



WELCOME TO
THE FOREST ACADEMY
TOGETHER FOSTERING ACHIEVEMENT



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TOGETHER FOSTERING ACHIEVEMENT



Your Journey Starts Here



YEAR 6 TO YEAR 7 TRANSITION BOOKLET

Everything you need to know to help
you get ready for an exciting new chapter
at **The Forest Academy**.

Be Kind ♥

Be Ready ✓

Be Brave ☆

Welcome from Head of Year 7

Dear Parent/carer,

We are delighted that you and your child are joining The Forest Academy in September 2026.

We are a small and caring school, and we are completely committed to supporting our students through their secondary education. We have high aspirations for all of our students and do everything that we can to help them achieve great qualifications and experiences to support progression to the next phase of their education.

We want our students to be:

- Successful learners who enjoy learning make progress and achieve their full potential.
- Confident individuals who are able to lead safe, healthy and fulfilling lives
- Responsible citizens who make a positive contribution to society

We have a great, well-rounded curriculum where students study a broad range of subjects across years 7-9 before specialising in year 10 and 11. Our extra-curricular provision is substantial and wide-ranging, and we have a high-quality personal development programme, which students study throughout their time with us.

We are part of Beacon Multi Academy Trust, which includes Beal High School and Beacon Business Innovation Hub, as well as our outstanding teacher training provision (NELTA) that trains the teachers of the future. We work together, sharing good practice, resources and expertise. We have a joint sixth form with Beal High School, and students at The Forest Academy are guaranteed progression to Beal 6th form.

To find out more about the school, please visit <https://www.theforestacademy.org/>

To learn about our curriculum, click on the 'year groups' tab at the top of the website.

Our excellent transition programme, with a Y7 only playground, a carefully planned pastoral programme and induction will ensure your child makes a successful start to your child's secondary education. We work really closely with all of our feeder primary schools to ensure that students study a coherent curriculum which builds on their knowledge and skills from year 6 and that they are well known and supported from the day they start at The Forest Academy.

We look forward to welcoming you and your child to the school.

Kind regards,

Miss Jabbar
Head of Year 7

A tour of our school:

Virtual Tour <https://www.youtube.com/watch?v=kMQWesfzIXM>

Main Entrance



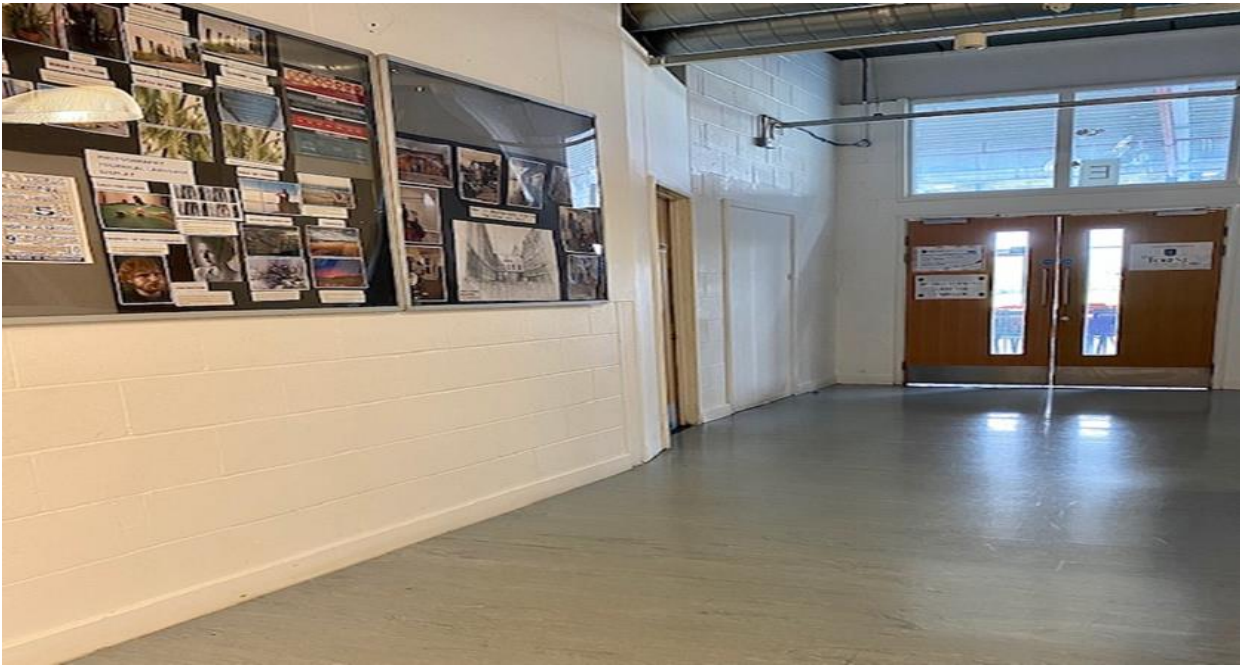
Reception



Uniform



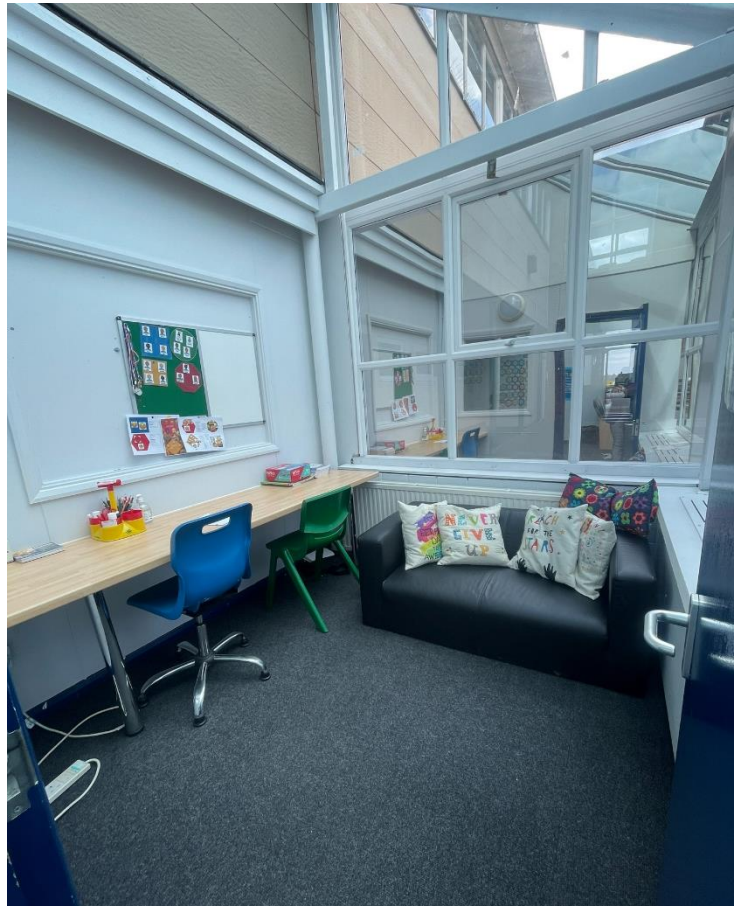
Entrance to the Canteen



Inside the canteen



Wellbeing Room

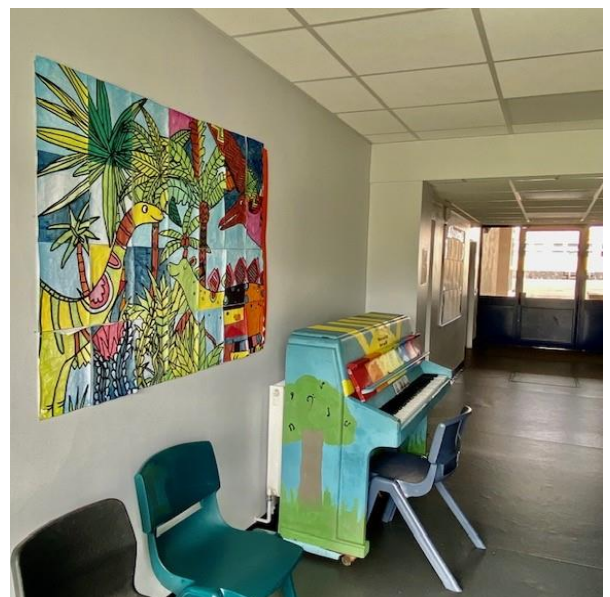


BCS: Beacon Communication School

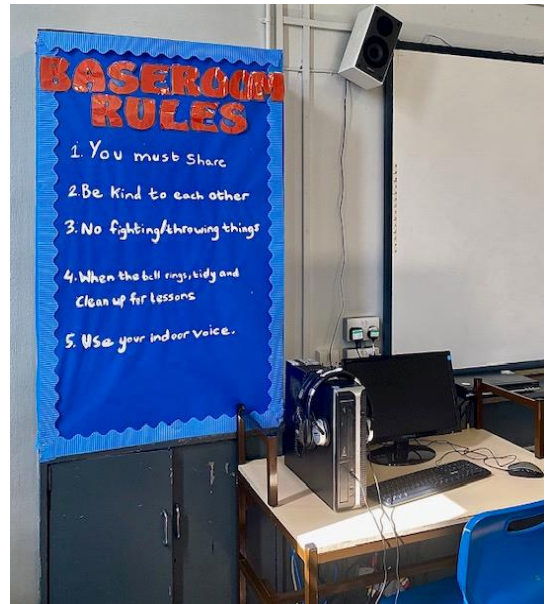
Entrance



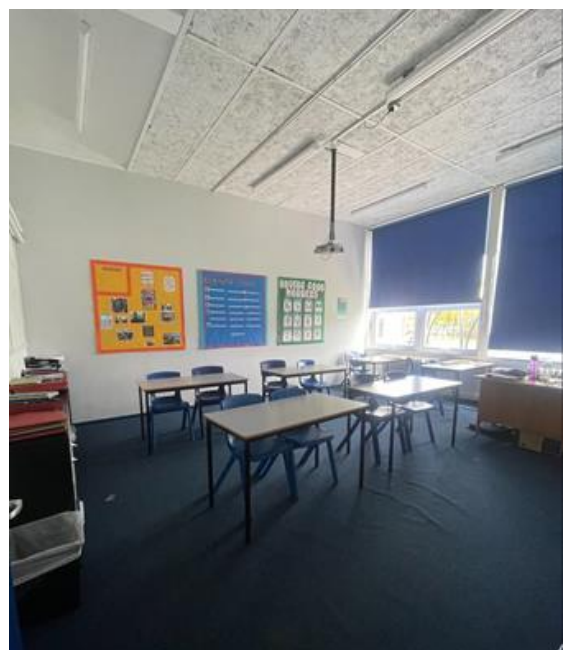
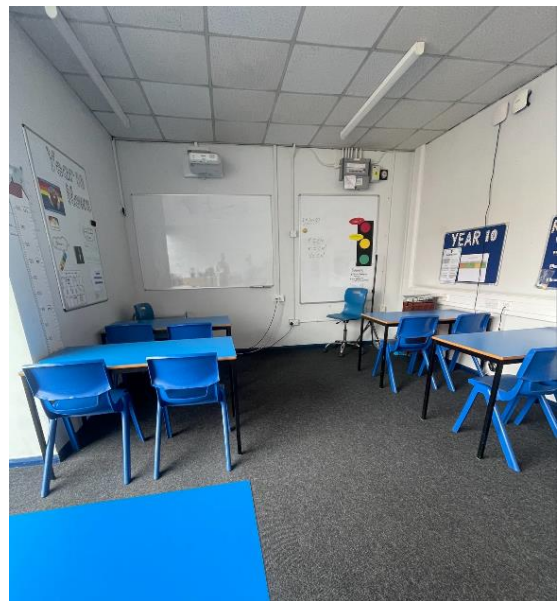
BCS Corridor



Base Room



Small teaching rooms



Year 7 and BCS Play Area



Library



Foyer and Hall



Maths & Science

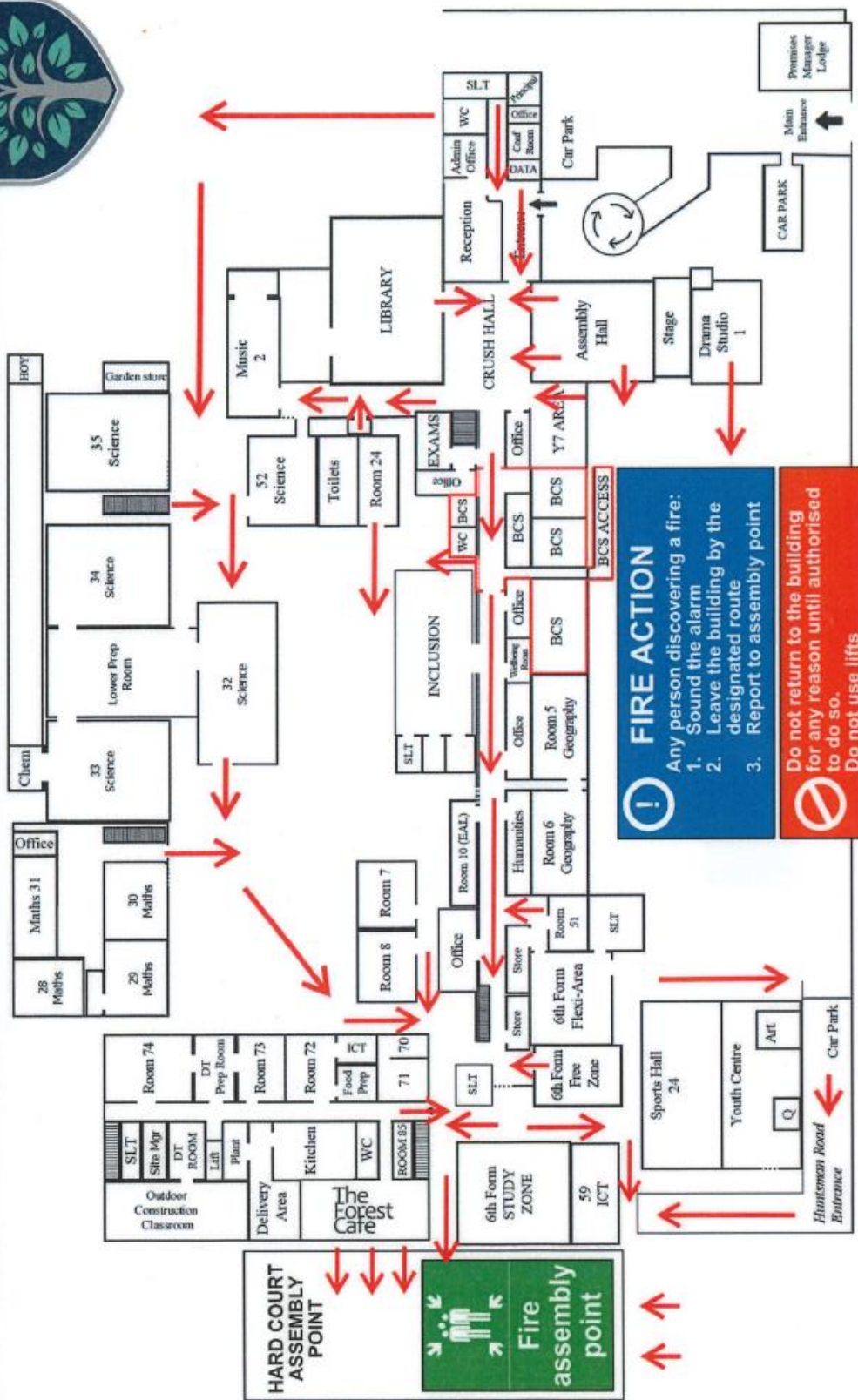


Technology and MFL



Main Playground





Example of the canteen lunch menu - available on the website.

WEEK 1: LUNCH MENU

WEEK 1	MAIN DISHES	MAIN DISHES: VEGETARIAN OPTION	SERVED MONDAY - THURSDAY
MONDAY	Beef Lasagne Garlic Bread (G, MK, E)	Quorn & Spinach Lasagne Garlic Bread (G, MK, E, SO)	Jacket Potato/ beans & Cheese (F, E, MK, MU) £1.95 Pasta King (E, MK, G) £2.50
TUESDAY	Piri Piri Roast Chicken & trimmings (G, MK, E)	Vegetable Puff & Trimmings (G, MK, E)	
WEDNESDAY	Chicken Fajita's with Potato Wedges & Salad (G, MK)	Roasted Veg, Chickpeas & Halloumi Hash (G, MK)	
THURSDAY	BBQ Chicken & Spicy Rice (G, MK, E)	Mac & cheese (MK, G, E)	
FRIDAY	Battered Fish Chicken Goujons (G, E, MK, MU, F)	Pizza & Chips, Beans or Salad (F, E, MK, MU)	SERVED DAILY Cakes (E, MK, G) (80p) Fruit Pots (£1.50) Piece of Fruit (60p)

PRICE PER MAIN DISH: POTS: £2.50 / PLATES: £3.00

ALLERGENS	CE = Celery	L = Lupin	P = Peanuts
	CU = Crustacean	MK = Milk	SE = Sesame
	E = Eggs	MO = Mollusc	SO = Soya
	F = Fish	MU = Mustard	SU = Sulphites
	G = Gluten	N = Nuts	



LUNCH MEAL DEAL £3.00
(Includes a hot meal,
water/carton and
piece of fruit or cake)



WEEK 2: LUNCH MENU

WEEK 2	MAIN DISHES	MAIN DISHES: VEGETARIAN OPTION	SERVED MONDAY - THURSDAY
MONDAY	Chicken or Pork Sausage with Wedges (G, MK, SU)	Quorn Sausages with Wedges (G, MK, SU)	Jacket Potato/ Beans & Cheese (F, E, MK, MU) £1.95 Pasta King (E, MK, G) £2.50
TUESDAY	Chicken and Spinach Curry, Rice & Naan (N, G, MK)	Vegetable Curry, Rice & Naan (MK, G)	
WEDNESDAY	Beef burger, salad & Roasted New Potatoes (G, MK, E, SO)	Spicy Bean Burgers, Salad Roasted New Potatoes (G, E, MK, SE)	
THURSDAY	Meatballs, Pasta and Salad (G, SO, MK)	Quorn Meatballs, Pasta and Salad (MK, SO, G)	
FRIDAY	Battered Fish Chicken Strips, Chips (F, G, SO, CE)	Pizza & Chips, Beans or Salad (F, E, MK, MU)	SERVED DAILY Cakes (E, MK, G) (80p) Fruit Pots (£1.50) Piece of Fruit (60p)

PRICE PER MAIN DISH: POTS: £2.50 / PLATES: £3.00

ALLERGENS	CE = Celery	L = Lupin	P = Peanuts
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(Includes a hot meal,
water/carton and
piece of fruit or cake)



How can I cope with change?

It is important to look after yourself and continue to do the things that you enjoy and make you feel positive.

Get a good night's sleep.



Have a good bedtime routine.



Get some exercise and fresh air.



Remind yourself that you are trying your best and your best is always good enough.



Continue to do the hobbies you love.



Write an idea you can think of to cope with change.



Try mindfulness activities such as colouring and mindful breathing.



**ALL
ABOUT
ME**

Name



Birthday

Eye colour

Hair colour

Height



**My hobbies
are...**

**My favourite animal/pet
is...**

**My favourite TV
show/movie is...**

**My favourite healthy
food is...**

**My favourite unhealthy
food is...**

Favourite colour

**What is your
favourite place and
why?**

**My favourite
music is...**

**My dream holiday
destination is**

.....
because

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

**My favourite book/magazine
is...**

My favourite subjects are...

**If I had a superpower it would
be.....because**

.....
.....

My favourite people are...

About my new school:

My new school is called:

My new school motto is:



How I am feeling about moving to Secondary school:



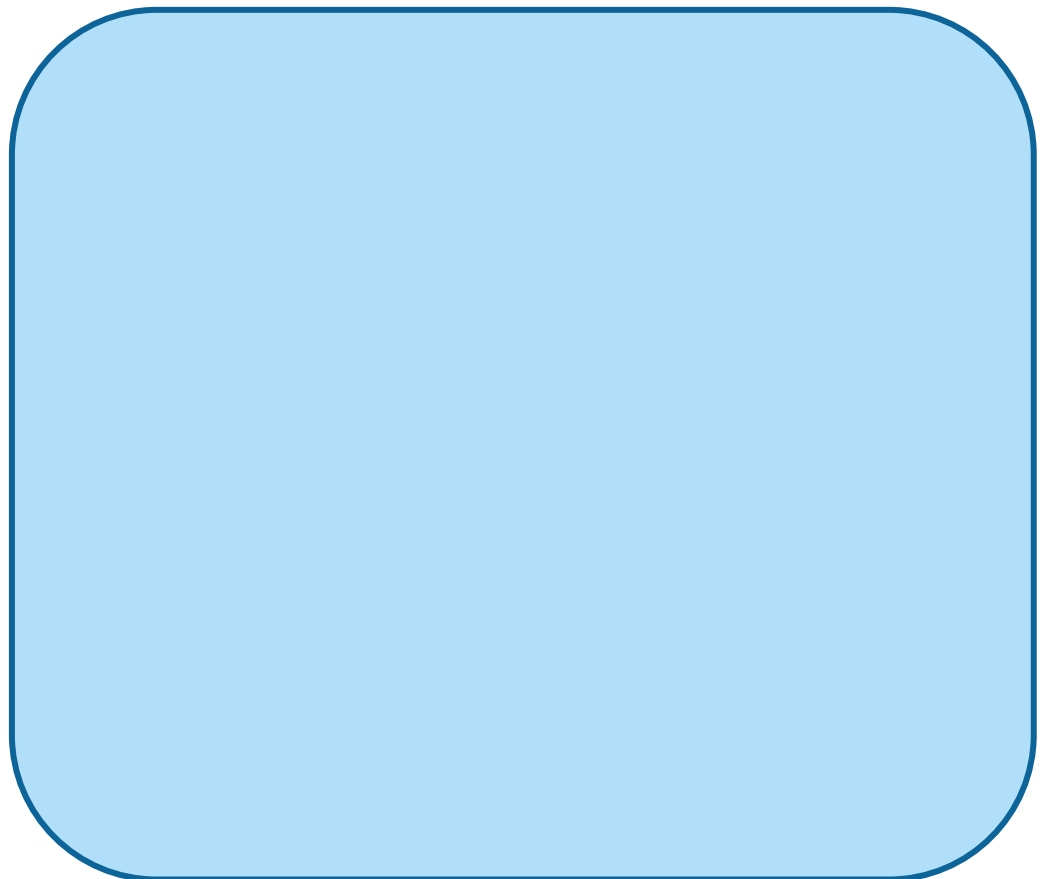
Things that I am excited about:



Things that I am nervous about:



Questions that I would like to ask about moving to Secondary school:



TRUE OR FALSE?

Statement:	True or false:
You get detention for talking in lesson.	
The older students might steal your lunch money.	
No one will help me find my classroom if I get lost.	
You will get in trouble if you're not in the correct uniform.	
Teachers expect you to bring them snacks.	
You can get extra marks for cleaning the school.	
You move around the school to each lesson.	
You get in trouble for putting your hand up and asking questions.	
Your teachers like it if you're late to lesson.	
There are five lessons a day.	
You are allowed your phones out in lesson.	
You can access your homework online.	

How can you make new friends? Circle the ideas, which will make you a good friend.



I will be a good friend by:

Sharing	Telling tales	Being selfish	Not listening
Talking all the time	Talking about my favourite topics	Being kind	Taking turns
Thinking about others	Arguing all the time	Stealing	Bullying
Listening	Telling the truth	Telling lies	Getting my friends into trouble
Being generous	Being myself	Being helpful	Learning to compromise

When you move to Secondary School, there are lots of new people.

Can you think of any ways to make friends? Fill in the gaps...



Pay your friend a compliment if they are feeling down. This could make them feel

Always say when someone pays you a compliment.



Make sure what you say is

Word Bank:

Happy

Thank you

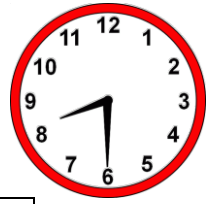
Kind

Do you already know any students going to The Forest Academy?

.....
.....



Learning the school day:



Registration	8.30am – 9.00am
Lesson 1	9.00am – 10.00am
Lesson 2	10.00am – 11.00am
Break	11.00am – 11.20am
Lesson 3	11.20am – 12.20pm
Lesson 4	12.20pm – 1.20pm
Lunch Time	1.20pm – 2.00pm
Lesson 5	2.00pm – 3.00pm

1) What time does the school day start?

2) What time does lesson four start?

3) What time does break time end?

4) How long is lunchtime?

Name: _____



EQUIPMENT SHEET



x1



READING BOOK

x1

SHARPENER



x1

RUBBER



x1

CALCULATOR



x2

PURPLE PENS



x2

GREEN PENS



x2

PENCILS



x2

BLACK PENS



x1

RULER



BE PREPARED



BE ORGANISED



BE YOUR BEST



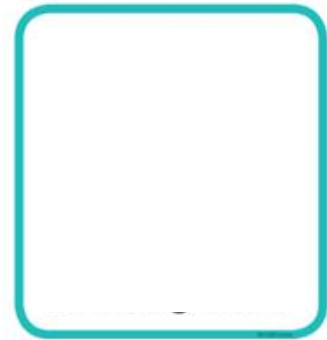
YOU'VE GOT THIS!

Preparing for the school day:

A good habit to get into is packing your school bag the night before, what items might you need? Remember, on some days you may need your PE kit or the homework due in for that day.



Can you draw three more items you will need in your school bag?



Key Staff at Secondary School:

- The **Principal** is in charge of the whole school, they are also in charge of behaviour.
- **Form Tutors** are who register you during form time, give you notices and letters and are there to help you.
- **Subject teachers** teach specific subjects, you will have a different teacher for each subject.
- **Teaching assistants** are in lessons to help support students and work in small groups.
- Office Staff work in **reception**. They help you if you are late, unwell or need any help.
- **Kitchen staff** work in the canteen, they cook and serve food.



School Staff

There are many teachers in a secondary school, not all of them will teach you, but may be important to you in a different way. As well as being a teacher they may have another job in school. The different names for these jobs are helpful to learn.

Written below are some of the jobs that adults in your secondary school may have.

Try and find out if there are adults in your secondary school who do this job, what they do and when you may see them.

The name of your form tutor _____

What do they do? _____

When may you see them? _____

The name of the Head of Year 7 _____

What do they do? _____

When may you see them? _____

The name of the safeguarding officer _____

What do they do? _____

When may you see them? _____

Is there anyone else who might help you?

What is their name? _____

What do they do? _____

When may you see them? _____

Who should I contact if...

I am feeling unwell in school?



I don't understand my homework?



I am not coming into school today due to illness?

I have a medical appointment?

I have a problem with another student?



I need to hand in my trip letter?

I am allergic to a certain food?



If you have an idea about how to make your school better?



An example timetable:

	1Mon	1Tue	1Wed	1Thu	1Fri
1	En NIY 20	Ac SHO LIBRARY	En NIY 20	Mu ROB 2	Fr SEC 83
2	Hi LOV 4	Ac SHO LIBRARY	Pe ENG SPORTS	Ar CHA 79	En NIY 20
3	Te THS 73	Ac SHO LIBRARY	Te THS 73	Sc MIL 32	Gg SMI 9
4	Fr SEC 83	Ac SHO LIBRARY	Ma DES 27	Pe ENG SPORTS	Sc MIL 18
5	Ma DES 27	Gg SMI 9	Sc MIL 34	En NIY 20	Ma DES 27

	2Mon	2Tue	2Wed	2Thu	2Fri
1	Ts CHN 77	Ac SHO LIBRARY	En NIY 20	Pe ENG SPORTS	Fr SEC 83
2	En NIY 20	Ac SHO LIBRARY	Ar CHA 79	Sc LSS 33	En NIY 20
3	Sc LSS 33	Ac SHO LIBRARY	It FIL 58	Gg SMI 9	Mu ROB 2
4	Fr SEC 83	Ac SHO LIBRARY	Hi LOV 4	Ts AMP 72	Hi LOV 4
5	Ma DES 27	Pe ENG SPORTS	Sc LSS 33	Ma DES 27	Ma DES 27

AMP: Mr F A Amponsah
 CHA: Miss M Charalambous
 CHN: Mrs S K Channa
 DES: Mrs B A A Desai
 ENG: Miss T English
 FIL: Mrs S A Filek
 LOV: Ms K Love
 LSS: Ms D Lesser

MIL: Mr M Millett
 NIY: Mr A Niyazi
 ROB: Mrs H J Roberson
 SEC: Mrs A Seckleman
 SHO: Mr A Shorey
 SMI: Mrs D Smith
 THS: Ms L Thomas

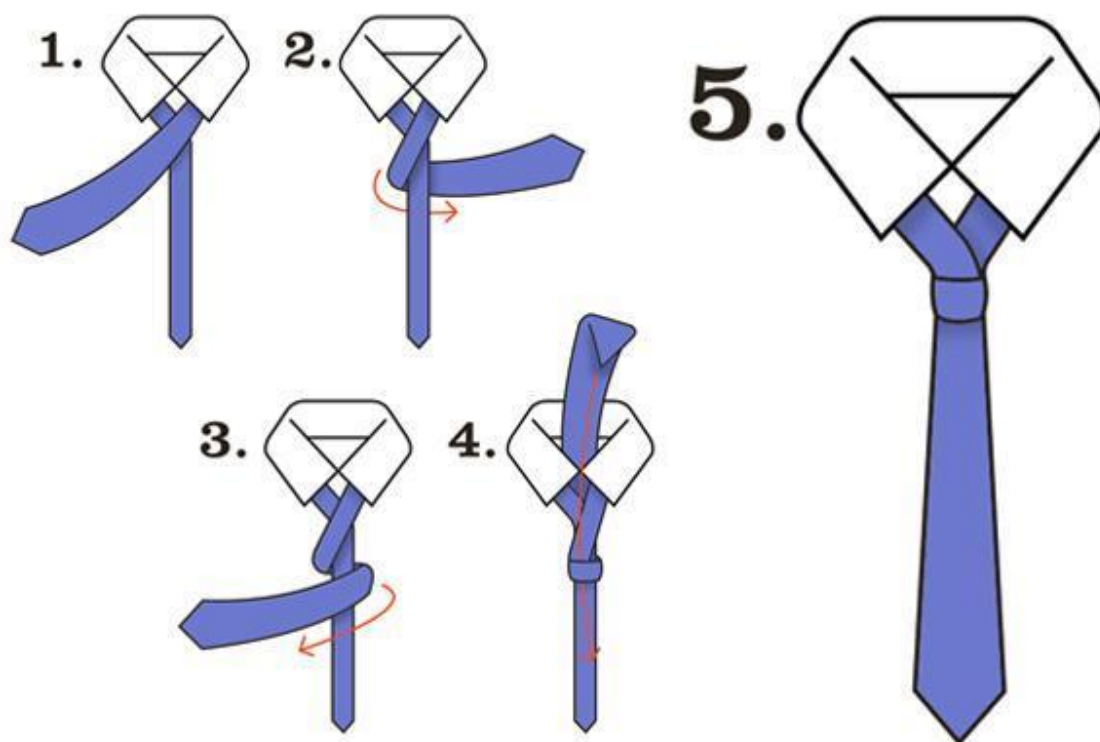
How to read your Timetable:

- The timetable rotates in sets of TWO weeks. You may not have the exact same lessons each week.
- The days of the week run across the top of the timetable.
- Lessons 1 to 5 run vertically down the side of the timetable.
- In each box there are three pieces of information:
- The subject, the teacher and the room number.
- At the bottom of the timetable, you will find your abbreviated teachers names in full.

Example Timetable tasks:

- Highlight all of the maths lessons on the timetable.
- How many history lessons do you have each week?
- Circle all of the English lessons.
- Which subject do you think Ts is?
- On what days should you bring your PE kit?

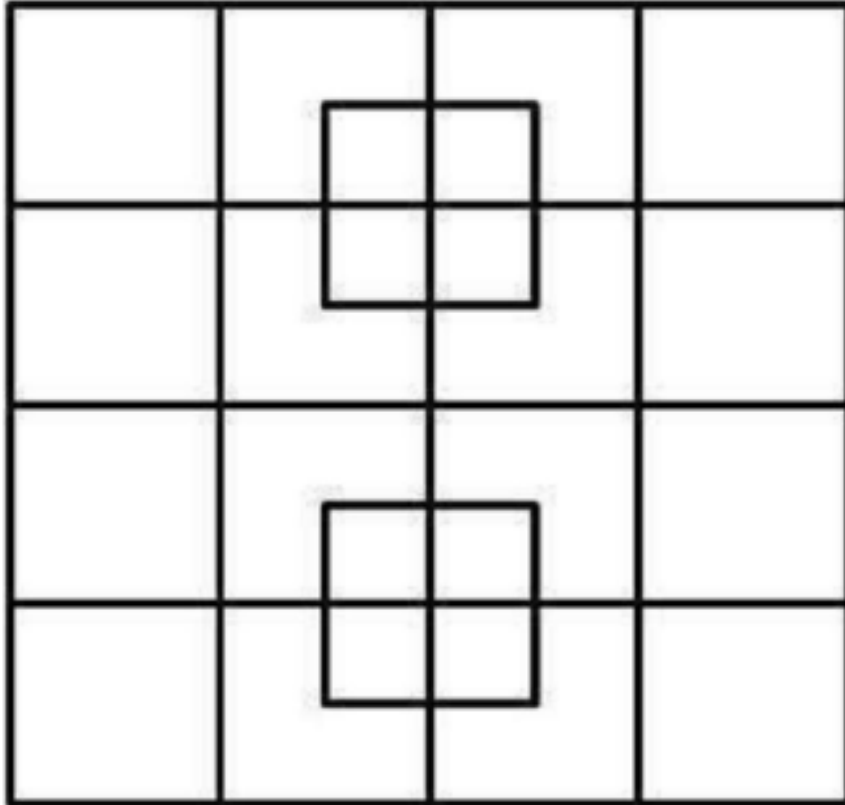
How to tie your tie – practice having a go!



Summer homework

Maths Challenge

Count the number of Squares



How many
can you
find?



See how many of the maths challenges below you can answer!

1. Work out how much 10 bananas and 3 apples would be? - 1 banana is 50p, 1 apple is 30p
2. Cameron runs around the track in 6 minutes and 20 seconds. Oliver runs around the track in 5 minute and 45 seconds. How long is Cameron waiting for Oliver to finish?
3. If a pear costs 20p and I have £2, how many pears can I buy?
4. An orange is 25p and an apple costs twice the price of an orange. How much does one orange and three apples cost?
5. A trainer weighs 800g. A football weighs 200g more. How much do 2 footballs weigh?
6. How much does an apple cost if a banana costs twice as much as the apple and the banana costs 62p.
7. In my lunchbox, I have 35 grapes. If I share my grapes equally with 5 people, how many grapes does one of my friends get?

1. $9 \times 8 = \underline{\hspace{2cm}}$ 11. $9 \times 9 = \underline{\hspace{2cm}}$ 21. $10 \times 7 = \underline{\hspace{2cm}}$

2. $10 \times 7 = \underline{\hspace{2cm}}$ 12. $10 \times 3 = \underline{\hspace{2cm}}$ 22. $2 \times 2 = \underline{\hspace{2cm}}$

3. $9 \times 11 = \underline{\hspace{2cm}}$ 13. $11 \times 7 = \underline{\hspace{2cm}}$ 23. $2 \times 9 = \underline{\hspace{2cm}}$

4. $4 \times 6 = \underline{\hspace{2cm}}$ 14. $4 \times 2 = \underline{\hspace{2cm}}$ 24. $2 \times 6 = \underline{\hspace{2cm}}$

5. $2 \times 7 = \underline{\hspace{2cm}}$ 15. $6 \times 7 = \underline{\hspace{2cm}}$ 25. $6 \times 9 = \underline{\hspace{2cm}}$

6. $6 \times 8 = \underline{\hspace{2cm}}$ 16. $8 \times 11 = \underline{\hspace{2cm}}$ 26. $5 \times 5 = \underline{\hspace{2cm}}$

7. $9 \times 3 = \underline{\hspace{2cm}}$ 17. $6 \times 6 = \underline{\hspace{2cm}}$ 27. $6 \times 2 = \underline{\hspace{2cm}}$

8. $7 \times 5 = \underline{\hspace{2cm}}$ 18. $4 \times 3 = \underline{\hspace{2cm}}$ 28. $7 \times 2 = \underline{\hspace{2cm}}$

9. $10 \times 6 = \underline{\hspace{2cm}}$ 19. $3 \times 9 = \underline{\hspace{2cm}}$ 29. $8 \times 2 = \underline{\hspace{2cm}}$

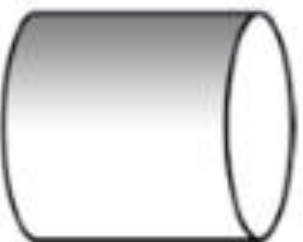
10. $10 \times 10 = \underline{\hspace{2cm}}$ 20. $8 \times 8 = \underline{\hspace{2cm}}$ 30. $4 \times 5 = \underline{\hspace{2cm}}$

Name the 3D Shape



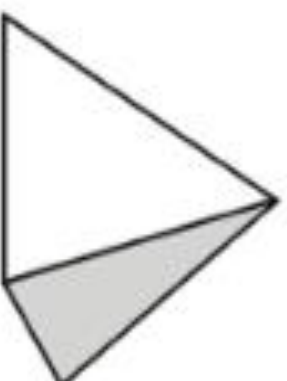
Number of faces _____

Name _____



Number of faces _____

Name _____



Number of faces _____

Name _____



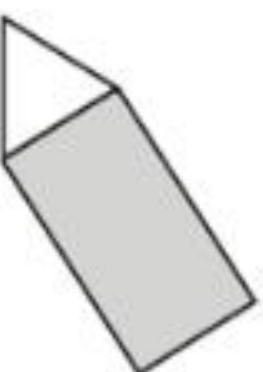
Number of faces _____

Name _____



Number of faces _____

Name _____



Number of faces _____

Name _____



Number of faces _____

Name _____



Number of faces _____

Name _____

English Challenge

Can you annotate this poem?

**My butterflies are fluttering,
My words just will not stop stuttering.**

**My face is hot,
My hands are cold,
It is hard to hear what I have been told.**

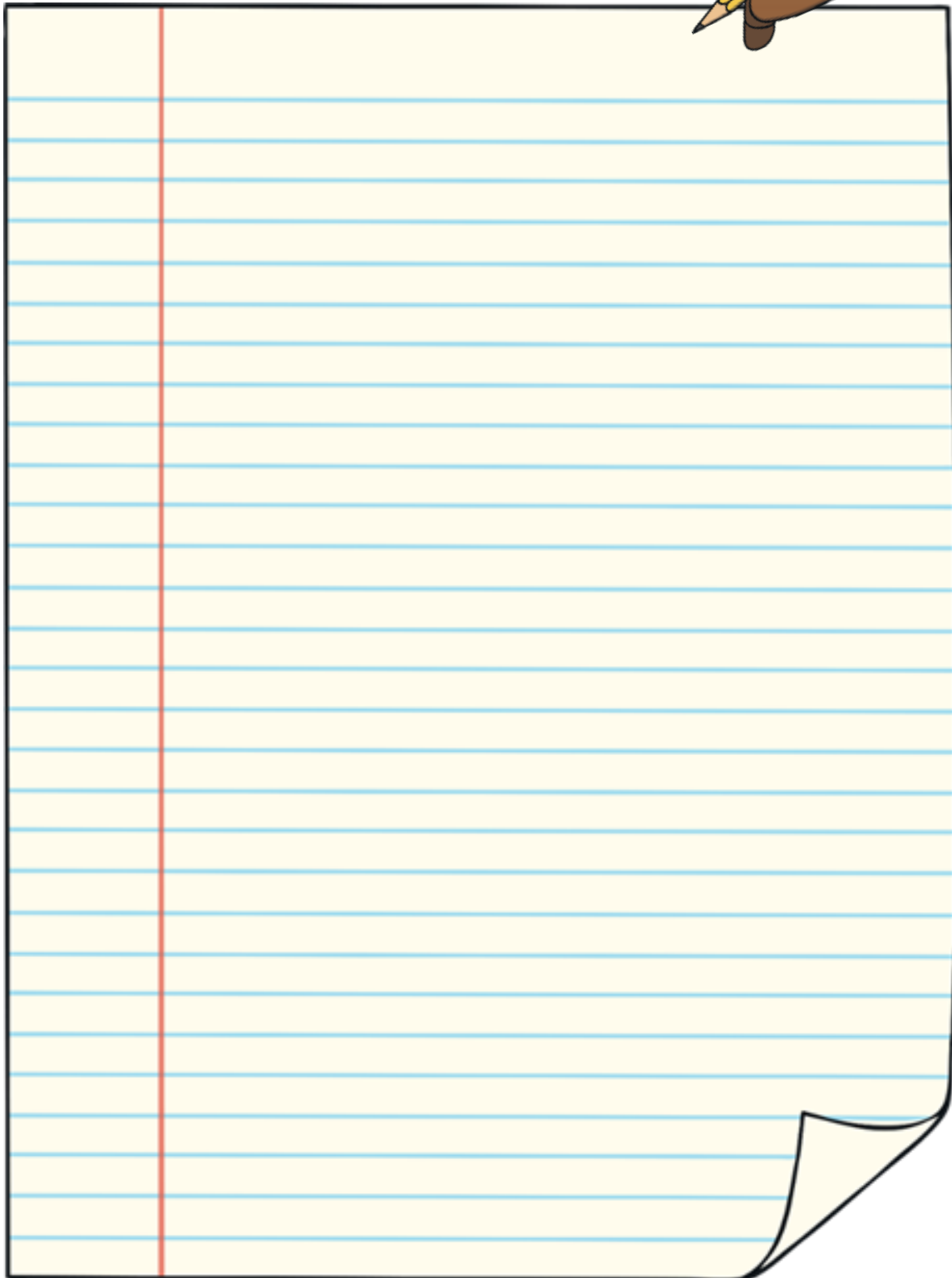
**But I still walk,
I barely talk
Until I see my favourite friend, my nervous feelings start
to end.**

How does the speaker feel?

What images are created in this poem?

What do you think the speaker is talking about?

Can you create your own poem about going to secondary school?



SUMMER READING CHALLENGE



BOOK REVIEW

Overall rating



Author _____

Title _____

What is the genre of the book?

What did you like most about the book? Why?

What is the main theme or message of the book?

What is the setting of the book?

Your favorite quote:

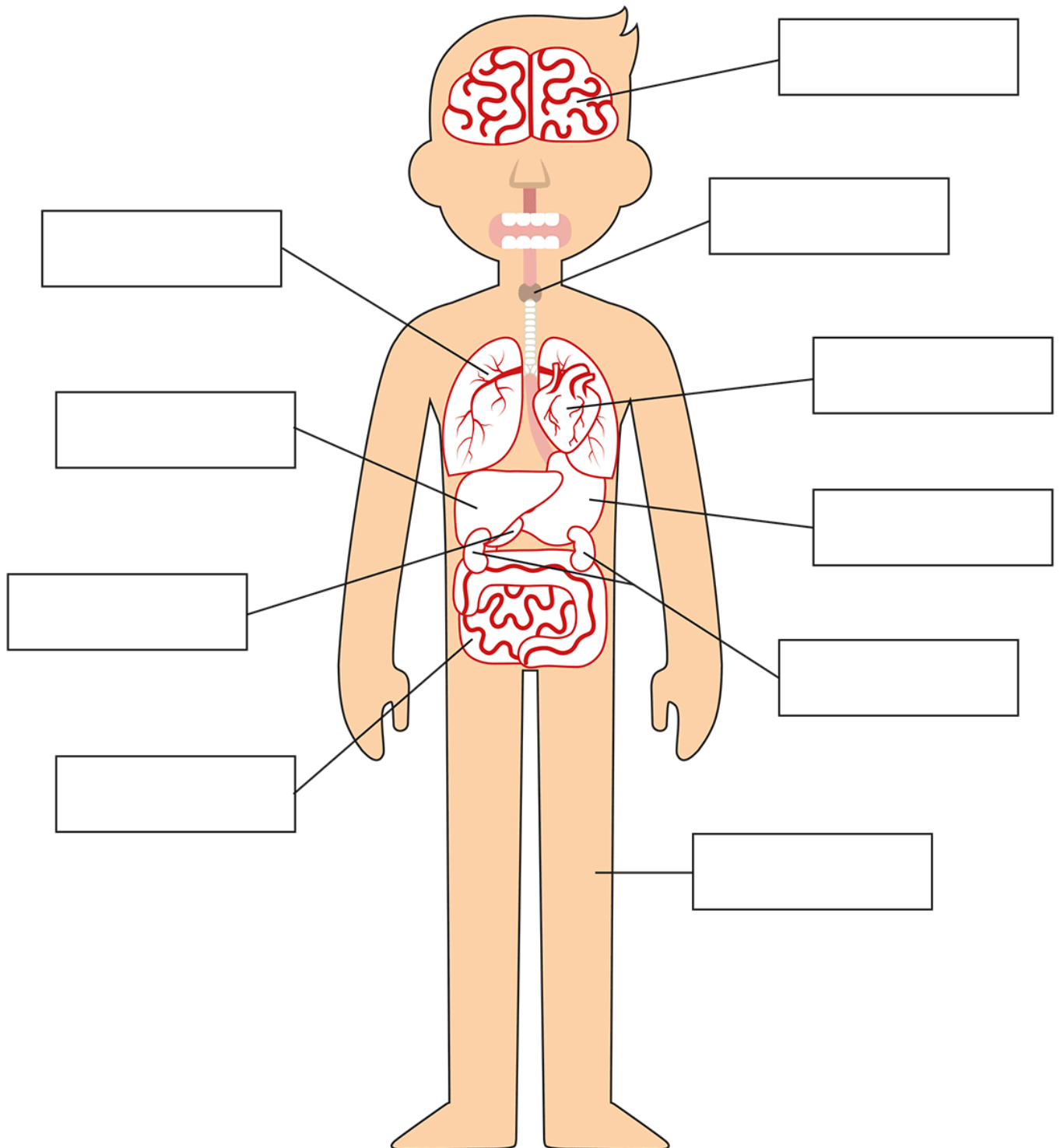
”

Would you recommend this book to others? Why or why not?

Biology Challenge

Use the words below to label the different organs found inside the human body.

heart liver stomach small intestine brain lungs
large intestine skin gallbladder larynx kidneys



Physics Challenge

We use physics in lots of areas of our lives. Use what you know about science to help you carry out the tasks below.

Circuits



Can you draw a simple circuit that you would find in a torch? Include these things:

battery bulb switch

The Sun

Check the Sun's position several times in one day and write the changes.

Warning: Never look directly at the Sun!

Time	Height in sky	Position
7 am		
Noon		
4 pm		
9 pm		

The Moon

Watch the moon every night for a week. Write down what it looks like each day. Think about its shape, and brightness.

Day	How the Moon looks
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Forces

Some types of force slow us down when we are moving. Fill in the blanks, using the words below:

water resistance air resistance drag

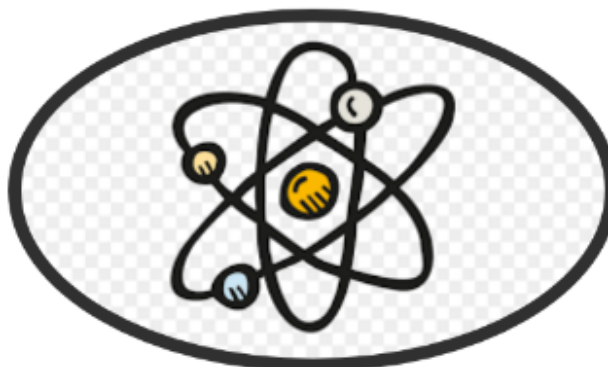
- A force that slows me down when I run is
- A force that slows me down when I swim is
- A force that slows me down when I cycle is

Magnets



List some objects that are magnetic and some that are not.

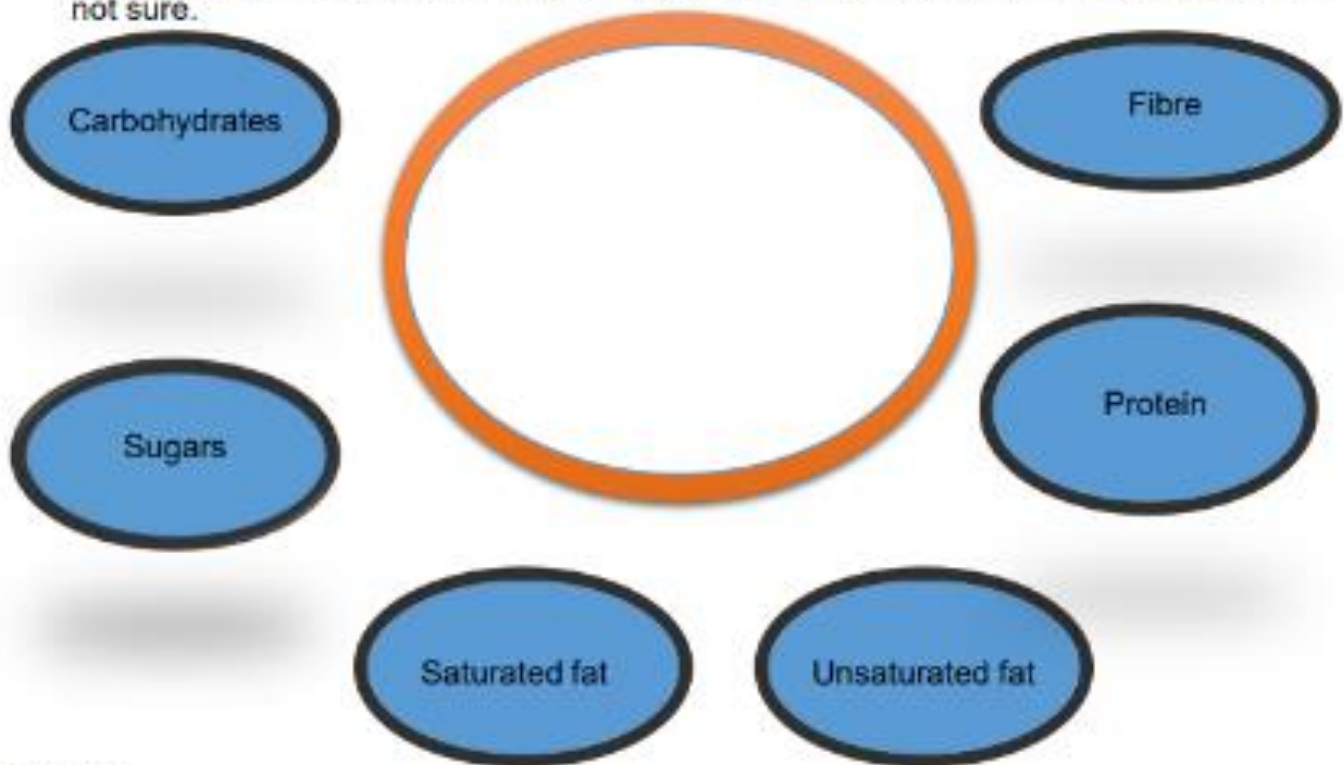
Magnetic Not magnetic



Food and Nutrition Challenge

Task 1

Design a well balanced healthy meal on the plate below. Separate your plate like a pie chart to show the portion size for each type of food then match the food you have chosen to each food group around the edge of your plate. Think carefully about how much of each food group to put on your plate. Use the internet to help you if you are not sure.



Task 2

Have a go at cooking plain scones using the recipe below. If you are able – take a photo of your finished scones and stick it into your booklet. Write down how you think they went and attach your evaluation to this sheet. Ready...steady...cook!!!

Ingredients

- 50g Butter (unsalted)
- 200g Self-raising white flour
- 1 tbsp White caster sugar
- 1 Salt 
- pinch
- 125ml Milk (whole)

Method

1. Preheat the oven to 220°C (200°C fan, gas mark 6). Line a baking sheet with parchment.
2. Rub the butter into the flour, until the mixture resembles breadcrumbs. Stir in the sugar and salt.
3. Make a well in the centre of the mix and stir in the milk. Stir until the mixture is even and the dough comes together.
4. Turn out onto a floured surface and shape into a rough square about 3 - 4 cm thick. Transfer to the prepared baking sheet.
5. Brush all over with milk and score into 9 rough squares. Bake for 15 minutes until golden and cooked through. Cool on a wire rack. Serve warm or cold plain or with jam and cream.

GOAL PLANNER

My goal

--

Ways I can work toward my goal

-
-
-

Why this goal is important to me

--

New things I will try:

I am going to
work harder at:

I will read:

--

--

--