

Welcome to **WADDESDON**



Summer Challenges Book

Things to do in the summer

- Keep talking! It is important to talk with your friends and family about coming to Waddesdon CofE School. Talk about the things you are looking forward to as well as the things you are not sure about.
- Write a list of all the things you need to take with you for your first day and remind yourself about the rules about uniform, jewellery, etc.
- If you have a mobile phone, make sure that you have your parents/carers contact numbers stored in them. This could be their work number as well as their mobile number.
- Keep reading! Visit your local library or do a book swap with your friends. Reading helps to keep your mind active ready for starting school in September.
- Time the journey to school or to the bus stop so you know what time you must leave the house and which route to take. Do you have someone to travel with? Maybe you could find a travel buddy who walks the same way or gets the same bus.
- Get all your new uniform organised including your PE Kit and shoes. Make sure everything is named clearly.
- Look forward! Change can be scary, but it can also be very exciting. Plenty of new opportunities are waiting for you at Waddesdon CofE School.

Preparing for your first day!



TASKS	WHAT THIS INCLUDES	TICK WHEN COMPLETED
Pack your pencil case	<p>You should include: Pens, pencils, ruler, rubber, pencil sharpener, glue stick, scissors, maths equipment such as compass, protractor and a calculator</p> <p>You will also need earphones and colouring pencils.</p>	
Pack your bag	<p>You should include: Pencil case and maths equipment (if separate), glue stick, scissors, water bottle, lunch box/restaurant card.</p>	
Pack your PE KIT	<p>You should include: BOYS: Hooded sweatshirt, rugby jersey, rugby shorts, polo shirt, black shadow-stripe shorts, plain black games socks, shin pads, gum shield, football boots, outdoor trainers, indoor trainers and a named towel.</p> <p>GIRLS: Hooded sweatshirt and polo shirt, black shadow-stripe shorts, plain black games socks, shin pads, gum shield, totally black tracksuit trousers, football boots, outdoor trainers, indoor trainers and a named towel.</p>	
Learn to tie a tie!	Spend some time practicing how to tie your tie ready for your first day. Ask you parent/carer to help if you have never done this before.	
Go on to the school website	Have you familiarised yourself with the school website? There are some videos on there from Mr Abbott and Mrs Cullen as well as information about Waddesdon School. https://www.waddesdonschool.com/year-6-transition/	
Do some research	Still feeling a little nervous? Head to BBC Bitesize and watch some of the videos. There are some top tips including advice on making new friends, a typical day in secondary school and guide to the different subjects you'll be learning. https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1	

All about you: Creating your profile!

Complete your 'profile' together with your family. This will give you the opportunity to think about what you would like your new form tutor and Head of Year, to know about you.

Draw or find a picture of yourself that you really like and stick it in the middle of the sheet on the next page

Now, think about all the positive characteristics you have and the things you like to do in your spare time. Ask you parents/carers, siblings or grandparents for help if you are struggling with this.

Here are some questions for you to think about:

- ↳ What do you enjoy?
- ↳ What are you good at?
- ↳ What does your teacher (or other people) like about you?
- ↳ What have you achieved this year?
- ↳ What's good about you as a friend?
- ↳ What have you learnt this year that you have really enjoyed?
- ↳ What do you like doing in your spare time?

There is an example from Mrs Cullen, Head of Year 7 for you to have a look at.

Remember to bring this in with you on your first day of term ready to show your form tutor!

I enjoy running or going to the gym in my spare time. Over lockdown I was able to achieve a PB for 5km.

I like to bake cakes with my daughters at the weekend

I enjoy spending time with my friends

I teach Psychology and Sociology at A level and really, really enjoy my job!

I think it's important to be kind



I think I am a loyal friend

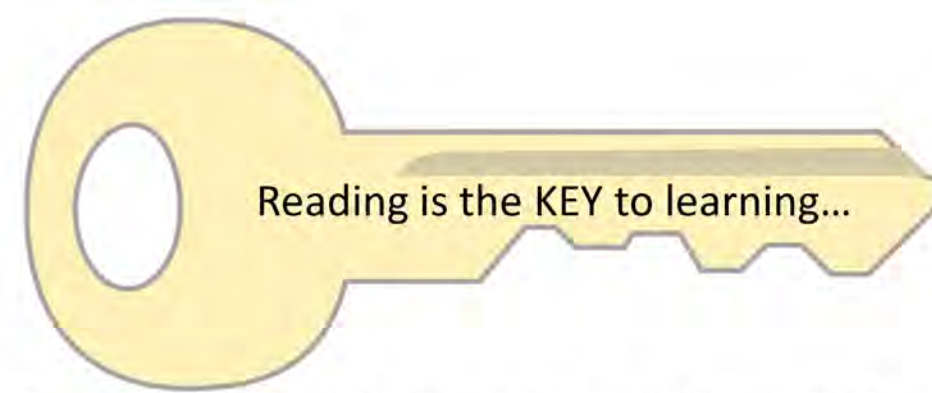
Mrs. Cullen
Head of Year 7

I like to be busy! I enjoy having lots to do at the weekends such as walks around Wendover woods, going to local farms, etc.

My friends would say I am quite organised and get annoyed at bad time keeping....lots of my friends are ALWAYS late!

I have two young daughters

I like to read in the evenings before bed and have recently started using audible to listen to books on my way into work in the mornings. I think reading is important for everyone



Over the summer holidays you could focus on your reading skills in preparation for starting at Waddesdon School.

Reading has many positive benefits, these include:

- **Strengthening your brain** - reading can help you to concentrate more.
- **Develop social skills** – reading can help you develop social skills such as communication
- **Increasing your vocabulary** – you can learn new words that you can then use in your own writing in all different subject areas.
- **Help you to get a better night's sleep** – reading before bed instead of looking at a screen can help you body to prepare you better for sleep and in turn, you'll have a better night's sleep!
- **Increasing your imagination** – reading can help develop your imagination and creativity

Here are some great books you could read over the summer...

- **HORROR:** The Graveyard Book by Neil Gaiman
- **SCI-FI:** The Hunger Games by Suzanne Collins
- **MYSTERY:** The Curious Incident of the Dog in the Night-time by Mark Haddon
- **FUNNY:** Mr Stink by David Walliams



You can find other recommended titles here: <https://schoolreadinglist.co.uk/reading-lists-for-ks3-pupils/suggested-reading-list-for-year-7-pupils-ks2-age-11-12/>

There are other ways to get reading, why don't you...

- Download the Libby Library app - Meet Libby is an app that lets you log in to your local library to access e-books, audiobooks, and magazines, all for free!
- Keep up to date with the news by reading articles on: www.bbc.co.uk/newsround

CHALLENGE...

Select a **fiction** book you have never read before, read the book and then have a go at one or more of these tasks:

- **Write a review of the book**

This could include a brief explanation about the book, what you liked/disliked, your favourite characters and whether you would recommend this book to a friend.

- **Do some drawing or painting**

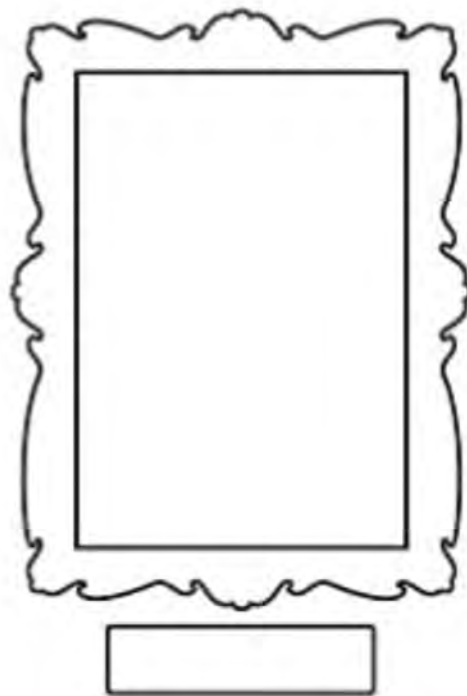
Select three characters from the book and draw/paint pictures of what you think they look like. You could include a commentary explaining why you have drawn/painted them this way.

- **Design a film poster**

Design a film poster to advertise a cinema adaptation of the film. You could include a commentary explaining why you have designed it this way.

- **Creative writing**

Produce a piece of creative writing inspired by your book. You could write an alternative ending or a section of the sequel.



Create a timeline of your life

“Chronology” is a very important key term in history it simply means putting dates into an order starting with the earliest to the most recent event.

Your challenge: you need to create a timeline in chronological order showing a minimum of 10 key events of your life so far

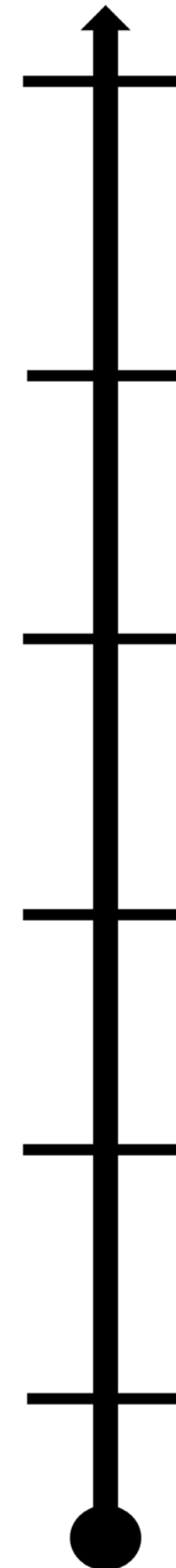
You can use the template on the next page or be creative in your presentation and make your own.

Make sure you include images and photographs to show your key life events too. Speak to your family to help you with remembering key dates that you could include.

*Hint: start with your birthday and make it as up to date as possible Try to include a fun event from your Summer Holidays

Things you could include:

- Important milestones such as when you first said a word, took your first steps or even started primary school.
- Holidays and activities you've been apart of
- When younger siblings/family member were born
- Your greatest achievements
- Memorable days out



Learn about the World!

What do you know about different countries around the world? Why not start with Europe. Can you list all the countries you have travelled to or are able to name?

Why not have a go at one or more of these activities:

- Can you name all the countries in Europe? (There are 44!)
- How many of the countries you have named are you able to locate on a map? You could look in an atlas, on a globe or print a map off the internet
- Can you name all the capital cities?
- Can you identify, or even better, draw the correct flag for each of the countries?

Too easy...why don't you start looking at the rest of the world? There are 195 countries in the world, how many of them can you:

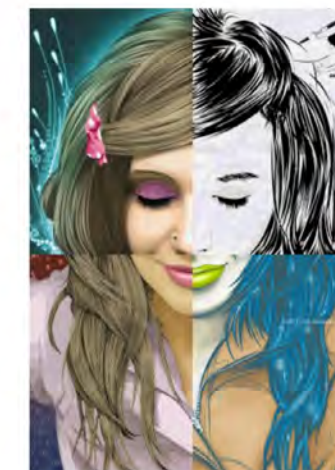
- Name?
- Identify the capital cities for?
- Identify or draw the flag?
- Find out facts about such as population size, language(s) spoken, traditional cuisine, historical sites of interest?



Create a self-portrait

Experiment with different materials to create a self-portrait or a portrait of someone in your family. Below are some examples of the materials you could use to create it:

- Paint – water colour, acrylic, poster paints, etc.
- Newspapers and magazines
- Scraps of paper including wrapping paper
- Chalk
- Different coloured pens
- Crayons
- Pencils
- Things you find outside – leaves, pebbles, sticks, etc.



Get Cooking!

Why not spend some time cooking up a storm in the kitchen! You could do this on your own or with a family member. Take a picture of your culinary creation ready to share with your form group in September.

Here are some easy-peasy recipes that you might like to have a go at:

Flapjacks

- 120g porridge oats
- 60g softened butter
- 60g light brown sugar
- 1-2 tbsp golden syrup



1. Heat oven to 200C
2. Mix everything really well in a bowl.
3. Grease baking tin and pour mixture in pushing everything down with the back of a spoon.
4. Cook for 10 mins until golden brown.

Mixture will be soft when it's removed from the oven. This is normal and will harden as it cools.

Pancakes

- 100g self-raising flour
- 50g caster sugar
- 1 egg
- 4 x 15ml milk
- Pinch salt



1. Mix dry ingredients
2. Add egg
3. Beat in milk 15ml at a time.
4. Heat up pan on med/low heat with no oil.
5. Pour in some mixture

When you begin to see air bubbles on the top of the pancakes you can now turn them over.

Cheesecake

- 250g digestive biscuits
- 100g melted butter
- ½ tsp vanilla extract
- 600g full fat soft cheese and
- 100g icing sugar
- 284ml pot of double cream



1. Crush biscuits into crumbs
2. Mix with melted butter, then firmly press into a greased cake tin.
3. Chill in the fridge for 1hr
4. Mix cheese, vanilla and icing sugar until smooth, then spoon mixture over a biscuit base.
5. Leave to set in fridge overnight.

Cookies

- 115g butter, softened
- 55g caster sugar
- 140g plain flour
- 40g chocolate chips



1. Heat oven 180C
2. Beat the butter and sugar or until fluffy
3. Mix in the flour and chocolate chips with your hand on till you have a dough
4. Roll the dough into walnut sized balls and flatten with your palm
5. Put them on to a baking tray slightly apart and cook for 10-12 min

Chocolate Brownies

- 200g caster sugar
- 115g butter, melted
- 30g cocoa powder
- ½ tsp vanilla extract
- 2 eggs
- 115g plain flour
- Pinch baking powder
- Pinch salt



1. Heat oven to 180° C
2. Mix the ingredients in the order above.
3. Pour mixture into a greased tin
4. Cook for 10-15 mins

Allow to cool in tin before slicing and serving

Sugar Doughnuts

- 250 g plain flour
- ½ tsp of salt
- 70g cold unsalted butter
- 1 tsp of baking powder
- 408ml milk



1. Mix all the ingredients apart from the milk. Until it looks like a breadcrumb texture.
2. Slowly add the milk - you may not need it all.
3. Create a firm-ish dough.
4. Roll out to about 1 cm thick. Cut doughnut shapes (you can use 2 circle cookie cutters)
5. In a pan/fryer heat oil
6. Slowly add the doughnuts in and flipping over every so often, fry until golden brown.

Take out, and then dip in sugar.

You could also look for other recipes on websites such as

www.bbcgoodfood.co.uk

Maths Challenges

There are lots of great websites to help you stay on top of your maths skills over the summer. Why not practice some of the areas you feel less confident in.

There are lots of activities on BBC bitesize:

<https://www.bbc.co.uk/bitesize/subjects/zqhs34j>

Creating graphs, charts, percentages and averages

Go out into your local area and create a tally chart of the modes of transport you see during a set time period e.g., 10 minutes.

Vehicle	Tally
Car	
Motorbike	
Van	
Bicycle	
Bus	

Using the data in your tally chart, can you:

- Create a pie chart?
- Create a bar graph?
- Work out the percentages for each mode of transport?
- Work out the mean, median and mode?

Using your calculator

Across

- 1 $26 \times 34 - 19 = \dots\dots\dots$
- 4 $(3 \times 4)^2 = \dots\dots\dots$
- 6 $417 \times (29 + 87) = \dots\dots\dots$
- 7 $(1 + 5) \times 61 = \dots\dots\dots$
- 9 $1310 \times 0.4 = \dots\dots\dots$
- 11 $\frac{11 \times 12 \times 13}{1 \times 2 \times 3} = \dots\dots\dots$
- 13 $\frac{274 + 58}{4} = \dots\dots\dots$
- 14 $3 \times 4^2 = \dots\dots\dots$
- 15 $8^3 = \dots\dots\dots$
- 16 $\sqrt{207936} = \dots\dots\dots$
- 18 $706 \times \frac{1}{2} = \dots\dots\dots$
- 20 $417 \times 29 + 87 = \dots\dots\dots$
- 22 $1\frac{2}{10} + 2\frac{4}{5} = \dots\dots\dots$
- 23 $4.8 \div 0.8 = \dots\dots\dots$

Down

- 1 $458 + 5 \times 77 = \dots\dots\dots$
- 2 $42 \times 13 = \dots\dots\dots$
- 3 $3.65 \times 20 = \dots\dots\dots$
- 4 $5^3 = \dots\dots\dots$
- 5 $26 \div \frac{1}{19} = \dots\dots\dots$
- 8 $506 \div 80 = \dots\dots\dots$
- 10 $3.96 \div 1.6 = \dots\dots\dots$
- 11 $\sqrt{6^3} = \dots\dots\dots$
- 12 $3\frac{1}{2} + 2\frac{2}{10} = \dots\dots\dots$
- 16 $11^2 \times 4 = \dots\dots\dots$
- 17 $\frac{618 + 616}{618 - 616} = \dots\dots\dots$
- 18 $1 + 5 \times 61 = \dots\dots\dots$
- 19 $26 \times (34 - 19) = \dots\dots\dots$
- 21 $\frac{5}{8} \times 16 = \dots\dots\dots$

Use your calculator to work out the answers to the 21 questions to the left, then write the answers in the crossword below

1		2		3		4		5
		6						
7	8					9	10	
				11		12		
13								14
				15				
16		17				18		19
		20		21				
22						23		

Get Active!

Challenge yourself this summer to get active and achieve a new goal!

It could be something brand new you have always wanted to do such as going trampolining or rock climbing in a local centre or pushing yourself to achieve a new PB.

Here are some ideas of the sorts of things you could do this summer:

- **One mile challenge** – Cover a mile as fast as you can! This could be walking, cycling, scooting, skateboarding or even swimming! Over time, see if you can reduce the time it takes to get a new PB.
- **Step Challenge** – challenge your friends to a step challenge – who can complete the most steps in a day? Alternatively, can you complete a minimum of 10,000 steps everyday for a week? You'll need a fitness band, or you could use your phone!
- **Own a segment** – using the strava app (it's free to join) can you be the quickest runner or cyclist for a particular segment? How long can you hold on to your crown for?
- **Swim challenge** – cover 100 metres as a starter – how quickly can you do it in? Can you complete the same distance using three different strokes, for example breaststroke, front crawl, back stroke or even the butterfly?
- **Team sports** – Can you get a team together in your area to play a team sport? You could organise a 5 a-side football match, play ultimate frisbee or even make up your own game.
- **HIIT workout** – Can you complete a 20-minute HIIT workout. There are lots of free ones online if you search on YouTube or even make up your own...can you get a family member or friend involved too?



Venture out and visit local attractions

There are lots of great places you can visit in the local area. See how many of these you can tick off over the summer

The Attraction	Follow up challenge	Tick when completed
The Natural History Museum, <i>Tring</i> <small>(This museum is free)</small>	Take a selfie with your favourite animal exhibition and create a fact sheet about it OR spend some time drawing the animal	
The Bucks County Museum, <i>Aylesbury</i> <small>(There is a fee for this museum)</small>	Attend the Roald Dahl exhibition and find out more about some of your favourite books such as James and the Giant Peach or the Twits.	
Natural History Museum, <i>Oxford</i> <small>(This museum is free)</small>	Take a selfie with the Iguanodon. Research it's habitat, prey and any other relevant information.	
Visit a town or village and find a statue of a famous person	Take a picture and research the person so you can explain who they were, what they did and why they deserve to have a statue built after them.	
Visit your local church	Complete a timeline of its history using the evidence you can find from the graves, walls and artefacts in the church.	
Bucks Goat Centre, <i>Aylesbury</i> <small>(There is a fee for this museum)</small>	Find out as much as you can about the alpacas. Take some photos and research where they live and how they are suited to their environment.	
<i>Complete the Aylesbury Heritage walk.</i> <small>(There is a £1 charge for the booklet, link below)</small>	Take 5 pictures of the objects you find and describe why they have been chosen to be on the trail.	

<https://www.visitaylesbury.co.uk/directory/listing/Aylesbury-heritage-walk>

SCHOOL.

GLAND

