

## 5 a day challenge – Getting to Know Your New School ‘Dover Christ Church Academy’

	Preparation for secondary school	Developing confidence and well being	Staying active	Key Questions	Getting to know us
Monday	Make a list of what equipment you may need in your school bag each day.	What has been your favourite experience/proudest moment of primary school?	<b>Mini work out:</b> 20 sit ups 20 frog jumps 1-minute jogging 10 squats	What time does the school day start and finish?	Who is the Principal? Who are the three Vice Principals?
Tuesday	From our uniform expectations what is acceptable and not acceptable in relation to make up and uniform.	Which subjects are you excited to study when you join us?	<b>Mini work out:</b> 20 burpees 25 jumping jacks 20 seconds sprinting 15 high knees	What should you do if you are having any problems whatsoever?	Who is your Head of Year and your Pastoral Support Manager?
Wednesday	Summarise our rules about mobile phones, MP3 players and earphones.	What are three things you are confident about with yourself and your learning?	<b>Mini work out:</b> 25 star-jumps 15 Bicycle crunches 20 sit ups 2 minutes jogging	What kinds of rewards can I earn at school?	Who can I talk to if I am having problems?
Thursday	What does it mean that the school has a two-week timetable?	What are two things you would like to improve about yourself or your learning when you join us?	<b>Mini work out:</b> 15 press ups 20 burpees 25 star-jumps 1-minute climb	What is the Aspen 2 unit that is part of DCCA?	What is our school motto?
Friday	Write down your morning routine for when you join DCCA. For example: set my alarm for 7.15am	What three qualities would make you a great new friend to have to someone from another primary?	<b>Mini work out:</b> 25 star-jumps 10 bunny hops 15 sit ups 2 minutes jogging	What clubs can I join?	What is the school's address and telephone number?

You can find answers on the school website <http://www.dccacademy.org.uk/calendar.php> or by watching the interactive video sessions – see links on the Parent and Student area during Transition Week.

# 5 a day challenge ANSWERS – Getting to Know Your New School ‘Dover Christ Church Academy’

Name \_\_\_\_\_

	Preparation for secondary school	Developing confidence and well being	Staying active	Key Questions	Getting to know us
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					