



Rainhill St Ann's Year Six to Rainhill High School

Transition Pack

Monday 13th – Wednesday 22nd July 2020



Rainhill St Ann's CE Primary School

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Headteacher: Mrs Laura Rynn

Always our best for God, each other and ourselves.

Dear Parents/ Carers,

This pack is to be used from Monday 13th to Wednesday 22nd July.

We have been informed by Rainhill High School that they will be contacting parents directly regarding their own Transition arrangements, which will include individual appointments at the school across some evenings in July and a Y6 Transition Day at the start of September. You may have already been contacted directly about this.

Rainhill High School will be sending a booklet of activities to St Ann's for those Y6 children who have returned in school to complete the week commencing 3rd July in their Home Groups. Children will bring this booklet home once it has been completed as they will need to take it to the High School for their September start.

Those Year Six children who have not returned to school will complete the same RHS Transition Booklet of activities at home and we have been assured that Rainhill High will contact those parents and children directly with their booklet. It is essential that children complete the Transition Booklet from RHS as they will need to take it with them in September.

A polite reminder from RHS: if there are any parents/carers who have not yet returned the data sheet that was sent out from RHS, can you please do so.

The work set by RHS of course takes priority over this booklet but your child will also benefit and enjoy completing this St Ann's booklet - many of the activities that have been planned are reflective, creative and nostalgic!

Kind regards,

Mrs Willan and Mr Phillips.



Below you will find a contents page that provides guidance on how to support your children with their learning over the next 8 days. This is a guide only and it is entirely dependent on your circumstances at home.

As with the previous Home Learning packs, please continue to email in your child's work to your current year group email address – rsa.y6@three-saints.org.uk.

As well as the suggested activities included in this Home Learning pack, our Year 6 children also have a video to watch from their current class teacher!

Children currently in 6P: please look for the video titled '6P moving to Year 7'

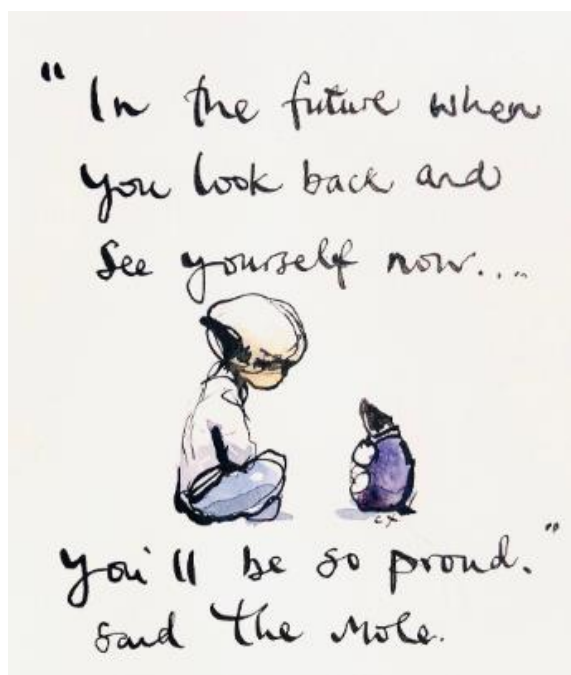
Children currently in 6W: please look for the video titled '6W moving to Year 7'

You also have an extra special video that has been put together by one of our former pupils, Lyla. Lyla has provided some really useful advice to help you with your transition into Rainhill High School.

All of the Year 6 videos can be found on our St Ann's YouTube Channel from Monday 13th July until Friday 17th July.

All videos will be removed at 3pm on Friday 17th July.

Year 6, you have all had such a brilliant year and should feel very proud of yourselves as you prepare for your move into Year 7!



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Extra resources:

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Think Positive

RAOK (Random Acts of Kindness)

Day 1, Task 1- Write a letter to your new teacher

It's important that new staff at RHS get to know you as well as possible. Writing a letter to your new form tutor is also a good way for you to think about your own feelings and thoughts about moving up. First, plan your letter. This planning frame should help you. Then, when you are ready to write it up, use the frame given to you on the next page. Make sure you use your best handwriting to impress your new teacher!

Paragraph 1

(Opening - introduce yourself, explain why you are writing)

Paragraph 2

(Describe your hopes/interests, what you have to offer)

Paragraph 3

(Describe any worries or fears you have about moving up)

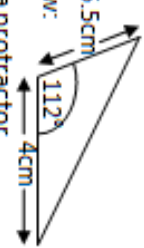
Paragraph 4

(Describe what you are most looking forward to)

Paragraph 5

(Conclusion - draw ideas together, ask any questions)

Make sure you include anything else you want to say!

A: Place Value, Add, Subtract, Multiply and Divide		B: Fractions, Ratio, Proportion and Algebra		C: Measure and Geometry	
1. Write two million, six hundred and twelve thousand and thirty in digits.	6:1	11. Which is the smallest fraction? $\frac{1}{3}$, $\frac{4}{9}$ or $\frac{11}{27}$	6:7	21. How many miles are about equal to 12 kilometres ?	6:18
2. What is the value of the 7 in this number? 5,273,914	6:1	12. $\frac{7}{10} + \frac{4}{15} =$	6:8	22. Give the length and width of two rectangles that have an area of 12m² .	6:20
3. Round 8.427 to 2 decimal places.	6:1	13. Simplify $\frac{6}{10} \times \frac{3}{4} =$	6:9	24. Find the area of 7cm this parallelogram .	6:21
4. Write the largest possible crowd. Attendance: 5,000 (to the nearest thousand)	6:2	14. 1.78×1000	6:10	24. Calculate the volume of a cube with a 10cm side length.	6:22
5. $2,486 \times 62$	6:3	15. 3.56×7	6:11	25. Draw this triangle accurately below: 	6:23
6. $1,273 \div 19$	6:3	16. Write this decimal as a fraction and a percentage . 0.8	6:12	Use a ruler and a protractor.	
7. Which is a common multiple of 22 and 33? 99 66 44 11 2	6:4	17. Find 65% of 180.	6:13		
8. Which factor of 25 is also a prime number ?	6:4	18. In a class of 20 pupils, $\frac{2}{5}$ are girls. How many boys are there?	6:14		
9. $15 + 5 \times 7$	6:5	19. How much will a 9 minute call cost? <div>Call charge: 15p +12p per minute.</div>	6:15	<div>_____</div> <div>4cm</div>	
10. I have £10. I buy 3 coffees at £1.80 each. How much do I have left?	6:5	20. What is the 10th term of this sequence? 11, 14, 17, 20, 23, ...	6:16		
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)		Y (10-19)	G (20-25)

Sign your Shirts!

Just because we aren't having a 'traditional' end of year celebration, doesn't mean we have to let go of all our traditions! Many of you were looking forward to signing each other's shirts... and you still can! We want you to write messages to your friends on this shirt, make it as bright and fun, but also as meaningful as you can. You might write a memory or a saying that you share. Please send these back into us when you've signed them and send to our email account. Our aim is to make a keep sake for each child to keep 😊



Day 2, Task 1 – RE Diocese Task

Around this time, Year Six would usually be invited to the Liverpool Cathedral for their Leavers' Service. This year's theme is 'Facing Your Giants', overcoming adversity and showing resilience as they transition to High School.



The following is a prayer that the diocese sent over for our Year Six pupils to reflect upon:

Loving Father
we praise you for all that it has meant to us
to be part of your family here at Rainhill St Ann's Primary School.
We give you thanks for our friends, our teachers
and all that we have done together.
As our Year 6 pupils prepare
to start a new and exciting stage in their life's journey,
we pray that they will settle happily into their new schools,
Make new friends and learn new things from their new teachers.
above all we ask that they will remember
That they are still a precious part of your family,
loved by you, wherever they go and whatever they do.
We pray your blessing on them now
and ask that they will never ever forget how much you love them.
Amen

Father God,
as we say farewell to our loved ones
we entrust them into your care.
We pray for happiness and joy to be ahead of them,
for wisdom and guidance to be beside them,
and for grace and truth to be behind them,
pushing them onwards into your goodness.
We know that you will always love and protect them,
wherever they go. Amen.

Loving God,
at the end of this school year
we give you thanks
for all that we have achieved together.
We remember times when it was fun,
times when we needed help
and times when we gave help to others.
Thank you for the skills of all our staff who
have helped us all learn.
Thank you for our classmates
who have become our friends.
Give encouragement and confidence to those moving on to new schools,
and bless us with rest and enjoyment during the coming holiday time. Amen

During the Leavers' Service, children would be invited to share thoughts and prayers in 'Activity Zones'. There are five zones to complete. As part of their Transition Pack, we ask that each child choose 2 or 3 of the zones and complete the activity connected to it. If you don't have the resources at home, don't worry, be as creative as you like! Make sure you take pictures of our prayers and send them in to us, the diocese and ourselves would love to put them on display!

THE PRAYER ACTIVITY ZONES

1) SORRY

Students are invited to think of something from their time in Year 6 (or before then) that they wish they'd done or said differently, or something that they wish had happened differently. Maybe something that they need to let go of. Maybe someone that they need to forgive. Students are invited to pick a dirty stone from a bucket and then carefully wash it in a bowl of clean water and then place it on cloth at the bottom of a wooden cross. The washing represents saying sorry, letting go, forgiveness.

THE PRAYER ACTIVITY ZONES

2) WOW!

Students are invited to think about a wow moment that they have experienced during Year 6 (or before), something that they enjoyed, something that they are proud of, a memorable moment. Students decorate a small paper flag with this wow moment, and then write their name and their school name onto the back of the flag. The group leader collects the flags for use during the Service a bit later.

THE PRAYER ACTIVITY ZONES

3) THANK YOU

Students are invited to think of someone who they are thankful for during Year 6 (or before) - maybe another child, a teacher, a helper, or a volunteer? Students are invited to make a pipe-cleaner person, and then to write who they are thankful for and why onto a Post-it note. The Post-it notes are stuck onto large sheets on the floor, and the students take the pipe-cleaner people home with them.

THE PRAYER ACTIVITY ZONES




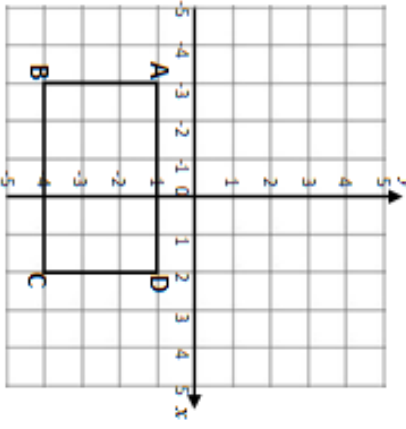

4) PLEASE

Students are invited to think about something that they may be worried about, or that they want to ask God about, to 'put into God's hands'. Students draw around one of their hands and then write something that they want to leave in God's hands into the hand-shape. It doesn't have to be about school - it might be something about a family member, or some other concern. The hand shapes are then Blu-tacked onto sheets of sugar paper.

THE PRAYER ACTIVITY ZONES

5) TOGETHER

Students are each given one foam puzzle piece (*source available*) and are invited to draw a picture of themselves and write their name on one side. With the group leader's help, students then add their puzzle piece to the 'together puzzle' (best placed at the front of the Cathedral). The group leader encourages the students to reflect on how we are each part of a wider family.

A: Place Value, Add, Subtract, Multiply and Divide		B: Fractions, Ratio, Proportion and Algebra		C: Geometry, Position and Direction	
1. Write in words: 1,900,345	6:1	11. Simplify this fraction fully: $\frac{12}{44}$	6:7	21. Find the missing angle. 	6:24
2. What is the value of the 5 in this number? 5,273,914	6:1	12. $3\frac{3}{4} + \frac{5}{6} =$	6:8	22. On the circle write a letter 'C' on the circumference. 	6:25
3. Round 3,457,318 to the nearest million.	6:1	13. $\frac{4}{9} \div 2 =$	6:9	23. Find the value of a. 	6:26
4. The temperature rises from -8°C to 14°C. How many degrees has it risen?	6:2	14. What is the value of the 7 in this number: 58.473	6:10	24. What are the co-ordinates of A? 	6:27
5. 8,135 x 13	6:3	15. Give your answer as a decimal: 26 ÷ 8	6:11		
6. What is the remainder? 8,014 ÷ 22	6:3	16. Write this percentage as a fraction and a decimal. 48%	6:12		
7. Write two common factors of 24 and 30.	6:4	17. Find 70% of 360.	6:13		
8. There are two prime numbers between 20 and 30. What are they?	6:4	18. These shapes are similar. 	6:14		
9. 35 ÷ 5 + 2	6:5	19. There are 15 sweets in a bag. 15 of them are eaten. Write an expression.	6:15		
10. What is my change if I buy as many £3.45 footballs as I can with £25 ?	6:5	20. Which two numbers add together to make 23 and have a difference of 7?	6:17	25. Reflect rectangle ABCD in the x-axis.	6:28
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)		Y (10-19)	G (20-25)

Day 3, Task 1 – Y6 Reflection time, pupil awards and teacher reflections

The following task gives you the opportunity to reflect on your time at St Ann's. This will be a really nice idea to complete with members of your family or virtually with friends. Please share with the staff too if you feel like you want to, especially the reflections about the staff, they may find it interesting seeing themselves through your eyes!



Reflect on your personal accomplishments at St Ann's

My Proudest Moments

I have been trusted with these responsibilities:

I have been a member of these clubs:

At school I have been part of...

The school work I am most proud of is...

I have learnt some difficult, new things, like...

Memories of School

Use this sheet to write one or two things that you remember from each year at primary school. You might choose a trip you went on or a nice memory about one of your teachers. Draw or stick a picture of your old teacher in each section.

Reception	My Teacher: _____ My Memories: _____ _____ _____ _____
Year 1	My Teacher: _____ My Memories: _____ _____ _____ _____
Year 2	My Teacher: _____ My Memories: _____ _____ _____ _____
Year 3	My Teacher: _____ My Memories: _____ _____ _____ _____

Add any other members of staff here:

Year 4	My Teacher: _____ My Memories: _____ _____ _____ _____
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Year 5	My Teacher: _____ My Memories: _____ _____ _____ _____
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Year 6	My Teacher: _____ My Memories: _____ _____ _____ _____
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My Headteacher	My Memories: _____ _____ _____ _____
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Obviously, all our amazing staff grew up wanting to be teachers... but what if they weren't?

Fill in the blanks and send your ideas back to us for the memory booklet!

If Mr Phillips wasn't a teacher, he would be a _____

If Mrs Willan wasn't a teacher, she would be a _____

If Mrs McDowell wasn't a teacher, she would be a _____

If Miss O'Shea wasn't a teacher, she would be a _____



If Miss Foster wasn't a teacher, she would be a _____

If Mr Evans wasn't a teacher, he would be a _____

If Mrs Rynn wasn't a teacher, she would be a _____

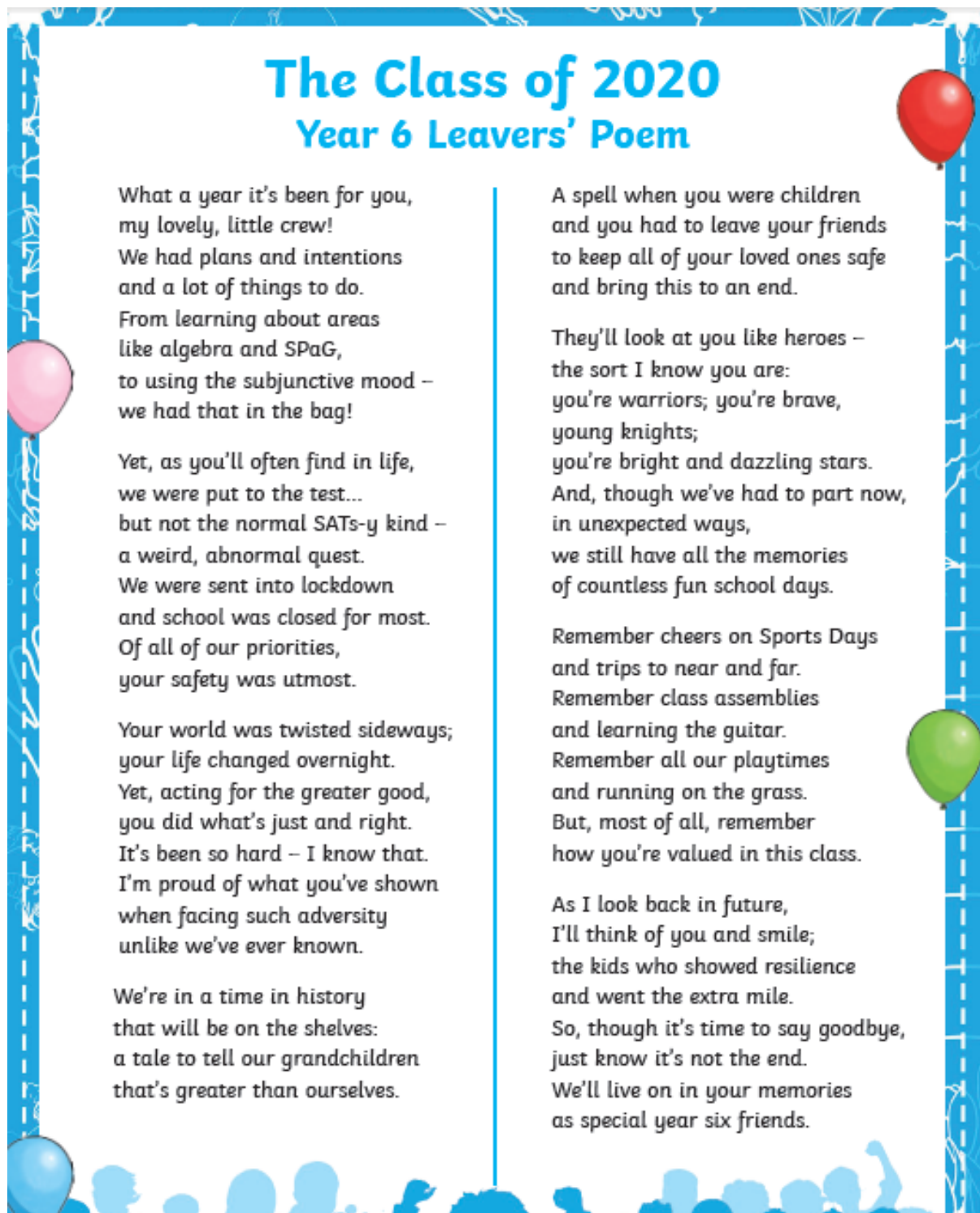
If Mrs Greenough wasn't a teacher, she would be a _____

If Mr Harrison wasn't a teacher, he would be a _____

A: Place Value, Add, Subtract, Multiply and Divide		B: Fractions, Ratio, Proportion and Algebra		C: Measure, Geometry and Statistics	
1. Write nine million, seventy four thousand, two hundred in digits.	6:1	11. Which is the smallest fraction? $\frac{4}{5}$, $\frac{10}{15}$ or $\frac{38}{45}$	6:7	21. Calculate the area of this triangle.	6:21
2. What is the value of the 3 in this number? 5,273,914	6:1	12. $\frac{13}{15} - \frac{4}{9} =$	6:8	22. Find the volume of this cuboid.	6:22
3. Round 8.427 to 1 decimal place.	6:1	13. Simplify $\frac{5}{13} \times \frac{3}{5} =$	6:9	23. Complete the information for this shape:	6:23
4. Write the largest possible length. Length: 3.8cm (to 1 decimal place)	6:2	14. $46.3 \div 100$	6:10	 <p>Faces = <input type="text"/> Edges = <input type="text"/> Vertices = <input type="text"/></p>	6:29
5. $6,423 \times 26$	6:3	15. 8.42×7	6:11		
6. Give the answer as a mixed number : $1,215 \div 18$	6:3	16. Write this fraction as a decimal and a percentage. $\frac{3}{10}$	6:12	<p>24. 63 teachers were asked what newspaper they read. The results are shown in this Pie Chart.</p> 	6:30
7. Which is a common multiple of 14 and 21? 42 28 21 7 3	6:4	17. Find 85% of 180.	6:13		
8. Circle all the prime numbers : 41 43 45 49	6:4	18. Share £45 in the ratio 7:2.	6:14		
9. $(25 - 12) + 8$	6:5	19. How much will a 9 mile trip cost? <div style="border: 1px solid black; padding: 2px; display: inline-block;">Taxi charge: £5 + 20p per mile.</div>	6:15	How many teachers read the Daily Reporter?	
10. Give two numbers that have a difference of 2 and add to make -6.	6:5	20. The rule for this sequence is multiply by 2 then add 4: 2, 8, 20, <input type="text"/>	6:16	25. Find the mean of these numbers: 2 6 5 7 8 3 4	
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)		Y (10-19)	G (20-25)

Day 4, Task 1 – Write your Leavers poem.

The following poem has been published online for children in year Six leaving their primary schools. Using this as a model write, we would like you to write your own but make it more personal and 'St Ann's-ify' it. Please share them with us by writing them up on the template provided in your best handwriting and either sending them or emailing them in, we want to display them in school!



The Class of 2020 Year 6 Leavers' Poem

What a year it's been for you,
my lovely, little crew!
We had plans and intentions
and a lot of things to do.
From learning about areas
like algebra and SPaG,
to using the subjunctive mood –
we had that in the bag!

Yet, as you'll often find in life,
we were put to the test...
but not the normal SATs-y kind –
a weird, abnormal quest.
We were sent into lockdown
and school was closed for most.
Of all of our priorities,
your safety was utmost.

Your world was twisted sideways;
your life changed overnight.
Yet, acting for the greater good,
you did what's just and right.
It's been so hard – I know that.
I'm proud of what you've shown
when facing such adversity
unlike we've ever known.

We're in a time in history
that will be on the shelves:
a tale to tell our grandchildren
that's greater than ourselves.

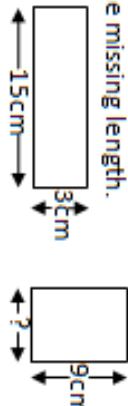
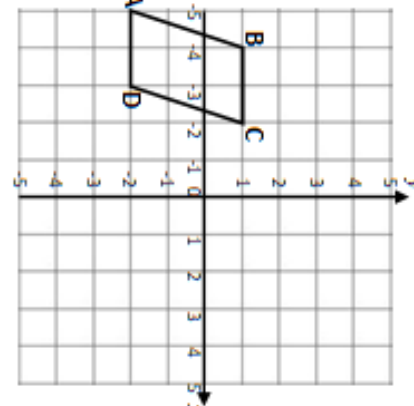
A spell when you were children
and you had to leave your friends
to keep all of your loved ones safe
and bring this to an end.

They'll look at you like heroes –
the sort I know you are:
you're warriors; you're brave,
young knights;
you're bright and dazzling stars.
And, though we've had to part now,
in unexpected ways,
we still have all the memories
of countless fun school days.

Remember cheers on Sports Days
and trips to near and far.
Remember class assemblies
and learning the guitar.
Remember all our playtimes
and running on the grass.
But, most of all, remember
how you're valued in this class.

As I look back in future,
I'll think of you and smile;
the kids who showed resilience
and went the extra mile.
So, though it's time to say goodbye,
just know it's not the end.
We'll live on in your memories
as special year six friends.

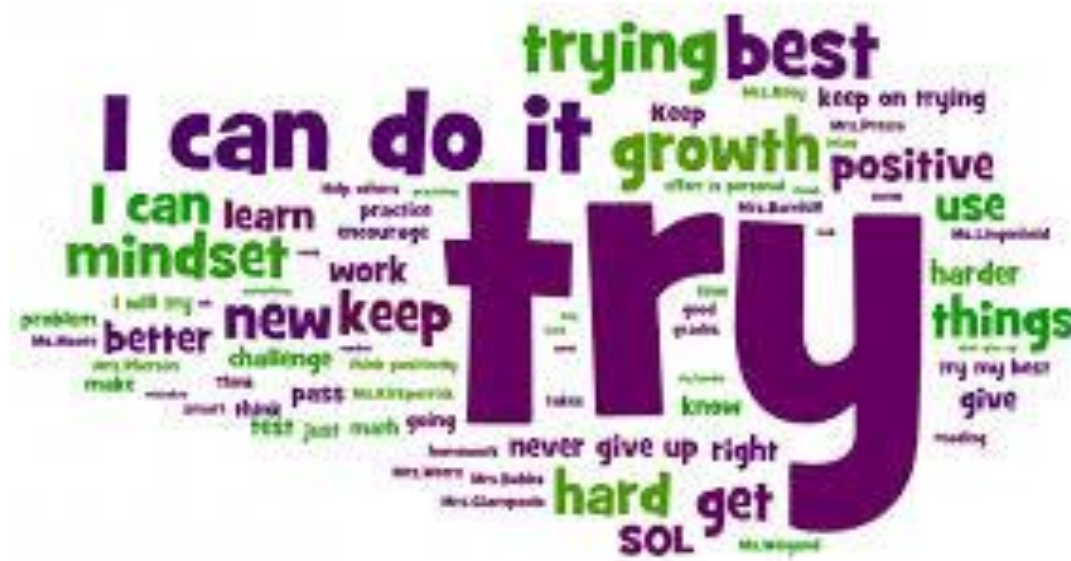
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A: Place Value, Add, Subtract, Multiply and Divide		B: Fractions, Ratio, Proportion and Algebra		C: Measure, Position and Direction	
1. Write in words: 4,702,106	6:1	11. Simplify this fraction fully: $\frac{50}{75}$	6:7	21. 730g of pasta are added to 1.4kg. How much pasta is there now?	6:18/19
2. What is the value of the 2 in this number? 5,273,914	6:1	12. $4\frac{3}{5} - \frac{2}{3} =$	6:8	22. How many days are there in 3 years?	6:19
3. Round 8.427 to the nearest whole number.	6:1	13. $\frac{1}{8} \div 6 =$	6:9	23. These have the same area. Find the missing length. 	6:20
4. The temperature drops from 8°C to -9°C. What is the difference?	6:2	14. What is the value of the 3 in this number: 58.473	6:10		6:27
5. 3,746 x 52	6:3	15. Give your answer as a decimal: 49 ÷ 5	6:11	24. What are the co-ordinates of A? 	6:28
6. 912 ÷ 24	6:3	16. Write this decimal as a fraction and a percentage. 0.45	6:12		
7. Write 3 factors that 36 and 48 have in common.	6:4	17. Find 5% of 90.	6:13		
8. The number 39 has two prime factors. What are they?	6:4	18. The ratio of cats to dogs 3:1. If there are 27 cats, how many dogs?	6:14		
9. 56 ÷ (15 + 13)	6:5	19. 9 blocks get added to a tower that is h blocks tall. Write an expression.	6:15		
10. How many 65-seater buses does a school need for 265 pupils and staff?	6:6	20. Write a possible value for a and b. (a + b) x 5 = 45	6:17		
Total (A)		Total (B)		Total (C)	
Test Total (A+B+C)		R (0-9)		Y (10-19)	G (20-25)

Day 5, Task 1- Growth Mindset. Do you have a Growth Mindset?

Watch this link and complete the quiz as you go along, this will determine what kind of Mindset you have.

<https://www.youtube.com/watch?v=pamzG8lyt7g>



Think about what you have learned about yourself from the quiz and from the Wordle above.

Using the thought bubble below, write down how you can have a Growth Mindset at school next year and better face the challenges of Year Six.

You might want to think about the following questions to help you:

- How do I show a Growth Mindset now?
- What areas do I need to work on to make sure I think positively and have a Growth Mindset?
- What challenges can I face and what can I overcome by thinking positively?



Day 5, Task 2 – Maths Arithmetic Check 1

1	$1024 - 100 =$	

1 mark

[illegible]

3	$2.6 + 0.5 =$	
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[illegible]

5	$4792 + 836 =$


1 mark


[illegible]


7	$5 \times 9 =$																				 1 mark


8	$6.12 + 0.7 =$																				 1 mark


9	$6 \times 3 \times 6 =$																				 1 mark


10	$\frac{5}{6} - \frac{1}{6} =$																				 1 mark


11	$70 \times 7 =$																				 1 mark


12	$6^2 =$																				 1 mark

13	$7.56 \times 100 =$																				 1 mark

14	$3980 - 827 =$																				 1 mark

15	$1.3 \times 1000 =$																				 1 mark

16	$\frac{3}{10} + \frac{4}{10} =$																				 1 mark

17	$25\% \text{ of } 1400 =$																				 1 mark

18	$1210 \div 11 =$																				 1 mark

19	$140 - 68.2 =$
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A blank 20x10 grid with a rectangle drawn in the bottom right corner, spanning 5 units wide and 2 units high.

1 mark

20	$30\,000 + 4562 =$
----	--------------------

1 mark

21	$2.15 \times 8 =$
----	-------------------

A 20x10 grid with a rectangle drawn in the bottom right corner, spanning 4 units wide and 2 units high.

1 mark

22	$4572 \div 6 =$
----	-----------------

A 20x10 grid with a rectangle drawn in the bottom right corner, spanning 5 units wide and 3 units high.

100%

23	$22.3 - 6.42 =$
----	-----------------

A 20x10 grid with a rectangle drawn in the bottom right corner, spanning 5 units wide and 3 units high.

1

24 $670\,381 - 34\,917 =$

A 20x10 grid with a rectangle drawn in the bottom right corner, spanning 4 units wide and 2 units high.

mark

30	$3598 \div 14 =$
----	------------------

[illegible]

2 marks

31	$\frac{3}{8} \div 3 =$
----	------------------------

1 mark

32	$2 \times (17 - 6) =$
----	-----------------------

[illegible]

1 mark

33	$786 \times 56 =$
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[illegible]

2 marks

34 $2\frac{1}{3} - \frac{2}{5} =$

A 10x10 grid is shown. A rectangle is drawn in the bottom right corner, spanning from the 7th column to the 10th column and the 7th row to the 9th row.

1 mark

35	$2795 \div 43 =$
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[illegible]

2 marks

Day 6, Task 1 – Art

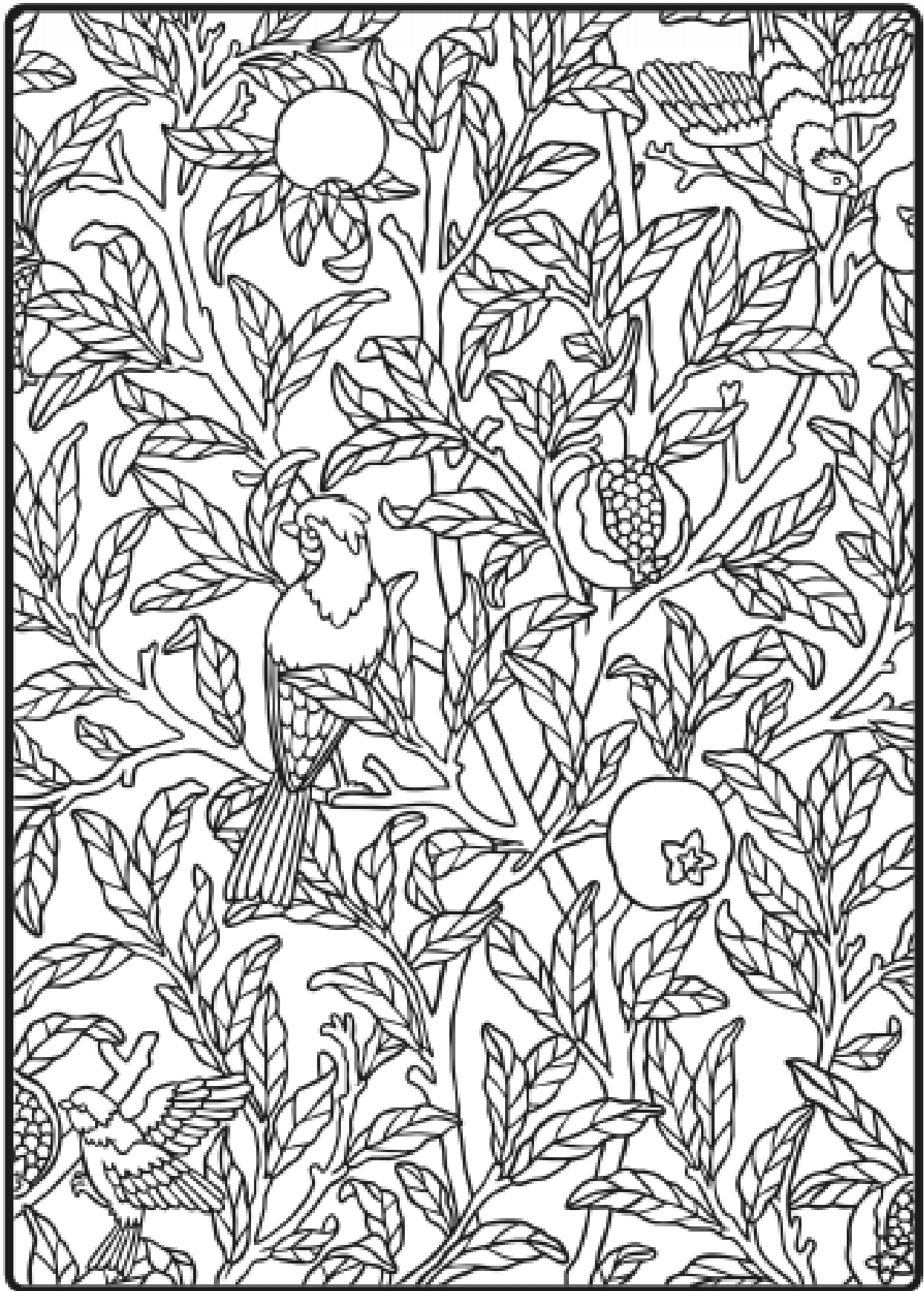
We have studied 3 artists this year: William Morris, Banksy and Walt Disney. Unfortunately, we haven't been able to dedicate as much time to these due to our school closure. There are 3 following activities dedicated to each artist. Hopefully, you can access one of these activities if you don't have many art resources at home!

Activity 1- William Morris

As you know, William Morris is famous for creating repeated patterns from natural materials and printing. Research his work and colour in the three pictures to match the originals. If you can't, be creative and colour them a different way, think about which colours will complement each other and appear more natural, just like Morris did! Another idea would be to get outdoors and collect some natural materials, just like we did in school, and create your own repeating pattern and sketch these out.







Activity 2 – Banksy

Below is a research activity for Banksy. We know that Banksy used political messages in his graffiti art, can you try and describe what message Banksy is demonstrating in the following art?

An Amazing Fact a Day

Banksy Street Art

[illegible][illegible][illegible][illegible]

Activity 3 – Walt Disney

Right at the start of this year, we tried our hand at cartoonism sketching by looking at Walt Disney. We perfected our sketches of Donald Duck and Mickey Mouse but there are many more designs on Youtube you can try!

<https://www.youtube.com/watch?v=PgvKXDwHCHQ>

You can also think about your favourite Disney character and create your own how-to video explaining to others how you have sketched it, just like these Youtube videos.

Day 6, Task 2 – Maths Arithmetic Check 2

[illegible]

2	1067 - 100 =		
<div style="background-color: #f0f0f0; width: 100px; height: 100px; margin-left: auto;"></div>			

T mark

[illegible]

4	$21 \times 7 =$ 	 Timer
---	--	--

5	$2687 + 698 =$ 	
----------	---	--

1 mark

6	12 x 11 =	
		
		 1 mark

7	$596 + 7 =$
---	-------------

1 mark

8	$\frac{7}{9} - \frac{2}{9} =$
---	-------------------------------

--	--

1 mark

9	$232 \times 0 =$
---	------------------

[illegible]

1 mark

10	$0.2 + 0.04 =$
----	----------------

1 mark

11	$5^2 =$
----	---------

[illegible]

1 mark

12	$2.172 \times 1000 =$
----	-----------------------

[illegible]

1 mark

19	20% of 1800 =																				<input type="radio"/> 1 mark

20	6.01 x 7 =																				<input type="radio"/> 1 mark

21	90 000 - 90 =																				<input type="radio"/> 1 mark

22	20.3 - 12.09 =																				<input type="radio"/> 1 mark

23	7045 ÷ 4 =																				<input type="radio"/> 1 mark

33

$65\% \text{ of } 360 =$

1 mark

34

$\frac{3}{4} - \frac{1}{5} =$

1 mark

35

$3034 \div 41 =$

2 marks

36

$\frac{1}{5} \div 3 =$

1 mark

Day 7, Task 1 – Mindfulness

Mindfulness

Reflect on your own thoughts and feelings about Year Six and your emotions over the past few months. Follow the pages below to think about Mindfulness, about being calm and focused and then use the Thought Clouds to recognise your doubts and let them drift away.

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health

Today we are going to be exploring a new subject.

This subject is called **Mindfulness**. We are going to use mindfulness to help us understand **how we are feeling** and how we can help ourselves be more settled and calm.

Understanding how we are feeling and how this can affect our behaviour is very important. It can help us feel more calm and settled.

It can also help us manage and live with our more difficult emotions such as:

- feeling stressed,
- feeling anxious,
- feeling sad,
- feeling angry.
- There are no 'good' or 'bad' feelings!

twinkl.com

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health



Feeling this way from time to time is perfectly OK. There is nothing to be afraid of or ashamed of in feeling **stressed, anxious, sad or angry**.

Everyone experiences these emotions – friends, family, parents and even teachers!

These feelings are often labelled as 'bad' but there is **no such thing as a bad feeling or emotion**. Worries we have tend to come from our reaction to the emotion or feeling.

Stressed, Sad, Anxious or Angry: Mindfulness and Mental Health



If we do not understand these emotions and how they can affect us, they can affect our mood and our mental health.

Sometimes, our more challenging emotions can take over our life and we can find ourselves feeling **very sad and unhappy**.

Mindfulness teaches us to be aware of, and understand our emotions. By practicing mindfulness when we experience challenging emotions, it can help us to let them go.

There are no 'good' or 'bad' feelings!

The Scattered Mind



Having a scattered mind is OK. Our minds will wander, we will get distracted.

However, a scattered mind affects more than our concentration.
It can also affect how we are feeling.

The psychologists who discovered that we spend nearly half of our days **daydreaming**, found that when our minds are **scattered**, we are more likely to feel **stressed, anxious, sad** or **angry**.



This is because instead of experiencing our life as it is, we get caught up in **thinking, worrying** and **being anxious** about **how things were** or **how they could be**.



Thought Clouds



Practicing mindfulness can be difficult. Sometimes, no matter how hard we try to settle the mind, we keep getting caught up in our thoughts.

Instead of just noticing that we are thinking, our mind takes over and before we know it, we are stuck in a whirlwind of thoughts about all kinds of things.

Thoughts become more thoughts and they become more thoughts! Soon we can feel like all we have are thoughts!

To help us be more mindful, we can use the Thought Clouds to help us recognise and let go of thoughts.

This is a very important part of being mindful. We are not ignoring our thoughts, but we are not being carried away by them either.

Thought Clouds



Just stop for a few moments. Set aside five minutes to stop and sit, stand or lay still. Close your eyes if this helps.

Now, just focus on your breathing. Feel the sensations of breathing.

Each time you notice a thought, say to yourself (either out loud or silently in your head) 'I am thinking', open your eyes and then write the thought on one of the clouds.

Look at the thought for a few moments and then, 'let it go' (you can even gently move the card away from you or drop it).

Go back to focusing on breathing.



Thought Clouds



Each time you notice a thought, say to yourself (either out loud or silently in your head) 'I am thinking', open your eyes and then write the thought on one of the clouds.

Look at the thought for a few moments and then, 'let it go' (you can even gently move the card away from you or drop it).

Keep doing this for a few minutes before opening your eyes and getting back to your day.





Thought Clouds


Sit quietly, and focus on your breathing. When you notice that you are having a thought, write it on a cloud and then let it drift away.





Day 7, Task 2 – Maths Arithmetic Check 3

1	$18 \times 6 =$																			
																				 1 mark

2	$142 \times 5 =$																			
																				 1 mark

3	$1005 - 100 =$																			
																				 1 mark

4	$5.7 - 0.1 =$																			
																				 1 mark

5	$6673 + 794 =$																			
																				 1 mark

6	$208 + 500 =$																			
																				 1 mark

7	$2.6 - 0.3 =$																			
																			1 mark	

8	$7 \times 9 =$																			
																			1 mark	

9	$\frac{7}{10} - \frac{1}{10} =$																			
																			1 mark	

10	$7 \times 3 \times 6 =$																			
																			1 mark	

11	$4^2 =$																			
																			1 mark	

12	$809.3 \div 100 =$																			
																			1 mark	

13	$7.01 \times 1000 =$																			
																				1 mark

14	$\frac{1}{8} + \frac{3}{8} + \frac{3}{8} =$																			
																				1 mark

15	$3000 \times 7 =$																			
																				1 mark

16	$80\,000 + 9014 =$																			
																				1 mark

17	$1320 \div 11 =$																			
																				1 mark

18	$2 - 0.22 =$																			
																				1 mark

19	25% of 1640 =	

1 mark

20	$1.241 \times 5 =$	

1 mark

[illegible][illegible]

23

$16.3 - 7.55 =$

1 mark

33

$$\frac{3}{10} + \frac{7}{8} =$$



1 mark

34

$$2924 \div 34 =$$



2 marks

35

$$\frac{5}{6} \div 4 =$$



1 mark

36

$$55\% \text{ of } 420 =$$



1 mark

Day 8, Task 1 – Advice for the new Year Sixes.

Just like the advice that may have been given to you from past pupils, we would like you to create your own words of wisdom/ survival guide/ advice poster/ explanation video for the current Year Five cohort as they move into Year Six. Now that you have reflected on your time at St Ann's as a whole and in Year Six throughout this booklet, you will be best-placed to help the next cohort of Year Sixes to feel more at ease as they move up into their new year group.

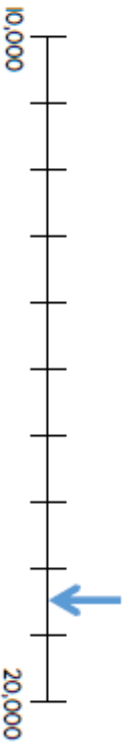
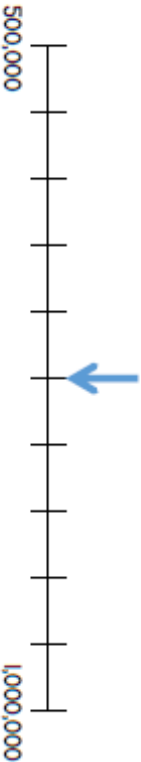
As always, be creative and send in your work to the Y6 email account for us to display in Year Six for next year's children.

Year 6

Place Value Assessment

Name _____

1 What numbers are shown by the arrows?


1 mark
1 mark

2 Here are some digit cards.

2 5 8 3

Fred makes the largest 3 digit even number he can make.
He rounds his number to the nearest 10.
What is his answer?

2 marks

3 Complete the missing numbers.

$$127,084 = 100,000 + 20,000 + \text{-----} + 80 + 4$$

$$\text{-----} = 7000 + 500 + 3$$

2 marks

4 The length of four rivers is shown in the table.

River	Length in km
Mississippi	6,275
Saint Lawrence	3,058
Nile	6,853
Rio Grande	3,057

Put the rivers in order of their length starting with the shortest.

1 mark

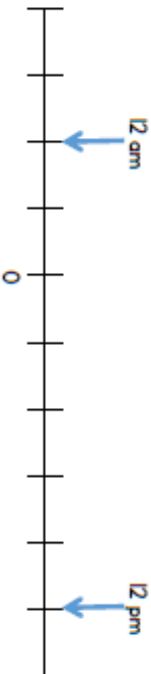
Round the length of the Mississippi river to the nearest 100 km.

_____ km

1 mark

5 The number line shows the temperature at 12 am and 12 pm on Monday in a town.

The difference between the temperatures is 14°C.



What is the temperature at 12pm?

_____ °C

2 marks

- 6 Here are 3 digit cards.

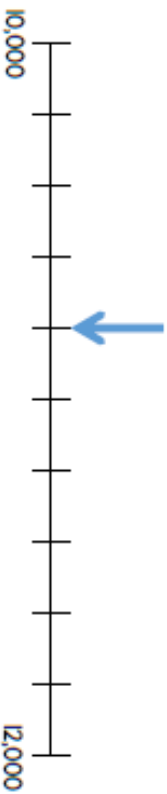
4 8 9

Use each card once to make the statement correct.

0 3 > 8

Arrange all 6 cards to make a number between 395,000 and 425,000

- 7 Nick marks a number on the number line.



Draw an arrow to show 100 more than Nick's number.

- 8 Here is part of a number sequence.
The sequence increases by 50 each time.

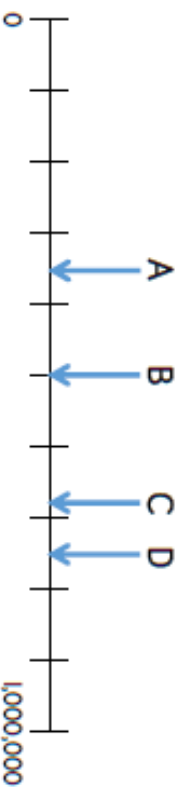
6,250	6,300	A	B	C	D	E	F	G
-------	-------	---	---	---	---	---	---	---

Which box will have the first number greater than 6,500?

- 9 What is the **smallest** digit that can be used to make this statement correct?

34,3__8 > 34,359

- 10 Some numbers are marked on a number line.



Which numbers round to 1 million to the nearest million?

Which number rounds to 700,000 to the nearest thousand?

- 11 What is 35 ones + 35 tens?

Circle how confident you feel with place value.

1 2 3 4 5
Not confident Very confident

Just a little message from us to say goodbye and good luck....



Dear Year Six,

Thank you for all your hard work, positivity and sheer determination to get through this year. It's not what any of us had imagined but you have proved to everybody that you are strong, courageous and can face any challenge! Each and every one of you has made us so proud to be your teachers this year and we truly wish you all the luck in the world as you start your new and exciting journeys into the next stage of your lives.

St Ann's will always be your first school and your home-from-home and part of us will move on with you.

Lots of love from Year Six staff. X



Extra resources:

Time Capsule Memories

St Ann's 2020 Time Capsule.

A version of this has been made available earlier in the year (COVID-19 version), however, we thought it would be a good activity to look at through the lens of Year Six at St Ann's and your transition to High School. If you have already completed this activity, please use one of the 'Extra Resources' activities at the end of this booklet

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM _____
YEARS
OLD

I STAND _____
INCHES
TALL

I WEIGH _____
POUNDS

SHOE SIZE _____

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

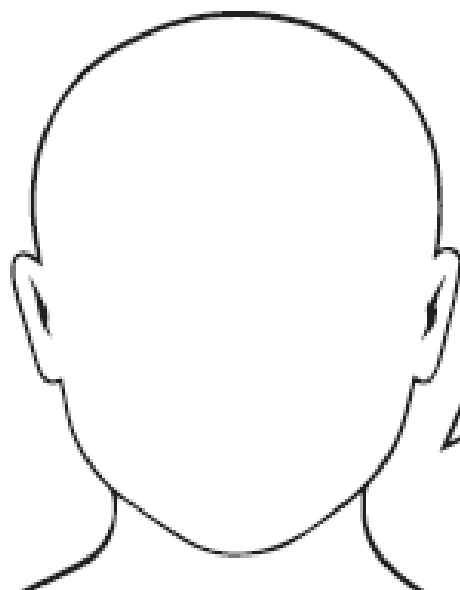
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST
FROM THIS EXPERIENCE:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE

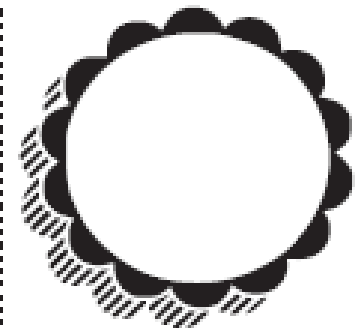


MADE BY LONG CREATIONS

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____

GOAL/S FOR AFTER THIS:

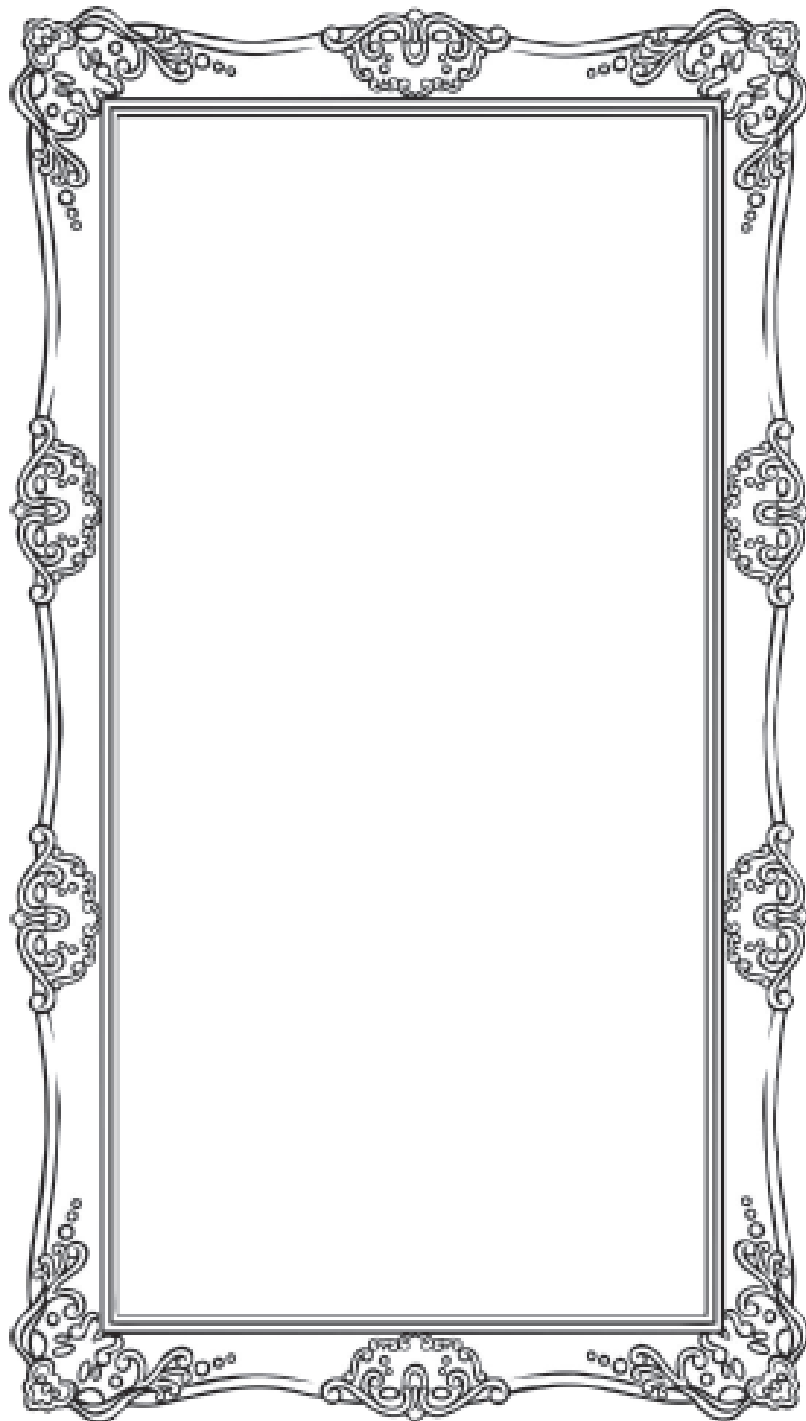
Extra Resources:

Think positive- super me!

Think Positive

Super Me!

We are all unique and special. In fact, we are super! In the picture frame, draw yourself wearing a superhero costume and add some words to describe super you.



Extra Resources:

Random acts of kindness poster.

Spreading the Word

Design and make a poster to encourage others in your school to carry out random acts of kindness. Explain what random acts of kindness are and describe the positive impact they have - use words and pictures.

A large empty rectangular box with a black border, intended for drawing a poster.