

# St. Philomena's N.S.

## 6<sup>th</sup> Class Transition Week

2020

Monday



# Today's Activities:

1. Morning Music
2. Question of the day
3. My time in St. Philomena's N.S.
4. Website Bingo
5. Get moving!
6. 'Believe it or not' - Busting myths about secondary school.
7. Sample a Subject - C.S.P.E.
8. Diary entry
9. Slán libh and quote of the day.

# 1. Morning Music



Music Miss Higgins recorded a message and song for everyone in St. Philomena's N.S.

Click on the link to have a listen!

[https://youtu.be/Jj2prIe2\\_Cg](https://youtu.be/Jj2prIe2_Cg)

## 2. Question of the Day



This question is taken from your 6<sup>th</sup> Class Passport. Have a think about your answer today. Use activity 3 to give you ideas!

*‘In primary school I take part in activities such as...’*



### 3. My Time in St. Philomena's N.S.

Think back on the time you have spent in St. Philomena's N.S. I'm sure you'll think about more than just Maths, Gaeilge, English and your other subjects!

Our school is always buzzing with activity.

We do sports, Green Schools, Student Council and loads of competitions. We take part in fundraisers, Christmas fairs, Maths fairs. There is never a dull week in St. Philomena's!

Have a think and a chat with someone at home about all of the activities or events YOU were part of in St. Philomena's. If you had a special achievement, include that too!

***Then draw and/or write about them!***

You may share this to the Padlet if you like, it could be a good help to the other girls in your class!

## 4. Website Bingo



Click on the link to look at the website of your new secondary school. Then print out/ draw the Bingo grid on the next page and see if you can fill in all of the boxes.

**Sacred Heart:** <http://shstullamore.ie/>

**Tullamore College:** <https://www.tullamorecollege.ie/>

You will also need the prospectus for T.C.:

<https://tullamorecollege.ie/wp/wp-content/uploads/2018/01/Prospectus-2018-19.pdf>

## Website Bingo!

Find and write down the school's Mission Statement.

Write down 3 Junior Cycle subjects that you don't study in Primary School.

Write out the first line you read about 'Pastoral Care'.

List three extra-curricular activities in your new school.

Write down the phone number of your new school.

Can you find a picture of a past pupil of St. Philomena's N.S.? Write down their name!

Write down 2 facilities your new school has that St. Philomena's does not.

Find the name of any teacher in the school and write it down.

Write down something new you learned about your new school from looking at their website!

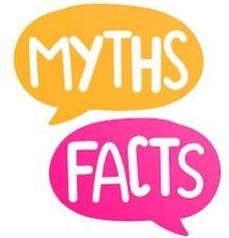


## 5. Get moving!

In secondary school, you move from class to class. So let's get moving now. Spell your name or the name of your new school!

<b>A</b> = 50 Jumping Jacks	<b>N</b> = 25 Burpees
<b>B</b> = 20 Crunches	<b>O</b> = 40 Jumping Jacks
<b>C</b> = 30 Squats	<b>P</b> = 15 Arm Circles
<b>D</b> = 15 Push-ups	<b>Q</b> = 30 Crunches
<b>E</b> = 1min Wall Sit	<b>R</b> = 15 Push-ups
<b>F</b> = 10 Burpees	<b>S</b> = 30 Burpees
<b>G</b> = 20 Arm Circles	<b>T</b> = 15 Squats
<b>H</b> = 20 Squats	<b>U</b> = 30 Arms Circles
<b>I</b> = 30 Jumping Jacks	<b>V</b> = 3min Wall Sit
<b>J</b> = 15 Crunches	<b>W</b> = 20 Burpees
<b>K</b> = 10 Push-ups	<b>X</b> = 60 Jumping Jacks
<b>L</b> = 2min Wall Sit	<b>Y</b> = 10 Crunches
<b>M</b> = 20 Burpees	<b>Z</b> = 20 Push-ups

## 6. 'Believe it or not' - Busting myths about secondary school.



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Everyone hears stories of what secondary school is like, maybe you have heard things from your friends, your family or maybe you read it in a book. Sometimes you may hear things that make you think that secondary school will not be a very nice place. These stories are usually not true, they are made up! Think about and talk with someone at home about the stories that you will read below, they are all FALSE, and figure out that the TRUE thing to say might be.

**FALSE**

**These are stories that you may hear but they are false!**

**TRUE**

**Write down a 'true' version of the statement. The first one is done as an example.**

The school is so massive you will get lost all the time and no one will tell you where to go.

The school may be bigger than St. Philomena's N.S. but all First Years will be given plenty of help to find their way around.

The teachers will not let you ask questions if you cannot understand the work.

If you make a mistake in your homework or cannot do it you get detention.

You will have 4 hours of homework every night.

It will be really hard to make friends because everyone else will know each other.

## 7. Sample a Subject - C.S.P.E.



In First Year, you will study C.S.P.E. This stands for 'Civic, Social and Political Education'.

This subject involves learning and talking about being a responsible member of society, human rights, environmental and social issues, etc.

Those of you who enjoy talking about current events in the world or who love debate and discussion about important issues will love this subject. Read the text below and try the questions underneath! 😊

# Welcome to CSPE

Civic, Social and Political Education – **CSPE** – is a course of study that prepares young people for **active citizenship**. The course is based on **human rights** and **social responsibilities**. Over the next three years you will explore many issues related to CSPE. These issues are all around you – on the television, in newspapers and magazines – and are evident in the many communities to which you belong.

## What is Citizenship?

Being a citizen involves **belonging** to a **community**. You belong to many communities – family, school, your locality, the community of Ireland and the wider global community.

CSPE aims to prepare young people for **active citizenship**. Being an active citizen means:

- Being aware of your rights
- Acting responsibly
- Getting involved in the communities you belong to
- Influencing decisions that affect you
- Caring for others in your community.

Below are some examples of active citizens.



Anne is a member of Neighbourhood Watch. She reports any suspicious activity and incidences of crime to the local Garda.



Anthony manages the local football team. He trains the team twice a week in the park.



Tom organises the annual clean-up of the local river.



Mary volunteers in the local charity shop. She organises clothing collections every month.



Betty gets the shopping for her elderly neighbour every week.



Barry and Lucy exercise their right to vote on election day.



Mark is a member of the student council. He represents the interests of his fellow students.



Sean organised a petition against the closure of the local post office.



Sophie is a member of the youth section of a political party. She is interested in politics and how government policies affect her community.

## Activity:

1. Do you consider yourself to be an 'active citizen'?

If your answer is yes, why?

If your answer is no, is there anything you would like to do in the future to become a more active citizen?

2. Is there anyone you know who you would consider to be an active citizen? Why?

3. Can you think of anyone who is famous for being an active citizen or an 'activist'? Write a couple of sentences about this person.

## 8. Diary Entry



In your copy/ diary/ wherever you like, write down a little bit about what you did today. This can be personal, but if you have any questions or concerns it is a good idea to speak to someone at home. You are also very welcome to share your thoughts on the 6<sup>th</sup> Class Padlet.

You can write about whatever is on your mind but here are some ideas...

- What did you learn about today?
- What was your favourite activity?
- Did you learn anything that surprised you?

- Did you learn anything that made you excited for secondary school?
- Do you have any questions after today's activities?
- Did you talk to someone at home about your learning? What did you talk about?

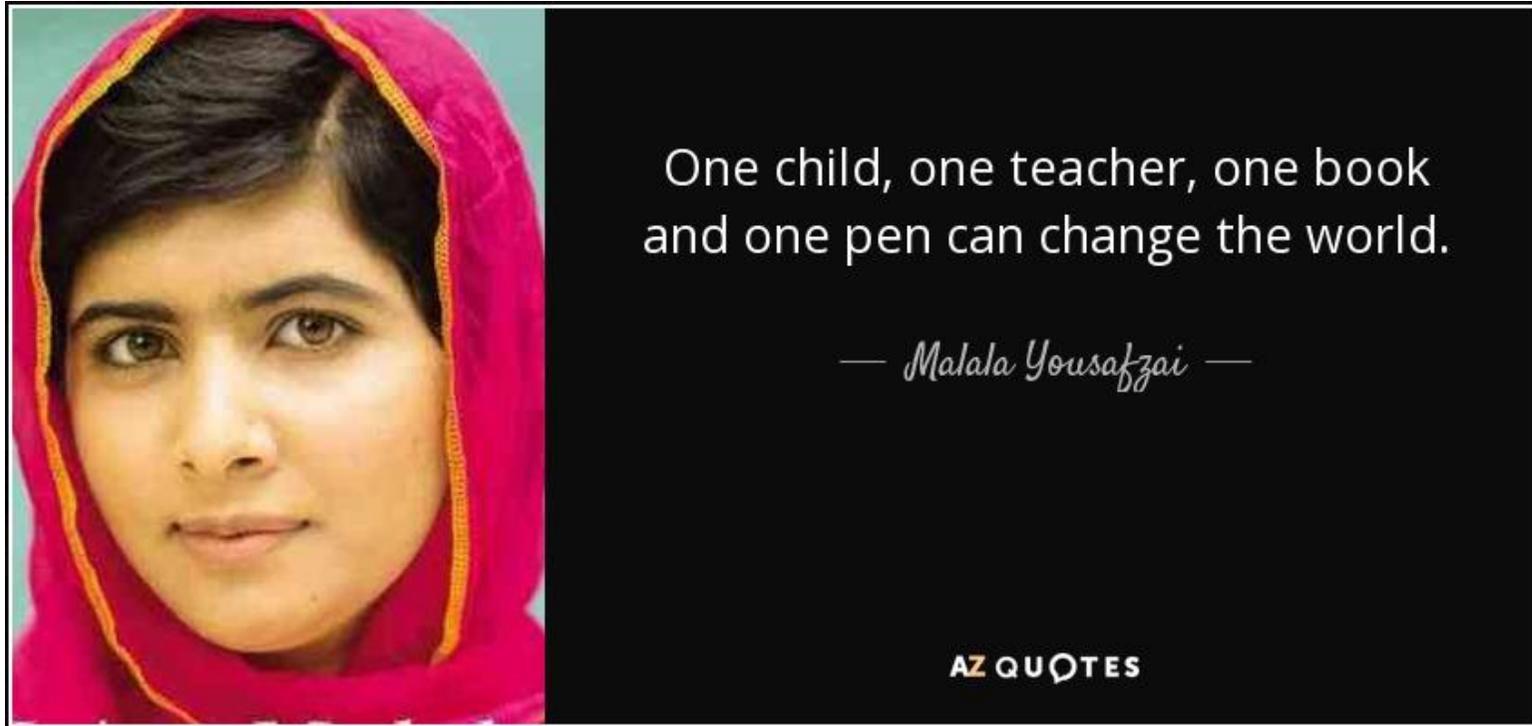
# Slán libh!



Before you finish up for the day, be sure to check back in on the Padlet, and comment if you haven't already. We want to hear from you all, even if it is just to say hello! Make sure you have a chat with someone at home about what you learned too.

As we talked about C.S.P.E. today, we feel that today's quote is an appropriate one to wrap up our day. It is a quote by Malala Yousafzai. Malala is from Pakistan and is an activist for female education. Her quote reminds us of the importance of education.

It also reminds us of the potential we all have to change the world, even in a small way.



We hope you enjoyed your day!

Ms. Higgins and Mrs. Gaffey 😊