

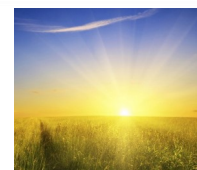


# STOWUPLAND HIGH SCHOOL

Outstanding Progress for All

## Summer Holiday Projects

These are suggested activities—please also make sure that you enjoy the sunshine, the fresh air and rest!



### What is a Healthy Diet?



This is a transition project which will have been shared by your Primary School. It asks the question—'What is a healthy diet?'

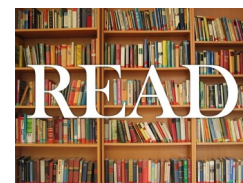
This can be presented in any format but suggestions are: a poster, an information leaflet or a PowerPoint presentation. You can get as creative as you like!

Please bring your finished project to school with you when you start in September and you can share them with your tutors.

### Summer Reading Challenge

Our school librarian, Mrs Burns, has set you a summer reading challenge. Complete all tasks and you will be entered into a prize draw!

There are nine different challenges and you are tasked with completing at least four of them. There is an activity workbook to help you but you can also complete a record of your achievements on blank paper—if that is easier.



Further information is available from the Transition to High School tab on our school website.

### Write a Letter to Your Tutor



We would like you to write a letter to your new tutor and introduce yourself. We would particularly like this to be a hand written letter rather than a word processed one.

Ideas of what to include: information about your family and/or pets, your hobbies—what would you do if you had a spare 30 minutes/a spare 2 hours?, your likes/dislikes, your favourite subjects at school, your best achievement, at least one thing that we would never guess about you!

Letters can either be posted to the school or bring them with you on your first day in September.

### Summer is Here—Additional Resources

We have added a document to the school website—transition tab—which has been shared by our partners in Hackney. This contains many open ended ideas for fun activities to keep the whole family busy during the holidays.

Activities are all based around trying something new—be a botanist, be a poet, be a humanitarian, be a singer... the list is endless. There are many links to websites included in the document but there are plenty of activities to complete off line too.

Your tutors would love to hear about any of the tasks completed when you return to school in September.



### Contact Details

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