

# 7 for 7

Preparing for Secondary School  
Countesthorpe Academy





# Welcome to Countesthorpe Academy!

We are delighted to welcome you to our school community and are incredibly excited to get to know you in September. Starting secondary school is a big milestone, and we want you to know that you are joining a community that will support, encourage, and celebrate you every step of the way.

At our school, we believe in our core values of respect, resilience, and success. These values are at the heart of everything we do. You will be challenged, encouraged, and inspired to give your very best, not just sometimes but in all aspects of school life because we want the very best for you. This helps all of us create a positive, respectful and successful learning environment where you can flourish.

You will have new subjects to explore, new teachers to learn from, and new friends to make. We hope you arrive in September feeling confident, curious, and ready to get involved in all the opportunities that await you.

To help you feel as prepared as possible, we have created a '7 for 7' summer homework task for you to complete. This will be due at the end of your **second week** in school so you have the summer holidays and your induction period to complete this. Homework is an important aspect of secondary school life as it teaches us resilience and helps us to succeed.

**Warm regards,**

**Mrs C. Aitcheson**

Headteacher

**Mrs C. Harley**

Deputy Headteacher  
charley@clcc.college

# Planning your route to school

How will you be travelling to school? *Walking, cycling, bus?*

What time will you need to leave every day in order to get to school in time for Crew?

Have a practice run of your journey to school – how did it feel? What do you need to think about ahead of next year

Parent/Carer Signature

Crew Leader Signature

# 2 Reading!

Read a fiction and a non-fiction book. Write a review of them below:

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Parent/Carer Signature Crew Leader Signature

# SUMMER SCRAP BOOK/PICTURE PAGE

Show us what you did over the summer holidays



# 4

## Important Spellings

Look, Cover, Write, Check

Spelling	First Go	Second Go
Analysis		
Argument		
Climate		
Character		
Evidence		
Monarchy		
Ecosystem		
Belief		
Agree		
Disagree		

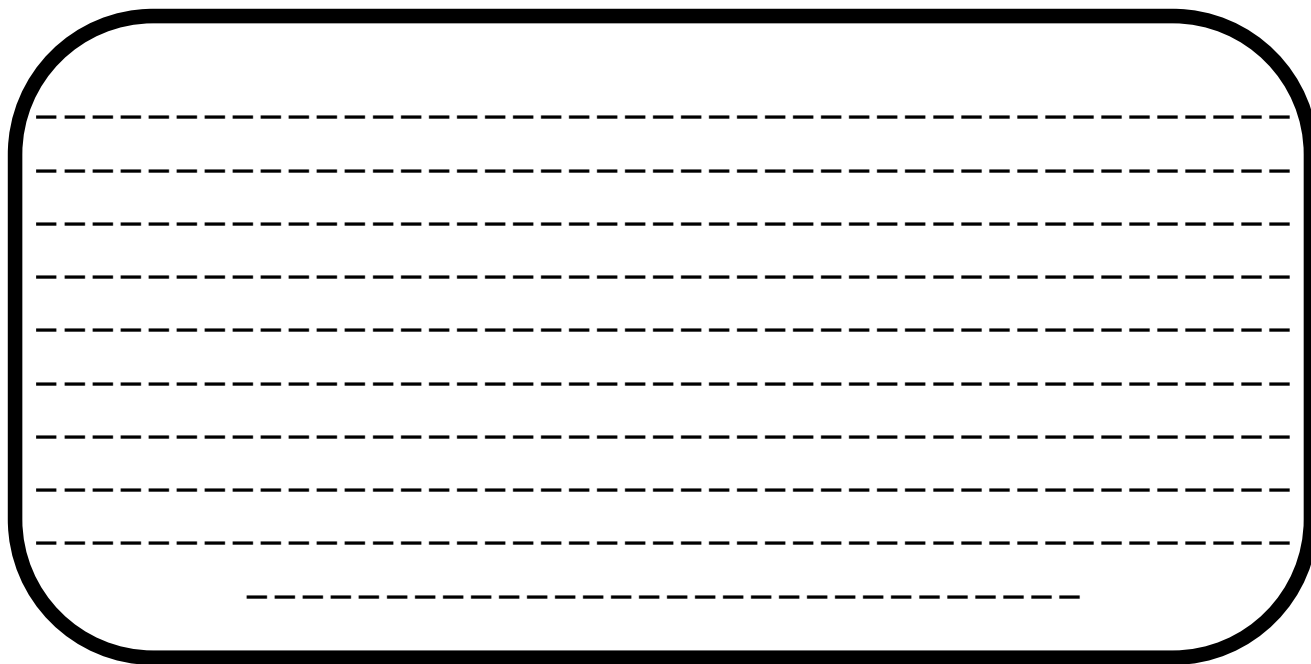
Parent/Carer Signature

Crew Leader Signature

It's not about getting them right, its about trying your best

# 5 Help with Dinner

An exciting part of secondary school is that you get to do practical cooking lessons! To help you prepare for that, practice at home by offering to cook or help with dinner. Write a summary of how you helped and how you made sure your kitchen area was clean and safe. Parents, please contact us for support with purchasing resources or completing this in school.



## Why not try our Tikka Masala recipe?!

### Ingredients:

500g boneless chicken or 2 tins of chickpeas/paneer  
2 tbsp vegetable oil  
Half an onion  
2 garlic cloves  
1 large jar of tikka masala sauce  
100ml plain yoghurt  
60g of rice per person

### Method:

1. Fry the onions and garlic in the oil
2. Add the pieces of chicken/chick peas/paneer
3. Add the sauce and simmer for 5 minutes
4. Boil rice in a separate pan
5. Add the yoghurt and stir through the sauce
6. serve and enjoy!

Parent/Carer Signature

Crew Leader Signature

Version	Cost (total)	Calories per person
Chicken tikka masala	£5.45-£5.95	~550 kcal
Chickpea tikka masala	~£3.55	~540 kcal
Paneer tikka masala	£4.45-£4.95	~585 kcal

# 6 Key Landmarks

Create a map of your local area. You can choose to focus on your home or the school. Draw a map below and create a key showing key landmarks and important buildings.

Key

# 7 Sports

Moving our bodies makes us physically and mentally healthier. Either through our extensive list of sports clubs or through your PE lessons you will engage with lots of sports next year!

If possible, take part in a team sport over the summer, exercise in a way that you enjoy or even watch a sporting match and tell us about it here. You can write a diary entry, create a picture or even include photographs of your fun!

