your home?

PICTURES OF OUR SCHOOL



This is what our school looks like from the inside.



This is what one of our classrooms looks like, most of them look the same, but there will be a few that are different. This is because we teach some specialist subjects which require special rooms. These are things like the science lab, the food technology room and the drama space. You will move around the school and go to a different rooms for different subjects, but you will get support to move around the school. You will also be in a form class with a form tutor and this will be in a classroom.














This is our canteen area and where you will eat your lunch, some of you might even be able to have your breakfast in school if you get in early enough. This is an area that you can also sit during break times and to meet your friends first thing in the morning. You can choose to have a hot dinner or you can bring a packed lunch with you, which is totally up to you.

This is our school library and it has lots of books that you can go and read. It is also a quiet space that can be used to do work or to go if you need some time to get ready for learning.



THE SCHOOL DAY (MONDAY TO FRIDAY)

08:40 - 08:50		Line ups and School start time for learners
08:50 - 09:10		Registration
09:10 - 10:00		Period 1
10:00 - 10:50		Period 2
10:50 - 11:05		Break
11:05 - 11:55		Period 3
11:55 - 12:45		Period 4
12:45 - 13:25		Lunch
13:25 - 14:15		Period 5
14:15 - 15:05		Period 6
15:05		Pupils Leave



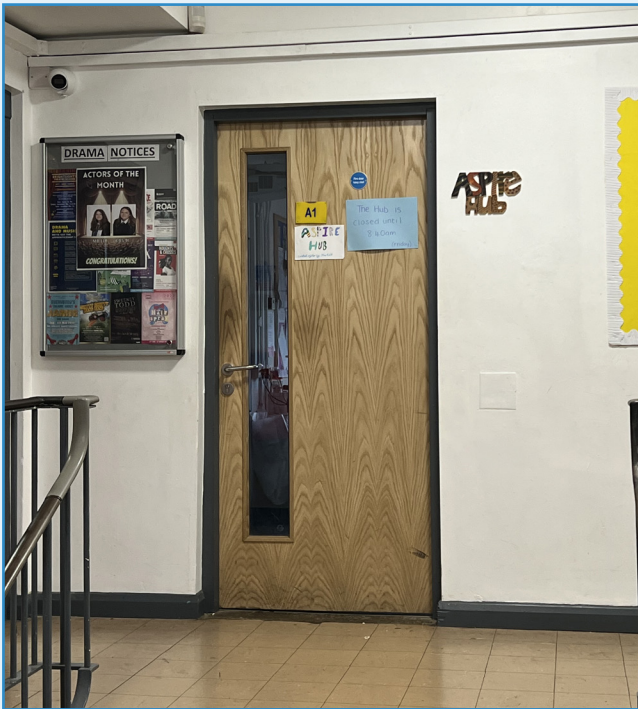
ITEMS YOU NEED AT SCHOOL

<p>A School Bag</p>		<p>You will need a school bag that is able to hold an A4 folder or documents</p>
<p>Pens</p>		<p>Black inked pens so that you can write in your lessons</p>
<p>Pencils</p>		<p>Pencils so that you can draw diagrams or pictures in your lessons</p>
<p>Rubber</p>		<p>So that you can erase any mistakes</p>
<p>Pencil Sharpener</p>		<p>To sharpen your pencils when they become blunt</p>
<p>Coloured Pencils</p>		<p>To colour in diagrams or pictures in your work</p>
<p>Pencil Case</p>		<p>To store all of your equipment in one place</p>

YOUR SAFE SPACE AT SCHOOL

We have created a safe space for you to use when you are feeling a little worried or you need time out of lessons, this is called The Aspire Hub. There is always a member of staff in the rooms and if you have any support with your English and Maths, then you will get help in this room too.

Here are some pictures of the Aspire Hub:





ALL ABOUT ME

We would love to get to know you and we would love you and your family to tell us all about you and them. This sheet lets you fill in what you want to tell us.

THIS IS ME

Draw a picture of yourself

THESE ARE THE PEOPLE WHO ARE IMPORTANT TO ME

Draw a picture of the people who are important to you

THINGS I LIKE

You could draw or write these

THINGS I DO NOT LIKE

You could draw or write these

THINGS I THINK YOU NEED TO KNOW ABOUT ME

Tell us what you would like us to know about you

THE BEST WAY FOR ME TO LEARN IS...

Tell us the things that help you learn

DEALING WITH WORRIES

Worries are a part of everyday life and often things will seem worse when you are alone or at night. This is because during the day and when you are in other people's company your mind is kept busy. You might think about the things that are worrying you, but they come and go. At night your brain has time to think and over-think things that have happened and you are in your own company. You might begin to panic and things happen to your body, such as you start to sweat, your heart begins to beat faster and you may even struggle for a breath. This is normal and we all go through this from time to time, but it is good to have strategies to deal with this when it happens.

Here are some strategies that could help and a worry jar on the next page that you can use straight away.

A WORRY BOOK

This is a book that belongs to you and only you, you can write all of your worries in it as they come into your head. Getting them down on paper and looking at them can help as it allows them to leave your body and be something real rather than just in your head. If you want, you can invite someone you trust to read your worries at the end of the day, or whenever you want. This will give you a chance to talk about your worries and then get the advice of another person. You have to invite that person to read your book though as it belongs to you. A good idea would be to set some time aside each day, maybe even the same time to go through your worries. You can discuss your worries with your College key worker if you have one. If you feel like you need a key worker, ask for support.



A TIME CAPSULE

A time capsule can be a container of any kind that you want. You write down all of your worries and put them inside the container and date them. You then seal the container so that nobody can get access to it, not even you.

When your worries are inside you can either have a hidden in your house, or even better, if you have a garden you can ask permission from your parents/carers to dig a hole and bury it, not too deep as you might want to add more worries when they come up. Then when everything is sorted, you can open it up and read what you were worried about and think about how small that worry actually was.



TALK TO SOMEONE

This is by far the best thing to do, but only if you feel comfortable with it and with someone that you trust. Opening up and speaking to someone allows you to get their views and support on what is happening. They may be able to offer you advice or get you some support from another professional. Bottling up your worries is not a good thing to do as they become overwhelming and can affect your mental and physical health.





WORRY MONSTER

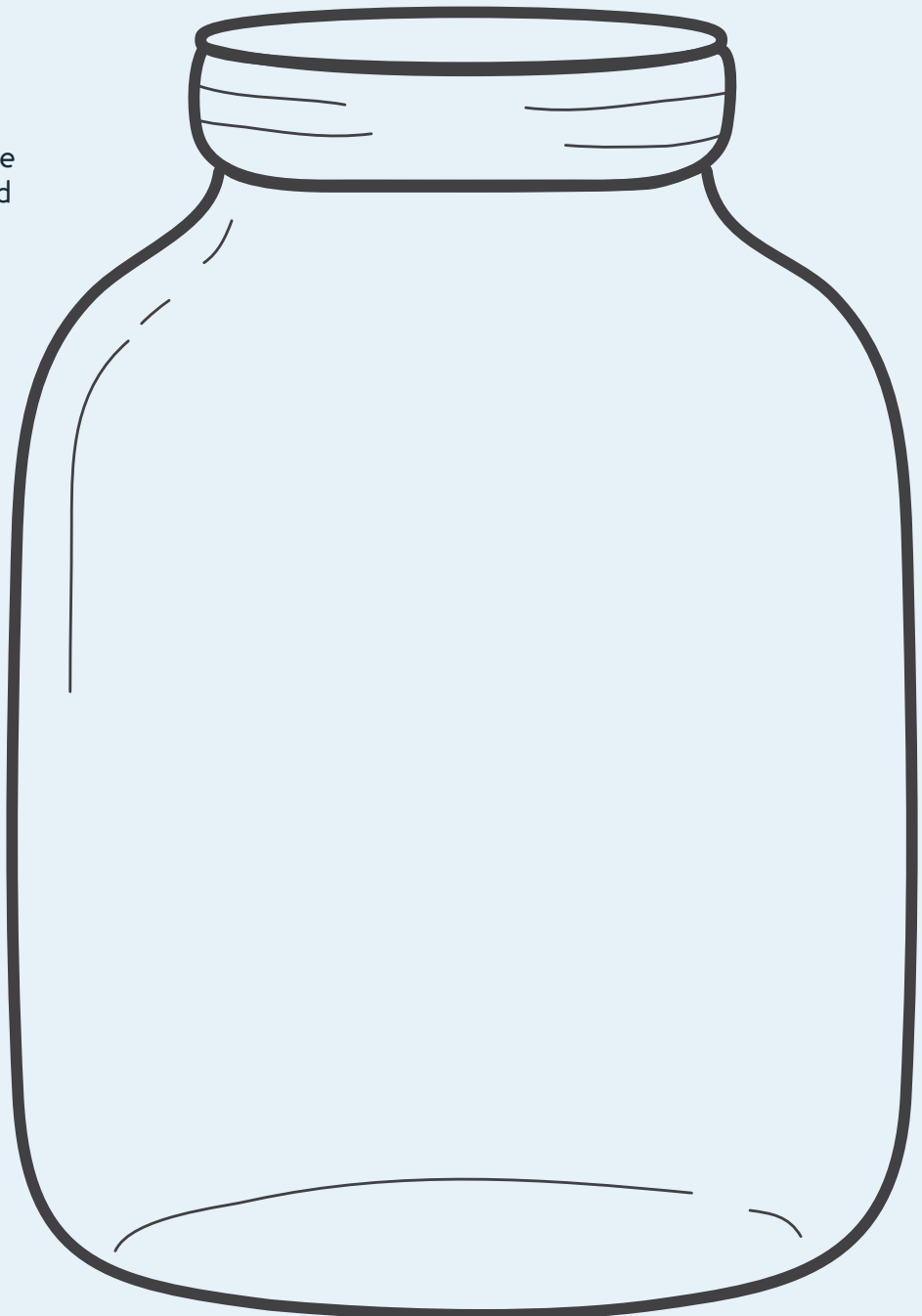
A worry monster is designed to discuss and reduce worries. You can write or draw your worry onto a piece of paper and then feed it to your worry monster. Once the monster has eaten it, you can then discuss the worry with a trusted adult.



A WORRY JAR

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it. Once you seal the jar, think of positives from the worry. Write them down in a positive colour – maybe a colour you really like.

If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.



OUR BODY'S REACTION

Our bodies react in different ways to stress and sometimes we need to work out what is happening to us and how we can deal with it, different parts of our body can be affected by stress. On this sheet fill in any gaps and circle the statements that apply to you, green is okay and red means that you are not feeling as good as you could.



BRAIN

Our brain is where we think about our worries and anxieties. If we are calm we can think clearly, if we feel anxious our brain over-thinks everything.

I am feeling really calm and in a good place. My thoughts are clear and I can think about good things that make me happy.

I am not feeling calm and I have lots of different thoughts in my head right now and I am worrying about things. I want to escape and get away from my thoughts



HEART

Our heart can tell us a lot about how we are feeling. Normal heart rate is 60/80 beats per minute. When we feel anxious our heart beats faster.

My heart is beating at a normal rate and rhythm. Measure your heart rate by finding and counting your pulse.
Heart rate BPM

My heart rate is beating faster than normal and it feels really tight in my chest. Measure your heart rate by finding and counting your pulse.
Heart rate BPM



TENSION

We often feel stress and anxiety in our muscles and they might feel tight or like there is a ball in a part of our body.

My muscles do not feel any different and I feel okay.

I feel like I have a tension in my muscles and a ball of worry in my body and it is

(Where in your body)



HANDS & FEET

When we are stressed or anxious we tend to move our hands and feet more. We can pick or bite our nails or tap our feet against the floor or something close by.

I am in control of my body and I feel calm, my hands and feet are not moving and I do not feel the need to fidget.

My body feels restless and I feel like I need to fidget with something, or bite or pick my nails or tap my feet against something. My legs and hands might even feel painful.



VOICE

The way that we talk can change when we are stressed or anxious. We can either talk really quietly and not very much or very fast and a lot.

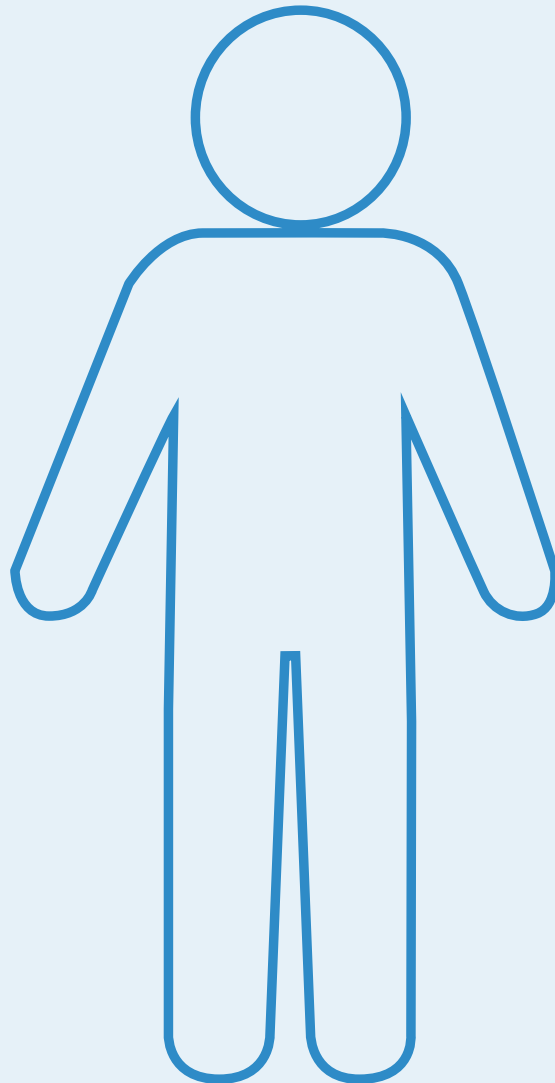
My voice is fine and I am talking normally.

I really don't want to talk to anyone and I feel like I can't or I am talking really fast and talking about so much at once and some of it makes no sense.



MY BODY AND MY THOUGHTS

On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having. This get you to think about how these thoughts are impacting upon your physical and mental health.



Regular exercise is really beneficial for your emotional well-being. Unsure where to start? Talk to your Physical Education teacher for guidance. Some of the benefits include:

- Exercise decreases stress hormones
- Exercise promotes confidence
- Exercise provides a buffer against stress
- Physical activity distracts you from negative thoughts and emotions
- Exercise can be a good source of social support



MENTAL HEALTH THERMOMETER

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale.

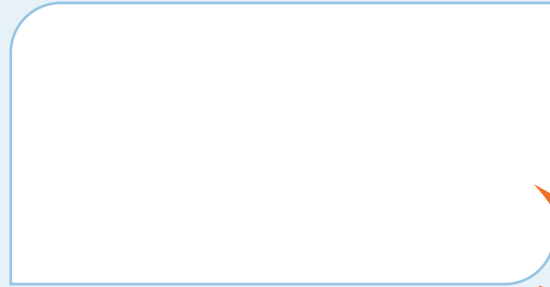
HOW AM I FEELING

STRATEGIES TO SUPPORT ME

SCALE

5

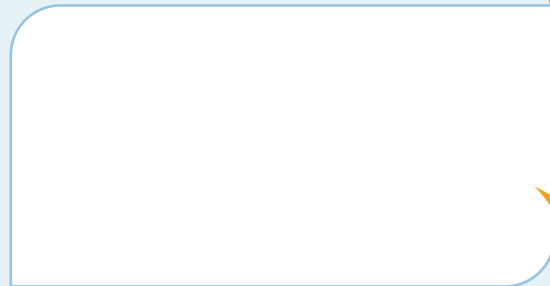
- I feel really stressed and anxious
- I feel really angry and unhappy
- I feel like I am going to explode
- I feel like I may hurt someone or break something.



SCALE

4

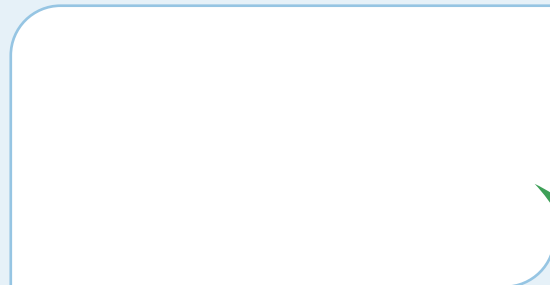
- I feel slightly stressed and anxious
- I feel like something is bothering me
- I feel agitated and want to fidget
- I feel like the smallest thing might make me angry and even more stressed.



SCALE

3

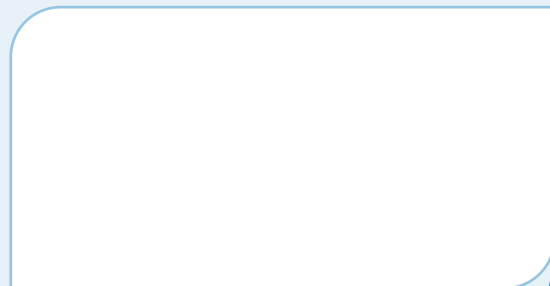
- I feel okay, some things are annoying me, but I can deal with them
- I feel like I can cope and get on with my day
- I feel like I could be in a good place if things carry on this way.



SCALE

2

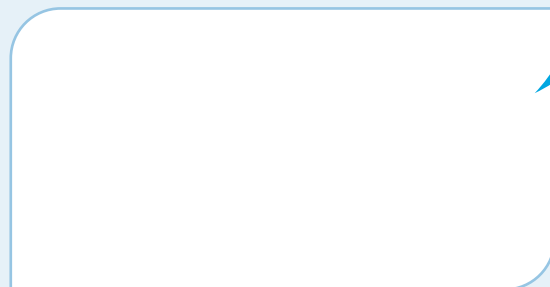
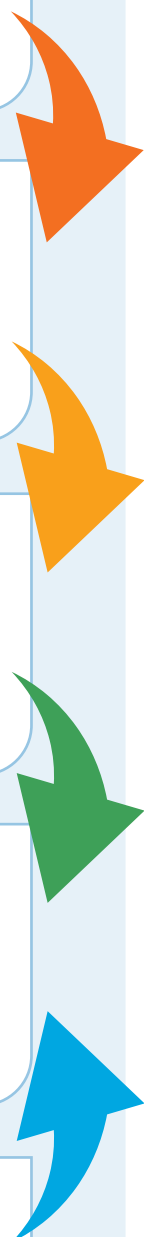
- I do not feel stressed or anxious and things are going really well today
- I feel happy and I am in a good place
- People are not annoying me today and I am enjoying their company.



SCALE

1

- I feel tired today and I cannot be bothered with anything or anyone
- I feel down and depressed
- I feel agitated by things.



SOME SUGGESTED STRATEGIES

Below are some suggested strategies that you could use and put into whatever box you like to support you, remember this is personal and each strategy is personal to you and only you.

- Give me some space
- Do not ask me how I am feeling
- Let me listen to my music
- Let me eat something
- Get me something to take my mind off this
- Do not challenge me
- Ask me questions
- Get me to my trusted adult/ member of staff
- Give me something else to talk about
- Let me draw something
- Get me to a safe space
- Get me my favourite toy
- Do not speak too loud
- Do not talk to me
- Ask me how I am feeling
- Get me a drink
- Do not make me do work
- Let me read
- Get me my worry book
- Let me go and play sport
- Let me play with my fidget toy

These are only suggestions, but you can think of your own strategies or things that will help you and put them into the boxes on the chart on the previous page. If you need any help with this, ask an adult.

STRESS BOTTLE/JAR

This is a very simple stress reliever that you can make at home or in college. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.



EQUIPMENT NEEDED

- An empty bottle with a lid
- Warm water
- PVA Glue or Glitter Glue
- Glitter if just using PVA glue
- Craft stars, buttons, gems (optional)

INSTRUCTIONS

1. Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it.
2. Add you Glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle.
3. Add the warm water, but do not fill it right to the top.
4. Put the lid on and give the bottle a shake.
5. Let the mixture settle for a minute or two.
6. Add any craft stars, buttons and gems into the bottle.
7. Put the lid back on and give it another shake.
8. It is complete, but you can decorate the outside of the bottle if you wish.

HOW TO USE

- Every time you feel stressed or anxious or when you can feel it building up, grab your stress bottle/ jar and give it a good shake to get all of your anxiety and tension out.
- Place the bottle on a flat surface, sit down and watch the inside of the bottle begin to calm and settle down.
- Use this as often as you like and for as long as you need.

NOTES



A SAFE SPACE

When we are stressed or anxious it is good to have a safe space to go to. This needs to be a place where you can think and relax and that will allow you to calm down. This could be your bedroom and you could hide under the covers or put some music on, it could be in your garden or your local park where you can just breathe and take in the oxygen you need to self-regulate. This means that you are able to calm yourself down.

When you are in your safe space you should focus on you and people need to know that this is your safe space and that you should not be disturbed, but remember to tell someone where you are, just so they can check on you from time to time.

When they do check in on you, make sure that you respond to them, you can tell them to leave you alone, but do it in a way that lets them know that you are okay, but you still need some space.

A TRUSTED PERSON

It is a really good idea to have someone that you can talk to if you are worried about anything, they cannot promise to keep everything to themselves, especially if you are in any danger, they have to make sure that they tell someone else who can help you. This is scary, but you must trust them that they are helping you.

Make sure that you remember that this person is someone that you trust and they are not going against you by telling someone else, but they only have to tell someone if you are in any danger or they are concerned for your physical or mental health.

SAFEGUARDING SUPPORT

We are always here for you if you need any help or support and we have a dedicated safeguarding team who are available throughout the college week, please contact the team using the details below.

 leadership@martinhigh.org.uk

 www.martinhigh.org.uk



Josh Saye



Mike Gamble



Pete Sanderson



Kevin Seaward

SEND SUPPORT

If you require this in a larger print or any adaptations then please contact either Kerry Cowley (SENDSCO) or Kevin Seaward (Vice Principal) by emailing: SEN@martinhigh.org.uk