

Easthampstead Park Community School

"It takes a whole village to raise a child"



# EPCS

# Transition

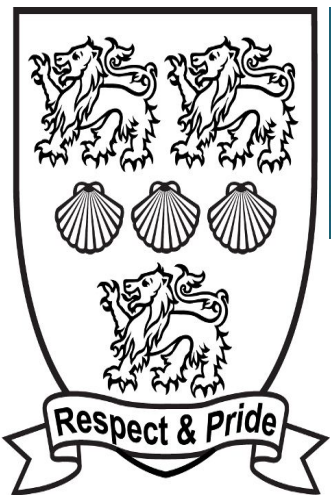
# Challenges

# 2020



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**Easthampstead Park Community School**

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# **EPCS Transition Challenges 2020**

**Hello Year 6's,**

**I hope that you are all keeping safe and well.**

**As transition is looking a bit different this year we have produced a book of transition challenges for you to try.**

**Our departments have contributed to these challenges and they should give you a taster of what to expect in secondary school.**

**These challenges are not compulsory but we would love for you to give them a go. You can do them in any order you want and attempt as many as you want.**

**If you bring in evidence of completing these challenges when you start at EPCS then we will reward you with positive points.**

**I hope you enjoy doing them and I can't wait to see how you get on.**

**Looking forward to meeting you all soon.**

**Stay safe,**

**Miss Preston  
Head of Discovery School**

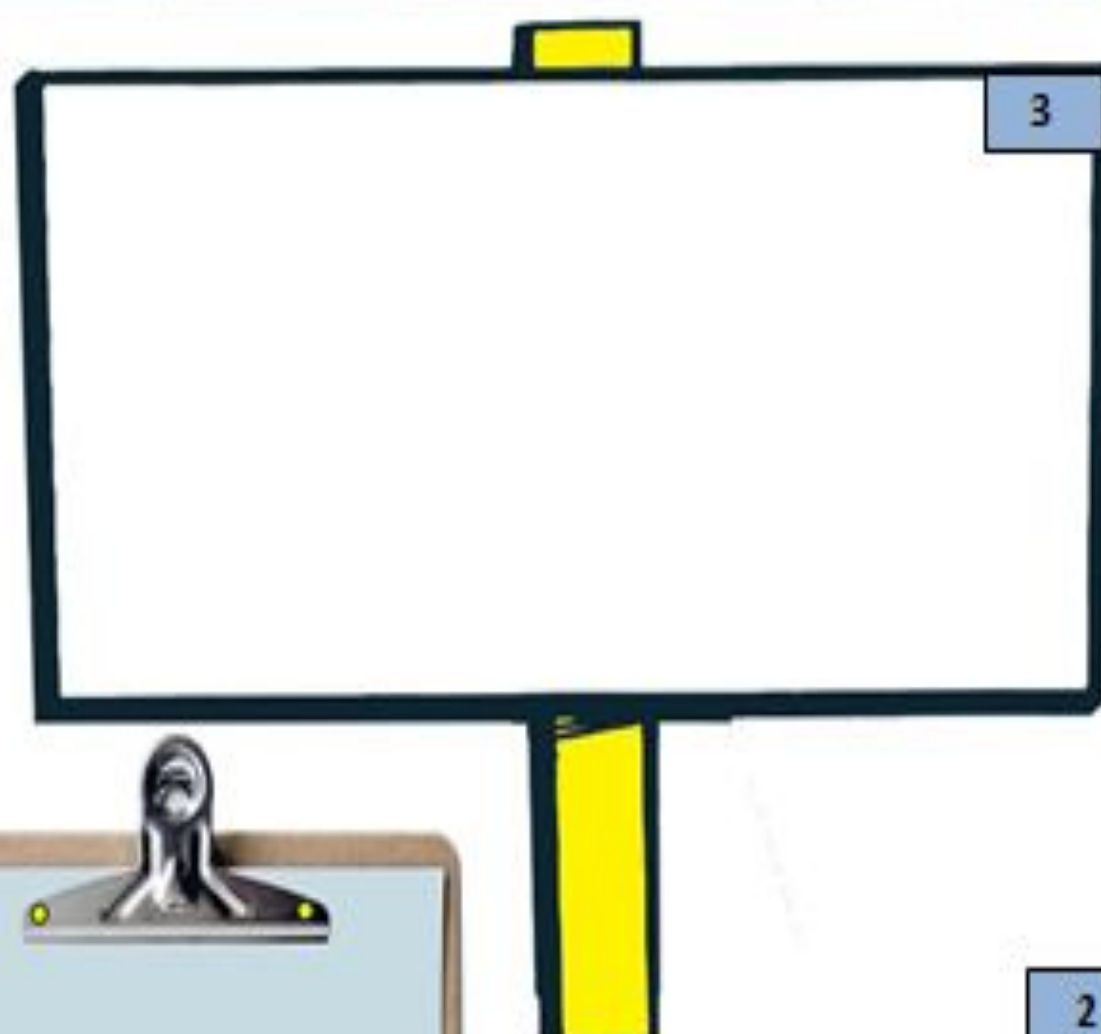
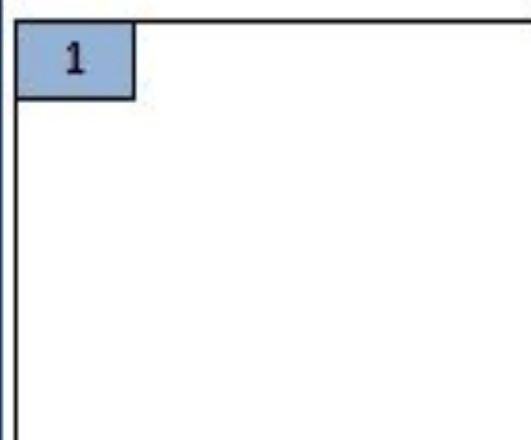
## Tell me all about you!

✓ Fill this page with everything your classmates and teachers should know about you

## ACTIVITIES

You must create the following:

1. A picture of you
2. Your favourite saying
3. Tell us what issues you are passionate about
4. Favourite Games and Apps
5. Mind map of your favourite films, TV programmes
6. List of all your favourite books or songs
7. What are the four things you would like to be better at



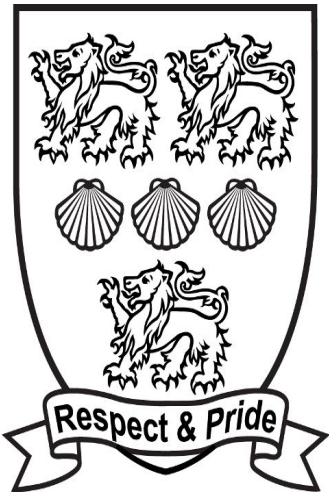
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# Easthampstead Park Community School

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## English

### Year 7 staff

Mr Ayliffe  
Miss Hobbs  
Miss Hanson  
Miss Pickwell  
Mr Wedge

### What do you study in Year 7?

Forensic Linguistics  
Assorted Dahl stories  
Julius Caesar by Shakespeare  
History of Literature  
Animal Farm by Orwell  
Travel writing

## Transition Project

During the lockdown it seems that people have been baking more than ever; to the point where trying to buy flour has become a bit of an impossible mission. So we give you, the flourless chocolate cake! Now as this is English we don't expect you to make the cake (although it is delicious); we think you should be looking at the language used, this recipe shows you can find interesting language techniques everywhere.

Have a read of the recipe and try to answer the questions we have added. When you have done this why don't you have a look for some recipes in any cookbooks you have around the house and see how the writers' make their recipes sound enticing.

Superlatives – this is the BEST chocolate cake in existence according to the author. What is the effect on the reader?



### Flourless Chocolate Cake Sophie Dahl

This is the mother of all chocolate cakes. It is incredibly rich and very good cold from the fridge, smothered in crème fraîche. Eat it at your discretion. I dedicate this with love to Ben, a fellow chocolate fiend.

Technical term – not everyone is familiar with what crème fraîche is, so why do you think Dahl uses this term?

A Warning – What is the effect of this statement? What might it make readers think about the cake?

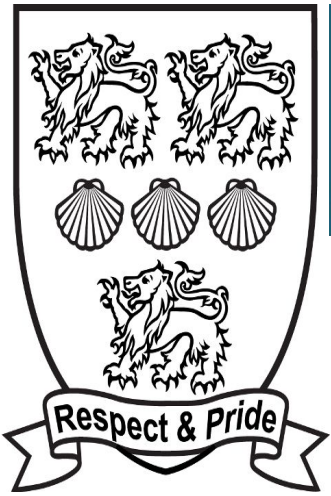
Personal Pronoun – Why does the author include her own opinions and little detail about her personal life?

Would this help you to decide whether to bake this cake or not?

- \* Butter for greasing
  - \* 300g/2 cups of broken plain/semi-sweet chocolate (or 150g/1 cup of dark, 150g/ 1 cup of milk chocolate), plus extra to decorate (optional)
  - \* 225g/1 cup of caster/superfine sugar
  - \* 180ml/3/4 a cup of boiling water
  - \* 225g/1 cup of salted butter, cut into cubes
  - \* 6 eggs, separated
  - \* 1 teaspoon of instant coffee powder
  - \* 1 tablespoon of vanilla extract
- To top the cake
- \* 125g/1 cup of raspberries, whole
  - \* 125g/1 cup of strawberries, quartered
  - \* 200ml/7fl oz tub of crème fraîche

When you are reading any kind of a text your brain should always be questioning. WHY has the author written this? HOW do they want me to feel?

These are some of the questions I asked myself when I read this for the first time.



## English

### And now the most important part of a chocolate cake recipe, how to make it...

Again we have the author's personal preferences when making the cake. What is the author's intention?

**METHOD 1.** Grease and line the base of a solid-bottomed 20-cm/8-inch square or 23-cm/9-inch round cake tin/pan (though I prefer to use a springform cake tin as the texture of the cake is quite moist and sticky). Preheat the oven to 180oC/160oC fan/Gas 4.

2. In a large food processor (or done in two batches), pulse the chocolate and sugar until fine. Add the boiling water, butter, egg yolks, coffee powder and vanilla extract. In a glass bowl, whisk the egg whites until stiff and then add them to the mixture in the food processor and blend for 10 seconds or so. Pour the mixture into the prepared cake tin/pan and put in the hot oven for 45–55 minutes. The top will be cracked like a desert fault line.

3. After you take the cake out of the oven it will collapse in on itself quite a bit. This is ok; it's not meant to be a proud cool cake, it's meant to be slightly rough around the edges and home-made, and the crème fraîche and berries will hide any dips and cracks!

4. Let the cake cool, then put it in the fridge for a few hours. When you are ready to serve, remove from the tin/pan and smother it in raspberries, strawberries and crème fraîche. You can also grate some more chocolate on top.

My favourite, favourite thing!

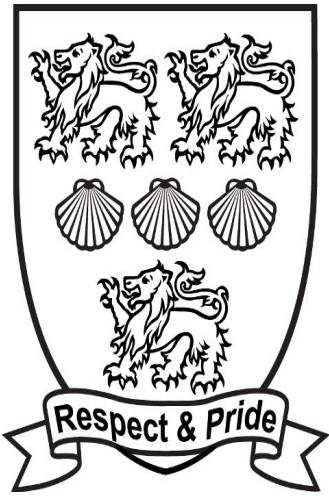
Lots of visual imagery and cues in this section. Dahl instructs the reader through what the cake will look like by comparing it to a desert fault line; why do you think she has made a comparison instead of using a more technical term?

Dahl describes the cake as though it has a personality here. Why? What is the effect on the reader?

Repetition – What is the effect?

How does this link to Year 7 English lessons at EPCS?

In order to be great at English (and quite a lot of other subjects as well) you need to become an active reader, you must always be questioning the writer and thinking about the effects of the techniques they have used. This activity is similar to the way we would examine any text that we will look at in school.



## Maths



### Year 7 staff

Ms Devine	Mr Powers
Mr Stubbs	Mr Jones
Mrs Rotimi	Mr Clark
Mrs Randle	Mr Fenton

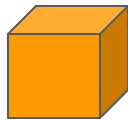
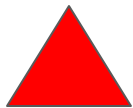
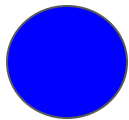
### What do you study in Year 7?

**Number** - Four operations, negatives, fractions, decimals, percentages, factors, multiples, ratio, proportion

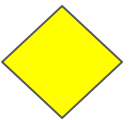
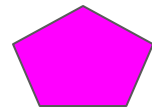
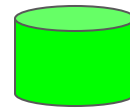
**Algebra** - expressions, formulae, sequences, graphs

**Shape, Space and Measure** - metric units, perimeter, area, volume, angles, transformations, symmetry, construction, 2D and 3D shapes

**Data Handling** - Averages, tables and charts, probability



## Transition Project



There is Maths all around you in life. This could be when using money, any building construction, when cooking and baking, in computing and gaming, the list goes on. We'd like you to research aspects of Shape that you see at home. In doing so, look to complete the list below.

- 1) Look around your home and count how many different 2D and 3D shapes you can find. List 10 different objects and their shape (e.g. a plate is in the shape of a circle)
- 2) Now for the shapes you have discovered, find out at least 3 pieces of mathematical information about them.  
For any 2D shapes, consider information such as the line and rotational symmetry,, how to find out the area and perimeter of these shapes, do your shapes have any special angles or sides the same length  
For any 3D shapes, look into vertices, faces and edges, if your shape is a prism, how you would find out the volume of the shape.
- 3) Write a paragraph about an item or an activity at home you feel has a particular mathematical importance and explain why you think it is important.
- 4) Draw a plan of your bedroom to scale using a ruler and pencil. Use the scale of 1cm = 0.5m. Please feel free to use the template provided.

Extension questions.

Can you calculate the amount of spare floor space in your bedroom? (HINT - Consider the area)

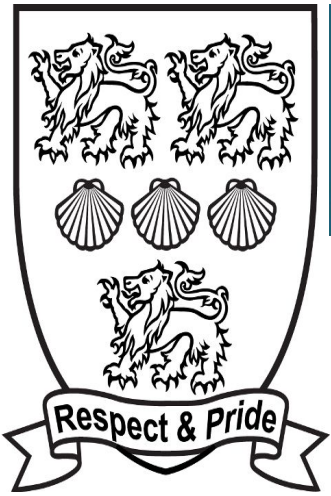
Can you calculate the total amount of spare space in your bedroom? (HINT - Consider the volume)

Please use an A4 sheet of paper to complete this task. You may also use the template provided for part 4

How does this link to Year 7 Maths lessons at EPCS?

In year 7, lots of work you will cover is based on Shape, Space and Measure. Topics you will cover include area, perimeter and volume, line and rotational symmetry, angles, and much more. This also links with the project work you will experience in Maths, which will help you understand where Maths is needed and used in real life.





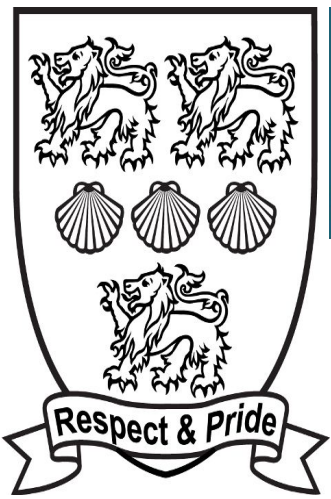
## Maths



### Part 4

Draw a plan of your bedroom to scale using a ruler and pencil.

**Use 1cm : 0.5m**



# Easthampstead Park Community School

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## Science



### Science Teachers

Mrs Sharda  
Mrs Hird  
Mr Peart  
Mr Stalenhoef  
Miss Swift  
Miss White  
Miss Tomalin

### What do you study in Year 7?

#### **Working Scientifically**

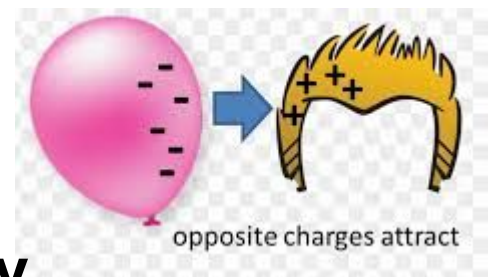
**Biology** - Cells, Animal Reproduction, Muscles and Bones, Ecosystems

**Chemistry** - Acids and Alkalis, Particle model, Atoms, Combustion, Separation techniques

**Physics** - Energy, Electricity, Forces



### Transition Project



## Project 1 - Electrical Safety

There are many devices that we find around our homes that use electricity, from the mains or batteries.

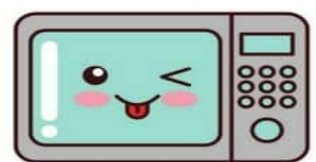
It is important that we use electricity and electrical devices in a safe manner, whether this is at home or outside.

Research and then design a poster (paper, Word, PowerPoint etc) informing others of how to be safe around electricity.

Your poster should include:

1. 8-10 electrical safety rules e.g. Never handle plug sockets with wet hands
2. Images of electrical devices
3. Prevention measures - how can we protect ourselves further (e.g plug socket covers that can be used when babies/ toddlers are young)
4. Reasonable explanations - e.g fuses are placed in device plugs to control electrical flow
5. Extension - what does the inside of a plug look like

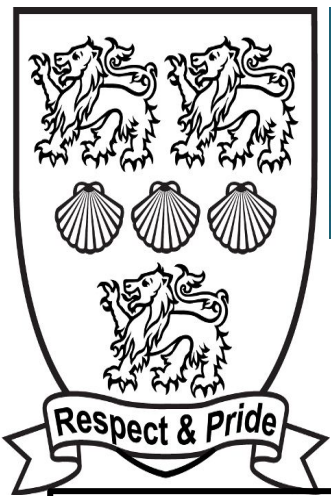
**WARNING - ADULT SUPERVISION REQUIRED IF YOU WANT TO LOOK INSIDE A REAL ONE!**



### **How does this link to Year 7 Science lessons at EPCS?**

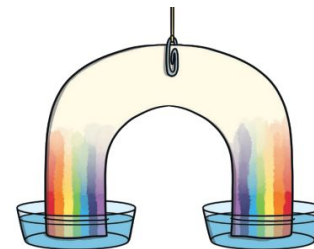
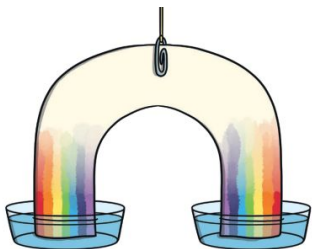
Electricity is not only one of the topics that you learn about in Year 7 but it is a topic that continually pops up in GCSE Science, DT, Food Technology.....





## Science

### Transition Project



### **Project 2 - Magical Rainbow (Separation techniques)**

Did you know that you can grow your own rainbow?

You will need a scientific process called the capillary action. This action happens when a liquid moves up through a hollow tube or into a spongy, solid material. It happens when three forces work together: cohesion, adhesion and surface tension.

In this experiment, you are going to use kitchen roll. The fibres in kitchen roll have lots of little holes. Water is absorbed through the kitchen roll because when the first water molecule adheres to it and begins to move upward, it pulls the next water molecule up with it, like a chain.

#### **Words to Learn:**

Capillary action  
Adhesion  
Cohesion  
absorbed

#### **You will need:**

Kitchen roll/ Paper towel  
Felt tip pens  
Two small bowls of water  
Paperclip  
Thread

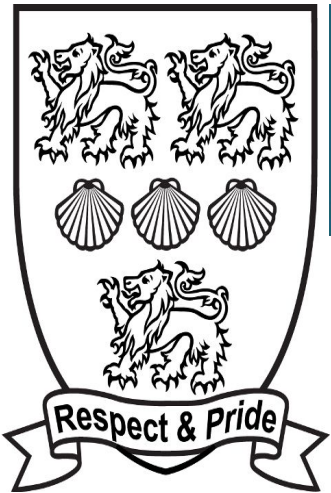
#### **What To Do:**

1. Cut the kitchen roll into the shape of a rainbow.
2. At each end, use the felt-tip pens to colour a rainbow about 2cm up from the bottom.  
Remember the order of the colours: red, orange, yellow, green, blue, indigo, violet.
3. Attach the paperclip to the top of the rainbow and tie a piece of thread to it. This will allow you to hold your rainbow.
4. Add water to the two bowls.
5. Hold the rainbow with both ends slightly submerged into each bowl of water and watch your rainbow grow. (Look at the image at the top)

#### **How does this link to Year 7 Science lessons at EPCS?**

We don't realise how so many substances that we take for granted, felt tips included, are actually mixtures ! In Year 7 Science lessons we learn a range of separation techniques and this is a fun introduction to that.

Once you've tried it with felt tips, try making rainbow, or other shapes, with other household colourings or even fruits - Enjoy



# Easthampstead Park Community School

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## Humanities

### Year 7 staff

Mr Blay  
Mrs Dinkelmann  
Mr Oates  
Mr Moth  
Miss Greenshields  
Mrs Montague  
Miss Preston

### What do you study in Year 7?

The Island  
The British Empire  
Passport to the World  
Bracknell Local Area Study

## Transition Project

In year 6 you may have learnt about World War 2 and the role of Britain. Below are some activities linked to this topic to get your historical brain thinking!

### The Role of Women during World War Two

With **conscription** (forced to join the military) being introduced legally in World War 2, the majority of men were sent to war against the Germans.

Women were drafted into work in factories and have a vital role to play in helping people in Britain - this is known as **the Home Front**. They were placed in roles such as mechanics, engineers, munitions workers (making weapons), air raid wardens, bus and fire engine drivers.

**Task 1) Explain what conscription was during World War Two.**

**Task 2) Explain what the Home Front was during World War Two**

At first, only single women, aged 20-30 were called up, but by mid-1943, almost 90% of single women and 80% of married women were working in factories, on the land or in the armed forces. Even Princess Elizabeth got involved (now our Queen). She trained as a driver and mechanic. This is her photograph opposite.

In Manchester, many women went into the munitions factories in Trafford Park to work. This involved women producing the weapons used in the war effort. This was dangerous work as it involved the filling of bombs and shells with potent chemicals that damaged skin and lungs. For example, in the photograph below you can see women workers producing asbestos mattresses at the factory of Turner Brothers in Trafford Park, Manchester. We now know that asbestos is a hazardous material but it was used in a range of wartime products such as mattresses used to line the boilers of battleships.

**Task 3) Where did many women work in Manchester?**

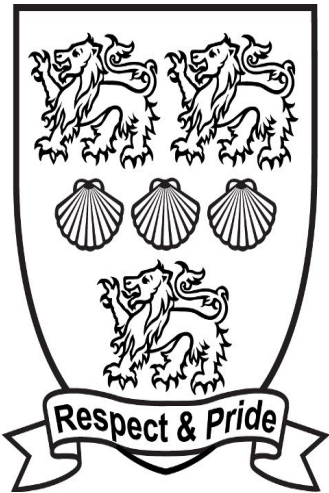
**Task 4) Why was it dangerous for women making in these factories?**

**Challenge: Why do you think even Princess Elizabeth joined in to help the war?**

How does this link to Year 7 Humanities lessons at EPCS?

You begin to study source material and looking at the value of different sources

If you need any help, please contact Mr Blay [simon.blay@epschool.org](mailto:simon.blay@epschool.org)



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## Humanities

### Year 7 staff

Mr Blay  
Mrs Dinkelmann  
Mr Oates  
Mr Moth  
Miss Greenshields  
Mrs Montague  
Miss Preston

### What do you study in Year 7?

The Island  
The British Empire  
Passport to the World  
Bracknell Local Area Study

### Transition Project

Finding out about the world around us is an amazing thing to do and having knowledge about other countries is really important in Geography lessons and also to help us become global citizens. So your task is to create a fun fact file of any country that you don't know a lot about!

Be creative and design your own layout, or use the one included. The more information, maps, photos, images, drawings and colour the better! You can complete this on computer or by drawing and writing on paper, either way is absolutely fine. If you are finding it hard to research using the internet, you could choose a country you know a little bit about already and see if anyone at home can help you to find out more.

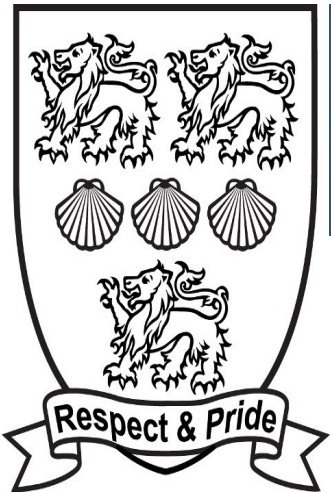
#### Checklist of things you could include:

- Name of country?
- What continent is it on?
- Capital city?
- Map of the country and where it is in the world.
- What is the population (number of people)?
- What currency do they use (money) and is it a wealthy country?
- What does the flag look like?
- What are the main religions?
- What are the main traditions?
- What are the main languages?
- Does it border any other country?
- Which seas or ocean are along its coastline (if any!)
- What natural features does the country have e.g. volcanoes, mountains, rivers etc?
- What is its climate like?
- What are the main cities? What are they like?
- Do they have any famous landmarks or buildings?
- What is the brief history of the country?
- What is the main sport in this country?
- Are there any famous people from this country?
- What kind of music comes from this country?
- What interesting facts can you find out?
- Is there a national animal and plant?
- Any other interesting information?

How does this link to Year 7 Humanities lessons at EPCS?

You begin to see the importance of humanities, in this case geography, to the wider world.  
It is a subject that is relevant to your daily life!





## Humanities

### Year 7 staff

Mr Blay  
Mrs Dinkelmann  
Mr Oates  
Mr Moth  
Miss Greenshields  
Mrs Montague  
Miss Preston

### What do you study in Year 7?

The Island  
The British Empire  
Passport to the World  
Bracknell Local Area Study

## Transition Project

### Cain and Abel (Genesis 4:1-16)

Adam and Eve had two sons - Cain (a farmer) and Abel (a shepherd). In due course, they brought offerings to God. Cain brought an offering from the crops that he had grown; Abel brought the best parts of a first-born lamb. God accepted Abel's sacrifice and rejected Cain's. Cain was very angry. However, God warned Cain that he should persevere and do what was right, and not give in to his anger. He should overcome the (potential) sin that was crouching at his door. [God was testing Cain.]

Cain then suggested to his brother that they should go out into a field together, and there he murdered Abel. The Lord asked Cain where his brother was, to which Cain replied "Am I supposed to take care of my brother?" But God knew what Cain had done, and said that his brother's blood was crying out to him from the ground. God punished Cain.

Punishment:

- Ground would no longer be fertile
- Cain would become a restless wanderer on earth

However, God put a mark on Cain so that nobody could kill him. If they did, seven lives would be taken in revenge. Cain became a nomad and lived in the land of 'Wandering' [sometimes called 'Nod'], east of Eden.

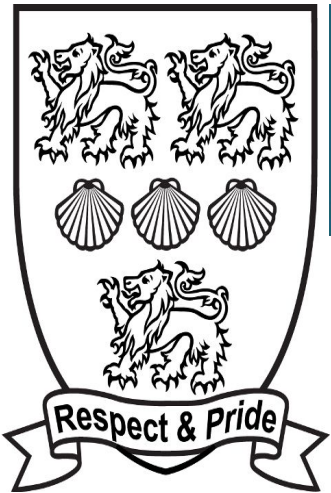
**Why do you think that God accepted Abel's sacrifice, but rejected Cain's? Try to give three or four reasons. Think about Cain's angry reaction and temper...**

**What would happen to anyone who killed Cain?**

**What do we learn about God from this story?**

How does this link to Year 7 Humanities lessons at EPCS?

Humanities gets you thinking about tough topics that test your understanding of the wider world. Religion is great for throwing up big philosophical questions and attempting to answer them.



# Easthampstead Park Community School

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## Modern Languages

### Year 7 staff

Miss K Lees (Head of MFL)  
Mr D Carpenter  
Miss K Jakobi

What do you study in Year 7?

**GERMAN or SPANISH**

**Fairytale Project:** family, personality, descriptions

**Through the Keyhole:** house, rooms, town

**My School:** school subjects, opinions, uniform

**Creative Writing Project**

## Transition Project

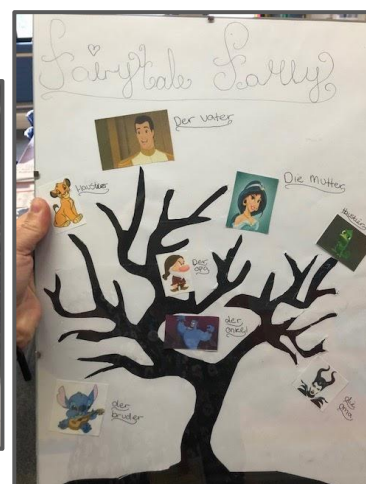
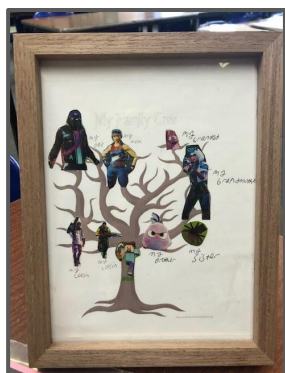
**TASK:** To create your own FAIRYTALE FAMILY for your first MFL lesson.

Team MFL would like you to create your own imaginary “fairytale family” to bring to your first MFL lesson. Your family must include at least 5 family members.

These can be footballers, cartoon characters, pop stars, characters from your favourite book/TV programme/computer game.... you can choose!

We want you to be as creative as you like so it is up to you how you choose to present your family.

In the past students have created: **photo albums, collages, family trees, puppets, photo frames** and **booklets**.



How does this link to Year 7 language lessons at EPCS?

In MFL the first unit of work is “The Fairytale Project”. Students design their own family and in the first term they will learn to describe it in German/Spanish.

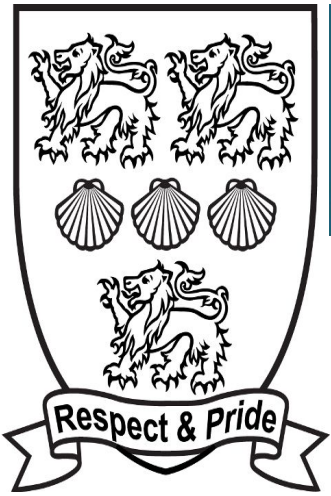
We learn: *family members, birthdays, ages, physical description, personality* and *clothes*.

The final spoken assessment for this project will be students describing their fairytale family in German/Spanish.









# Easthampstead Park Community School

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## P.E

### Year 7 staff

- Miss S Burrows
- Mr R Cumner
- Miss K Swift
- Miss J White

### What do you study in Year 7?

In Year 7 you will participate in a variety of different activities ranging from rugby and netball to gymnastics and tennis. These will build your physical skills as well as communication and teamwork.

## Transition Project

### 🏆 Who is Your Sporting Hero? 🏆

Our sporting heroes act as role models and help us aspire to be better than we currently are. Create a fact file or biography on a sports person of your choice. You might like to include details like:

- When they were born and their early sporting experiences
- The qualities you admire that they display while they are competing.
- Do they do anything outside of their sport such as charity work that makes you hold them in high regard?
- Don't forget to include an image!

Some sports people you could research are:



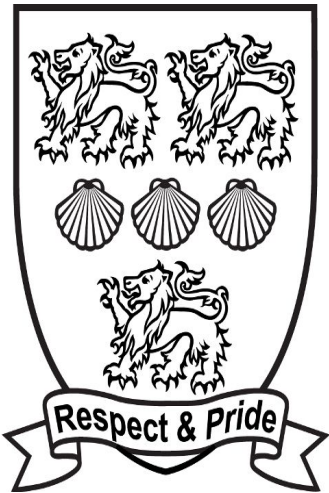
### ♠♦♣♥ Luck of the Draw Fitness Circuit. ♠♦♣♥

- Choose four different exercises that will work different muscles.
- Allocate each exercise to a suit. Eg. ♥ = Sit Ups, ♣ = Squats etc.
- Using a pack of cards, pick a card at random and complete that exercise however many times it says on the card. All picture cards are 15 and a Joker is 20.
- Play for 5 minutes and then change the exercises.

### How does this link to Year 7 PE lessons at EPCS?

In PE we like to you to emulate the qualities that you see in successful athletes: commitment, perseverance, effort etc. It is important to know that all elite athletes are normal people and were once Year 7 students like you! Regular exercise can help improve your health and fitness. It makes sure that our heart and lungs work efficiently and can help our concentration and manage our stress levels.

If you need any help, please contact Miss Burrows [sarah.burrows@epschool.org](mailto:sarah.burrows@epschool.org)



## Performing Arts

### Year 7 staff

Mrs Stevenson  
Mrs Hill  
Mr Webster  
Miss Payne

### What do you study in Year 7?

Music, Drama, Dance and Choir.  
Each class will have a strong practical focus with a large emphasis on group work and skills development.

### Transition Project

Create your own instrument, this could be an adaptation of a well known instrument or you could try and combine two unusual instruments. OR you could challenge yourself to create a completely imaginative and fantasy based one!

**Name:**

**Size:**

**Shape:**

**Made out of:**



**How you play it (e.g strum, pat, tap etc.):**

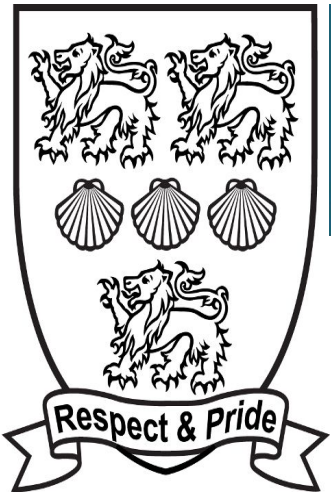
**What does it sound like?:**

**What else would you like to describe about your instrument?:**



How does this link to Year 7 PA lessons at EPCS?

During Year 7 Music you have the opportunity to learn to play different instruments on your own and part of a group. Also in all your PA lessons we will constantly want you to use your creativity and imagination!



# Easthampstead Park Community School

"It takes a whole village to raise a child"

## Performing Arts

### Year 7 staff

Mrs Stevenson

Mrs Hill

Mr Webster

Miss Payne

### What do you study in Year 7?

Music, Drama, Dance and Choir.

Each class will have a strong practical focus with a large emphasis on group work and skills development.

**Draw your instrument:**

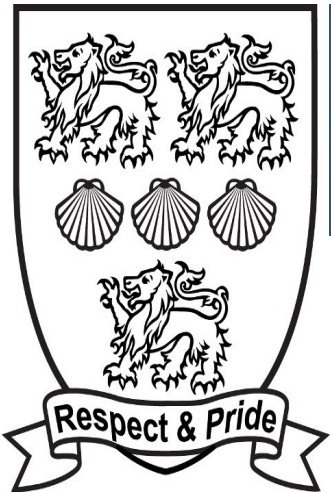
**Extension:** Could you make your instrument out of items in your house? (E.g string, cardboard, plastic bottles)

How does this link to Year 7 PA lessons at EPCS?

During Year 7 Music you have the opportunity to learn to play different instruments on your own and part of a group. Also in all your PA lessons we will constantly want you to use your creativity and imagination!

If you need any help, please contact Mrs Stevenson [charlotte.stevenson@epschool.org](mailto:charlotte.stevenson@epschool.org)





# Easthampstead Park Community School

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## Art

### Year 7 staff

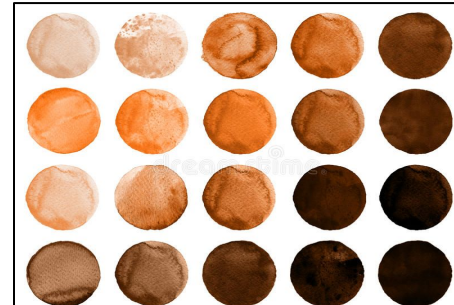
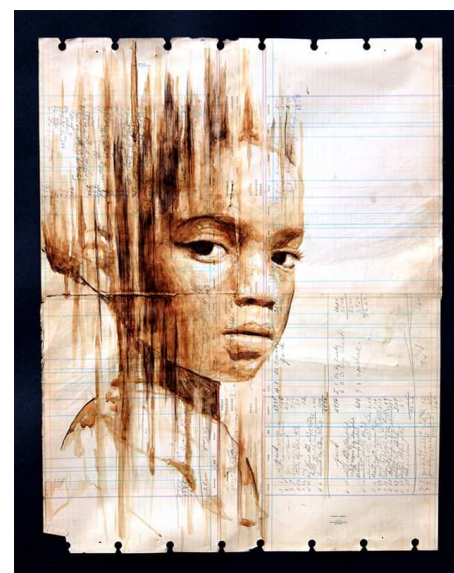
Mr Proctor  
Mrs Crallan  
Mrs Bland  
Mrs Thake  
Mrs Wallis

### What do you study in Year 7?

During year 7 you will study the formal elements of Art and experiment with a selection of varied materials. You will also look at the work of Kandinsky, Picasso, Julian Opie, Modigliani and Arcimboldo

## Transition Project

The Art dept at EPCS cannot wait to start refining your artistic abilities and watching you develop as creative young adults. When you join us in September there will be the opportunity to explore many new materials and artistic processes, but for your transition challenge we would like you to use some unlikely materials in your home... We would like you to complete a painting of your house or a self-portrait using coffee!! Coffee is an excellent material to use as a tonal tool. You can use it like watercolour and use different consistencies of cold water/coffee to create different depths of tone. All you need is some instant dried coffee, some water, a mug, a paintbrush and some paper! We can't wait to see the results, and start your Art curriculum.

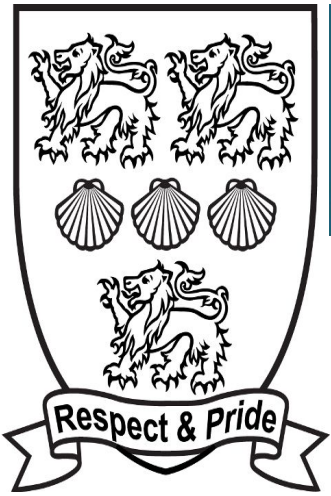


How does this link to Year 7 Art lessons at EPCS?

Your first project at EPCS will be exploring the 'Formal elements of Art' and within this project you will experiment with different mediums and techniques for mark-making. You will also be completing a portraiture project during year 7 so producing a self portrait would be great practice.

If you need any help, please contact Mr Proctor [jonathan.proctor@epschool.org](mailto:jonathan.proctor@epschool.org)





# Easthampstead Park Community School

"It takes a whole village to raise a child"

## Design

### Year 7 staff

Mr Proctor

Mrs Fear

Mrs Crallan

Mrs Bland

Mrs Thake

### What do you study in Year 7?

In year 7 you will learn how to use a variety of tools in the workshop and work with wood, metal and plastic producing a keyring, wooden toy and balancing toy.

## Transition Project

Design and technology is all around us with every object in our home, the home itself and the street its in! Sometimes we overlook the genius of the simplest everyday things, and how their design is unique and purposeful. Sometimes it's nice to be creative and turn that unique purpose on its head- so the Design dept at EPCS would like you to turn a milk bottle.... Into a T-REX! We can't wait to see the results...

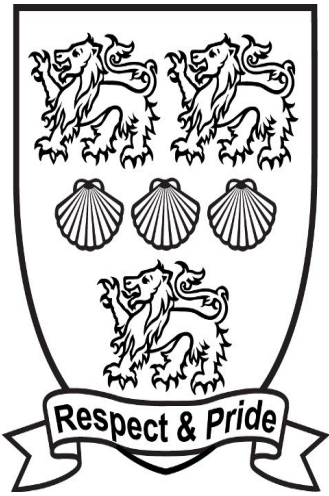


If you need any help, please  
contact Mr Proctor  
[jonathan.proctor@epschool.org](mailto:jonathan.proctor@epschool.org)

How does this link to Year 7 Design lessons at EPCS?

Without Design there is no technology and during year 7 you will learn how the creative thought process leads to great technology. This is the perfect chance for you to start that creative problem-solving journey.





## Design

### Transition Project



1 - Cut a milk carton down each side leaving the base intact like a hinge.



2 - Cut off the ends.



4 - Cut some slits in the front of the 'snout' and push them together to make nostrils.



5 - Fill in the 'handle hole' with tape on both sides.



3 - Cut around the handle in an oval shape, then fix this on top of the other side of the carton, like this . .



Cut slits along the top of this oval shape to help it to make it easier to fix onto the head.

6 - Cut the 'bottle neck' pieces in half and use for the nostrils and the eyelids.



7 - Cut this section from underneath and use it to reinforce the front of the bottom jaw.



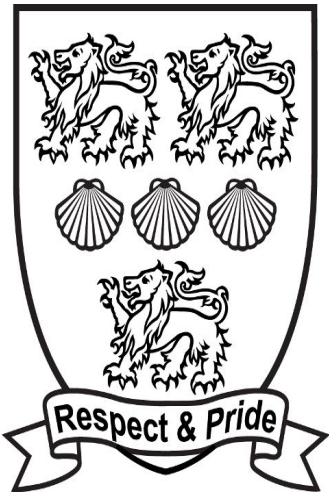
8 - Cut the lid in half, cut slits in each half like this and use them for eyes.



9 - Cut teeth 'strips' from the back and then re-stick them at the front.







# Easthampstead Park Community School

"It takes a whole village to raise a child"

## Food

### Year 7 staff

Mrs Fear

Mrs Wise

If you need any help, please contact  
Mrs Fear [julie.fear@epschool.org](mailto:julie.fear@epschool.org)

### What do you study in Year 7?

There is a combination of theory and practicals all focusing around key commodities (ingredients), factors that affect food choice and nutrition. Some of the practicals include; fruit crumble, pizza, sausage rolls and curry,

## Transition Project

**Food cookery and nutrition** is essential for a healthy lifestyle, which is why learning key skills to support your practical work is incredibly important.

Within this practical you will need to demonstrate a high level of **health and safety**, especially when working with knives (please carry out this project under adult supervision). You will need to make sure that your hair is tied back, that you are wearing an apron (if you have one) and that you wash your hands for 20 seconds using hot soapy water. These are all key areas of health and safety practiced at EPCS.

This project will also ask you to consider your **overall presentation**, which is another key area of focus. Think about your sensory qualities such as; appearance (colour and shape), aroma (different smells), texture (different ways ingredients can feel) and the taste (different flavours). You will be able to adapt your dishes at EPCS, so start experimenting and exploring a range of foods around you to be prepared for Year 7.



**Equipment:** 1 x chopping board  
1 x knife

**Ingredients:** 5 pieces of fruit (considering your presentation)  
More challenging fruits include; mangoes and pineapples.

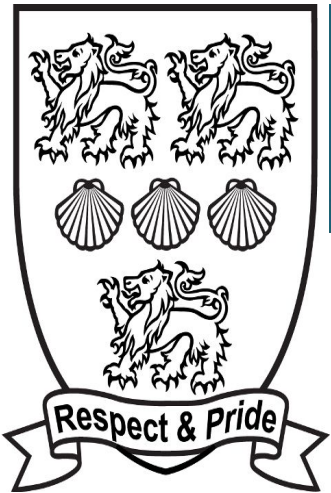
Watch this video and then start cutting up your fruit salad before presenting it to your family.

<https://www.youtube.com/watch?v=2IWFRgH63K4>



### How does this link to Year 7 Food lessons at EPCS?

At EPCS, we need you to be an independent learner taking responsibility for your practical outcomes. This means being confident within the kitchen and being able to feel comfortable around a variety of ingredients. The best chefs are ones that take risks and will on occasion make mistakes. Mistakes are never a disaster, but in fact a way to learn.



# Easthampstead Park Community School

"It takes a whole village to raise a child"

## ICT

### Year 7 staff

Ms Evans  
Mr Cook

### What do you study in Year 7?

- Getting to know the school network
- HTML coding to create webpages
- E-safety
- How computers work
- Spreadsheets
- Programming a screen turtle
- Scratch block programming

If you need any help, please contact  
Ms Evans [alison.evans@epschool.org](mailto:alison.evans@epschool.org)

## Transition Project

Create a poster (using IT if you are able) showing and explaining 5 technological innovations either new or in the future. Some are fun, some are practical and some help with accessibility (making accessing technology easier for e.g. blind people, deaf people etc)

You should aim to include an image of the innovation (a new method, idea or product) and an explanation of what it does (**purpose**) and for whom it would be suitable (**audience**).

In secondary school you will be using IT for many of your subjects and being able to type efficiently is a really useful skill. Knowing the layout of a keyboard will help you type more quickly and help with your spelling. Try one of these websites and practise your skills!

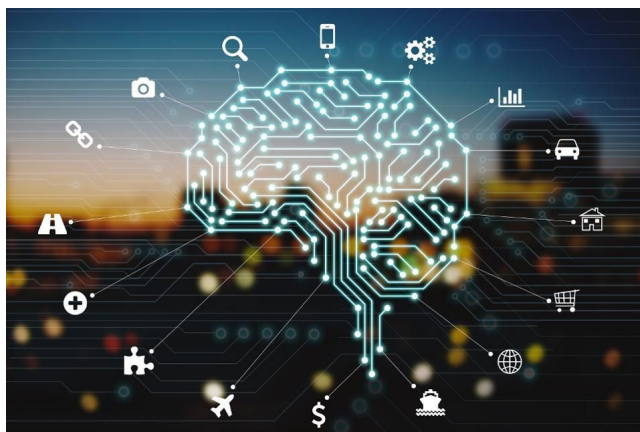
Typing course links - how far can you go?

<https://www.typingclub.com/>

<https://www.typing.com/> (remember to set the keyboard to UK not US)

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

<https://www.kidztype.com/tags/bbc-typing/>



### How does this link to Year 7 ICT lessons at EPCS?

Digital Literacy is one of the most important aspects of ICT - choosing the correct software/app for a job, knowing when ICT can help you with your work and understanding algorithms, particularly sequencing, selection and iteration will give you a broad knowledge and understanding of all things ICT to support your learning in Year 7.