



CARISSIMUS DEO

Welcome to St.Kentigern's Academy

Dear P7's,

We are very sad that we can't meet you all just now and allow you to participate in our usual transition programme. Not to worry though, we have organised a fantastic transition programme that you can carry out from the comfort of your own home. We have made sure that we've packed as much fun into it as possible and we hope you are all looking forward to it! Don't worry, we will explain everything you need below.

Stay Safe.

St.Kentigern's Academy: The Tour



<https://sway.office.com/t3qTwlw8l3R2A2O5#content=s53ratjNIVJjih>

1 - Let our S5 pupils be your tour guides as we show you round the St.Kent's building. Try to keep up...



<https://sway.office.com/t3qTwlw8l3R2A2O5#content=N4JypRCn9YhVhY>

2 - A welcome message from Mrs Boyd, DHT



<https://sway.office.com/t3qTwlw8l3R2A2O5#content=GDh8byYE68UFdG>

3 - A welcome message from Miss Murray, DHT

Special Delivery!



Keep an eye out for the post over the next few days. You will shortly receive a welcome pack. This will have further information to help ease your transition and let you know all the details about the next few weeks. Your pack will also let you know which House you will be in!

Our House System - St Columba, St Margaret and St Ninian



<https://sway.office.com/t3gTvlw8I3R2A2O5#content=Bk8zYiCwiCYJKI>

At St Kentigern's Academy we have three Houses - Columba, Margaret and Ninian house. You will be assigned to one of these Houses and that will be your House for the full duration of your Secondary School life. Through the post you will receive confirmation of the house you will be in and this will allow you to identify which code you should enter on Microsoft Teams.

Margaret House code: uj96c24

Ninian House code: 2iyezq8

Columba House code: ffetulh

We have a huge Student Support Team and they will always be around to help you out. Check out our Twitter Feed for the latest PSE challenges and to meet some of the wider team.

<https://twitter.com/stksupport>



Transition Timetable (Click here!)

House	26 th May	27 th May	28 th May	2 nd June	3 rd June	4 th June	9 th June	10 th June	11 th June	16 th June	17 th June	18 th June	23 rd June	24 th June	25 th June
	TUE	WED	THU	TUE	WED	THU	TUE	WED	THU	TUE	WED	THU	TUE	WED	THU
Columba	House Assembly			English	Mod Lang	RE	Science	Art/ CDT	Music	Social Subjects	Maths	Comp/ Bus	PSE	PE	HFT
Margaret		House Assembly		Social Subjects	Maths	Comp/ Bus	English	Mod Lang	RE	Science	Art/ CDT	Music	HFT	PSE	PE
Ninian			House Assembly	Science	Art/ CDT	Music	Social Subjects	Maths	Comp/ Bus	English	Mod Lang	RE	PE	HFT	PSE

So what does Transition look like?

In speaking to your Primary 7 teachers they have told us how talented you are when it comes to using Microsoft TEAMS so we will continue to use this for your transition.

Your transition programme will begin this week with the Q&A sessions on teams on Wednesday 20th and Thursday 21st May from 14:30 pm until 15:00 pm the Student Support Team will be available to answer any questions you might have. We are also holding an extra session on Friday from 11-1130 am just in case you can't manage the other sessions. Your P7 teacher will inform of what day your class will be allocated.

The following week on Tuesday 26th, Wednesday 27th and Thursday 28th May from 14:30 pm until 15:00 pm you will have your first House Assembly and meet your House Team.

On Tuesday 2nd June you will begin a timetable to help you experience some of your S1 subjects and meet your teachers. Every Tuesday, Wednesday and Thursday until the end of term you will take part in a 30 minute lesson for a different subject.

For those who are participating in Enhanced Transition it will be every Friday from 11:00am until 11:30am with your Head of House who will take you through this each week to build your confidence and reduce any anxieties.

We hope you will enjoy your experience and look forward to you joining us at St Kentigern's Academy.



Meet the staff... Here is a short introduction from some of our fantastic staff (follow us on twitter to meet the rest)



<https://sway.office.com/t3qTwlw8l3R2A2O5#content=j0CLesoBUkXdvz>

4 - Here is Miss Sexton from Columba house to let you know all about registration! Registration starts at 8:45am each morning.



<https://sway.office.com/t3gTvlw8l3R2A2O5#content=nudSHgAuZ0l3kA>

5 - Here is our latest PSE Challenge - see if you can join in!



6 - Some familiar faces, Miss Lawlor and Geraldine on one of their many P7 visits!



<https://sway.office.com/t3qTvlw8I3R2A2O5#content=q5qrINCXElvXrr>

7 - We also caught up with Mrs Gill who can usually be found downstairs in the RE and Social Subjects corridor...



8 - Our staff put this video together to cheer our pupils up! We hope you like it.

There are plenty of people and places around to help you on your St Kent's journey. We have our Wellbeing Hub where Breakfast Club is hosted each morning, our Autism Support Base, Support for Learning, and of course our cosy Nurture Room! We also have lots of fun clubs and events to keep you all busy! You can sign up for these in our Freshers event at the start of term.

StK_ASN



The HUB

The Multistudy

Autism Support Base

Nurture

SUPPORT FOR LEARNING

9 - Need some extra support? Our friendly team are here to help!



10 - This is our Wellbeing Hub...we have lots of wellbeing ambassadors who are always around to help!

Don't just take our word for it. Why not read the letters from our current pupils we've been working on in PSE?

4/5/20 PSE
- Letter to Primary seven's
Dear Primary 7's
My name is Lacey and I am going into my ~~third~~ year of high school at St. Kentigerns Academy.
When I was going into S1 I was really nervous and quite intimidated going into a massive school with so many older people. I went to St. Anthony's Primary school, which was quite a small class compared to the other schools. I was really worried about being picked on in high school but it turns out that it never really happens.
On your first day of school you will feel quite weird because you haven't seen your classmates or the other people in your year yet but you will soon get to know them. The welcome assembly is a big part of your day as you go here quite a lot. Your classes are quite fun as it's all about getting to know everyone. You are allowed to get an early lunch so you can get your food really quick.

My favourite subjects in school are PE and English. I love PE because you get to do so many things such as swimming and gymnastics. I also love English because you are given so many fun tasks such as creative writing.

My favourite/most supportive teachers are Mr delany, Miss scullion and Mrs Truscote. I like these teachers because they are always there for you and they helped me with problems I've had in the past.

There are lots of lunch time activities to do such as dance club, fitness club, science club and many more. You will have an opportunity to sign up for these clubs at freshers week.

The best thing about St. Kents is the teachers. They have helped me so much into becoming a stronger more mature person. They can get on your back sometimes but they are doing it to better you as a person.

If you have any concerns or worries you can always ask your student support teacher for help.

Wednesday 6th May

Primary 7 letter

Dear Primary 7s,

Hello my name is Shania I have been at St. Kentigorne for 2 years now my first day was scary I walked into the school and didn't know my way about so had to ask people it took me about a week to finally get my way about. I am from St. Josephs

Before I started St. Kentigorne I was nervous about making new friends meeting loads more people and being in a crowded school but I finally got used to it and I was scared of meeting new teachers but now I have a circle of friends what I trust and strong relationship with a circle of teachers

My favourite subject is home ec because I have a strong relationship with Miss O'Hara we have made fun and interesting things the past two years I have had her. My favourite teacher is Miss Lawlor because I can trust her with a lot of things and we get on well. She is a good laugh always there to speak.

Most of all the teachers at St. Kent's are supportive I am very close with a couple of teachers. You can speak to any teacher if you are worried or scared. Also forget to say school uniform and manners are a priority at St. Kent's.

Thank you for taking the time to listen to me I wish you well for when you start High School.

Your Sincerely

Primary 7 letter

Dear Primary 7s,

You are probably thinking: "Will I get good classes?" "Are the teachers nice and friendly?" and "Will I make new friends?" Well don't worry, this letter will hopefully give you a little help in what's in store for you starting secondary school.

I have now been at St. Kent's for about two years now. I remember when I finished the transition days and meeting my future classmates, I felt not only nervous, but excited because I knew I was starting a new chapter and I wanted to make the most of it. Now I've realised that there is absolutely nothing to be worried about as there is many things to look forward to!

In terms of my first day, we had a welcome assembly (led by the headteacher, Mr. Haney and Mrs. Gallagher. The Deputy Head at the time). After that we got our timetables, which will tell you what classes you have at what time and when your break and lunches are. What I was glad about, was that there was some of my old friends from my primary school (St. Mary's, Balgaithe for me) who were in my classes!

I made friends quite quickly, and I don't have a strong friendship with some of them, and that's why I loved my first day, partly because I made new friends!

Break time and lunches are a great time to socialize with your new class-mates. I would recommend having some pasta or maybe even a panini. They taste delicious!

When I started St. Kent's, I was looking forward to learning new subjects and new skills. Now, one of my personal favorite subjects is English, along with Social Subjects because you learn new ways to write essays, poems and stories, and that in SS you learn interesting facts about History, Geography and Modern Studies units. And the teachers, you may ask?

They're really nice, especially one of my English teachers Miss McVittie. She's very good at giving you feedback on your work and that she is very kind and supportive.

Is there clubs you may wonder? Yes there certainly is! Football, Rugby, Basketball, there's even a golf club I'm sure! There's even a newspaper club if some of you are into your writing!

Dear Primary 7's

My name is Luca I used go to Balbardie primary and I have been at St Kentigern's for 6 months.

I have moved to St Kentigern's quite recently so I understand how daunting a big move is going to be but don't worry as this is one of the most accepting schools I know and I was welcomed into the school and have made lots of new friends.

During my first day I was extremely excited and I am sure you are as well. St Kentigern's is a really great school and I am sure you will really enjoy it here. The uniforms are actually quite nice and keep you quite warm through out winter.

Before starting St Kentigern's I was nervous about making friends on the first day everyone was so friendly and now I have a really strong friendship group. If you are ever confused on where you are supposed to go the other pupils are sure to help you find where you're class is St Kentigern's Academy is full of kind helpful students.

My favourite subject is science. I really like it because I enjoy learning about the world and we do lots of fun experiments and we have lots of fun while learning.

My favourite teacher is Miss McVittie because she is able to make every lesson extremely fun and full of important information and she is extremely kind and caring and if you ask a question she will help you and help you figure out the answer and after every lesson I feel like I have learned the most important things.

St Kentigerns Academy is a warm and exciting stepping stone to a fulfilled life and we cant wait for you to come and take that step to a brighter future.

Yours Sincerely Luca



<https://sway.office.com/t3qTlw8I3R2A2O5#content=wQ8ZH0AvK2nnPI>

11 - Here is our latest PSE challenge. See if you can join in!

Contact Us



We can't wait to meet you all and we hope this won't be too long away.

Your delivery will contain contact information of the Pupil Support staff you will be working with. They will be there to answer any queries you may have.

Should you require any information on Health Care Plans please visit the following link: <https://www.westlothian.gov.uk/article/47701/Individual-Health-Care-Plans-and-Forms> which will offer more information on our procedure.

Lots more information can be found on our school website at <http://www.stkentigersacademy.org/> or by simply downloading our school app. You can also follow us on Twitter @StKentAc

Our transition line is open Mon-Thurs 2-3pm and all details can be found on our Twitter accounts:

[St Kent's Twitter Feed](#)

[The RE Department](#)

[The Science Department](#)

[The Art Department](#)

[The Student Support Team](#)

[The ASN Team](#)

There are lots more, try to see if you can find the rest.

Good Luck and Stay Safe,

Prayer

May God give you
For every storm, a rainbow
For every tear, a smile
For every care, a promise
And a blessing in each trial.
For every problem life sends,
A faithful friend to share.
For every sigh, a sweet song,
And an answer to each prayer.
St Kentigern, Pray for us



Transitions

Vulnerable children will be feeling deeply frightened by the end and the start of the school year. The change of routine and the inevitable losses and separations bring back old feelings of abandonment and threat. It's a challenging time for everyone – children and adults alike!

Here are some of our favourite transition top tips for parents/carers and for teachers:



- It's useful for adults to emotionally prepare themselves for the 'transition storm' that is about to begin. Put your seatbelt on and hold tight! The child needs you to be grounded.
- Remind yourself that the child's behaviour is a sign of their inside pain, and they need you to see through the behaviour to help them feel safe, secure and loved.
- Digging down past behaviours to the inside pain, can be hard and tiring work. Take good care of yourself and reach out to your support network for extra help.
- Remind yourself that punishments, withdrawal, consequences and shaming will make the transition harder for everyone.

- Help the child to see the storm coming too. Say "the end of the school year can be a tricky, I'm here to help you through it"
- Help the child name the feelings that they have no words for. Try "I wonder if your 'moving up day' feels pretty scary right now?" or "When things are different like this, I wonder if it makes you worry about being left behind?"
- Help make connections between their behaviour and their feelings, try "When you run away like that it makes me wonder if you don't know where to be to feel safe? You are safe right here".



Tell the child the things they need to hear, don't wait for them to ask you because they don't know what they need! **Tell them:**

- How much you care
- That you are not going anywhere
- That they are in your mind even when not in your class/not at home
- That they are safe and protected
- That they will not be taken away

- Tell them what is going to happen that day if the routine is different – use pictures and 'steps' to prepare them.
- Remind them throughout the day what is going to happen and when
- Keep to as much of the usual routine as you can

Children feel fear in their body. Help the child's body to calm by:

- Doing short bursts of physical activity (star jumps, wall push ups, walking, running) frequently
- Playfully ask them to breathe deeply in the mornings and evenings – e.g. blow bubbles, blow away the feelings
- Do body calming activities with them
- Use sensitive touch to let them know you are there. Touch can be a great calmer.



Use 'transitional objects' to let them know that you are connected, even when apart. How about:

- As a parent, draw a little heart on your hand and the same heart on your child's hand as they go off to school.
- Give you child a special stone, or photo to hold on to at school that reminds them of you
- Teachers – give the child a 'transition card' – a piece of paper with a special message that they look after until you see them again.
- Let the child use their special teddies whenever they need to

Remind the child (and yourself) that the Transition Storm will come, and it will go. You will stick it out together, and soon it will be over.

