



Session 1
Being awesome



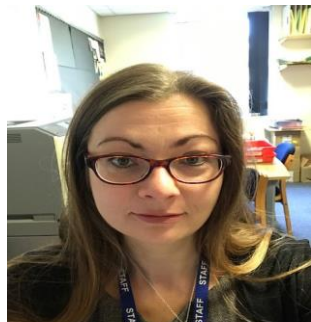
Hello Year 7...

Does it feel odd to read that? It takes some time to adjust to doesn't it? And it's odd to think that, come September, that will be what you hear!

All of us at East Bergholt High School want to make sure that your transition to Year 7 is the absolute best that it can be. We know that you will have lots of questions about high school and we have lots of activities planned for you over the coming weeks to address your questions, help you meet the staff who will be looking after you, and to get you ready for high school life.

My job at the high school is to make sure that the teaching and learning experiences that you have are the best that they could possibly be and so we have sent these sessions to you to get you thinking about how you can get your brain into tip top shape ready for when you start learning with us. You can work through these sessions from the beginning or can dip in and out of them as you like, it's up to you. There is a workbook that you can work in too that you can either print out or download. You won't be tested on these sessions when you get to EBHS - this is just to get you ready and thinking so, don't stress out if you can't complete them all or if there's the odd one that you don't fancy.

We'll be talking to you about things like: your form group; your timetable; what to expect in lessons and how good the canteen pizza is in the upcoming weeks but these sessions are less about EBHS and are all about YOU and helping you to be the very best that you can be.



Have a look at this video made by one of our teachers, Mr Wilshaw:
<https://www.youtube.com/watch?v=2FbxDzD7pXk>

We look forward to meeting you.

Mrs Schmidt, Assistant Headteacher

Hello Year 6, and welcome to 'Be Awesome, Go Big'. We are going to help you get ready for secondary school over the next few weeks and learn how to be awesome. We have three people who are going to help you navigate this period of transition. They are:



Matthew Burton

Author of 'Go Big' and known for 'Educating Yorkshire' and 'BBC Bitesize'



Matthew Syed

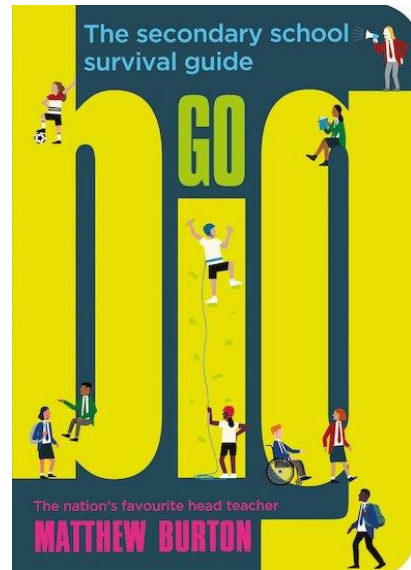
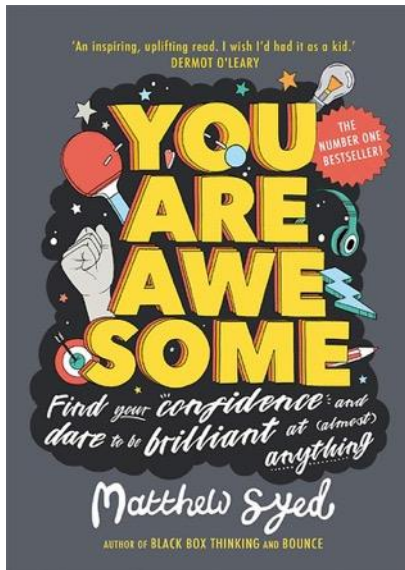
Author of 'You Are Awesome', as well as many other books. He is also a journalist and appears on a podcast called 'Flintoff, Savage and the Ping Pong Guy'



Gemma Oaten

Actress, with roles in Emmerdale and Holby City as well as a number of other shows

Each session will take you through some big ideas that will help you on the way to East Bergholt High School. The sessions use information from the books: 'You Are Awesome' and 'Go Big'. You will be able to read these in Year 7 - we have many copies waiting for you in our Learning Resource Centre when you get to us. 😊



Each session will have:

- Two videos
- Some key points
- Some quotations from the books
- Some questions for you to think about
- A workbook which accompanies these sessions that you can complete as you go.

Our hope for you is that you will,



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**We know that you
can BE AWESOME!
Good luck!**

*The PiXL Team, Hachette Publishers,
Matthew, Matthew and Gemma*

Here is Matthew to introduce today's session:





Have you ever
thought about the
fact that we get to
choose our attitude?

Even when we
can't choose
SOME things...



Sometimes we have attitudes about ourselves we didn't even know we had.



Have you been 'kid average' or
'kid awesome' at primary school?

What is the difference?



Kid average is someone who:

- doesn't try hard enough
- thinks everyone else is talented
- is lazy
- is scared of taking risks
- is worried about looking foolish
- doesn't put their hand up in class
- thinks they will be okay, until it is too late.



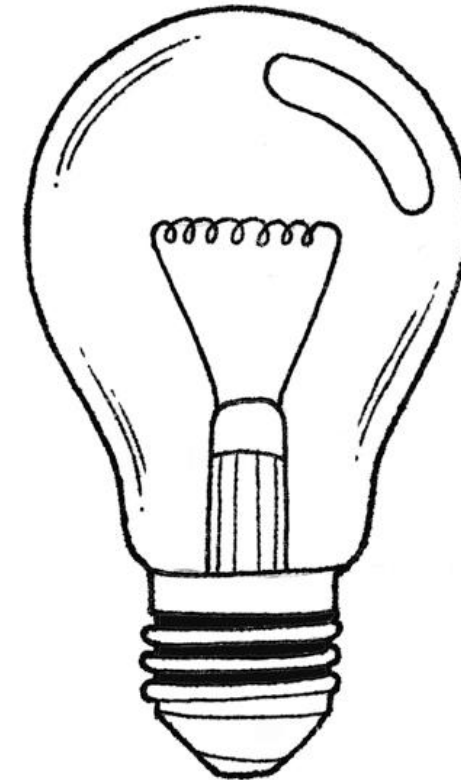
Kid awesome is someone who:

- tries hard
- puts time into learning things
- is dedicated to what they want to achieve
- is focused
- doesn't give up easily
- stays positive during hard times
- asks for help
- overcomes fears
- tries new things.



AWESOMENESS takes masses
of practice to **PERFECT**.

Do you think you are 'kid average' or 'kid awesome'? Who do you want to be when you get to East Bergholt High School?



You have a **choice to make**, so will you be ‘kid average’ or ‘kid awesome’?

“The world around us is changing so fast. It’s no wonder that we sometimes feel anxious about how we fit into it. We question whether we are smart enough. We get a bit scared to have a go in case we look stupid. And sometimes it’s tempting to quit before we’ve even tried having a go at something.” *Matthew Syed, ‘You Are Awesome’ page 35*

Now is the time to step up and make the change...



Sometimes we are worried about failing or messing it up. That is what stops us being 'kid awesome'. Being awesome takes perseverance.

“I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed.

I've failed over and over and over again in my life. And that is why I **SUCCEED.**”

Michael Jordan



TASK: Is there anything holding you back?



Find it hard to focus

Feeling stressed or anxious

Scared of taking risks

Worried you can't do things

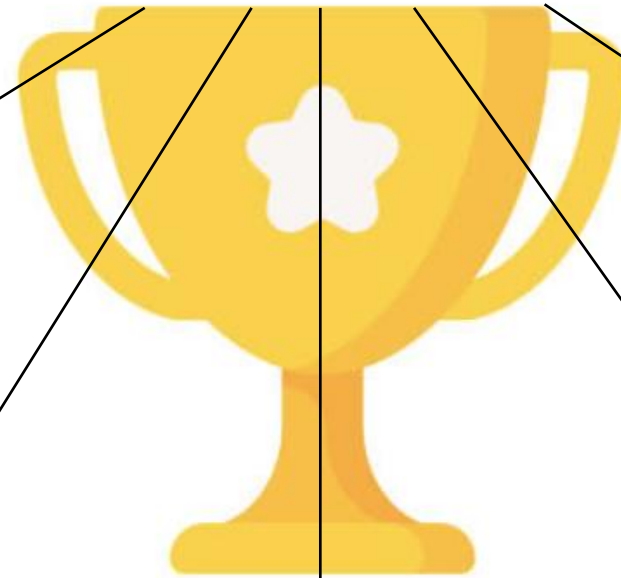
Feeling embarrassed

Scared of hard work

Fear of looking foolish

What is the secret of success?

Perseverance



Trying your hardest

Embrace challenges

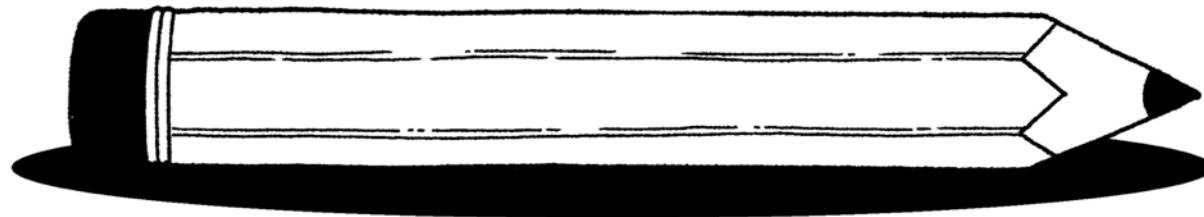
Telling yourself that you
CAN do it

Not being afraid of
making mistakes

Doing something even
though it is difficult

TASK: Write down what you can learn from your primary school experience, ahead of going to secondary school.

- How did you handle things when they went wrong?
- How did you react when you got stuck?
- Think about a time when you showed a 'kid awesome' attitude. Write it down.
- Write down the kind of person you want to be at secondary school.



Here's Gemma Oaten. She knows a thing or two about moving from 'average' to 'awesome'. Listen to what she has to say...



Remember: don't give up – ever!
BE BRAVE



Make sure you have completed your Be Awesome, Go Big workbook.

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