

WELCOME TO SCHOOL

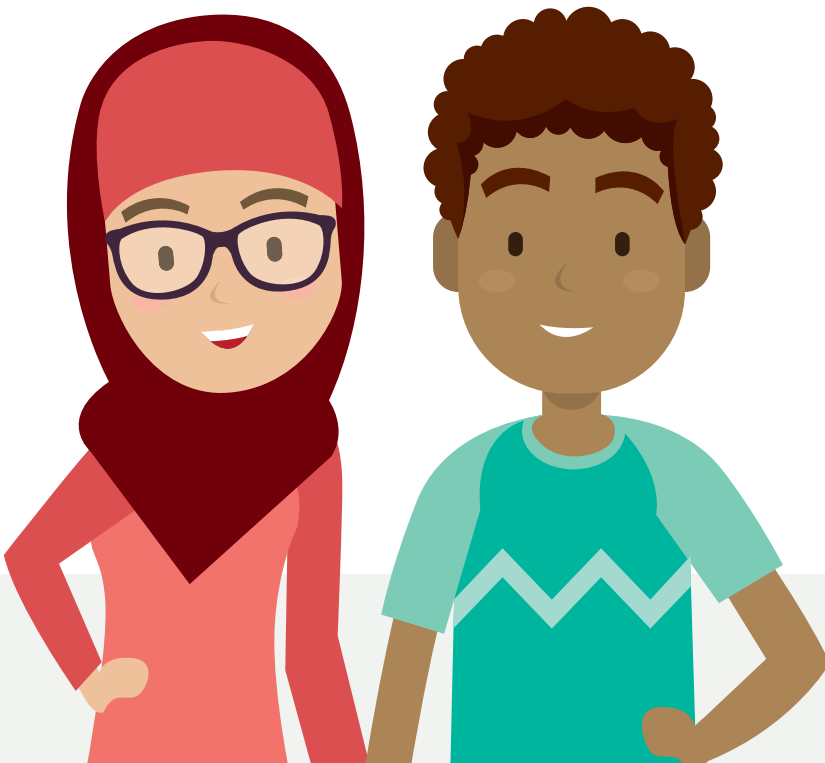
FACILITATING SCHOOL-BASED SOCIAL SUPPORT
FOR ADOLESCENT NEWCOMERS

NEWCOMER WORKBOOK



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PERSONAL DETAILS

Name:

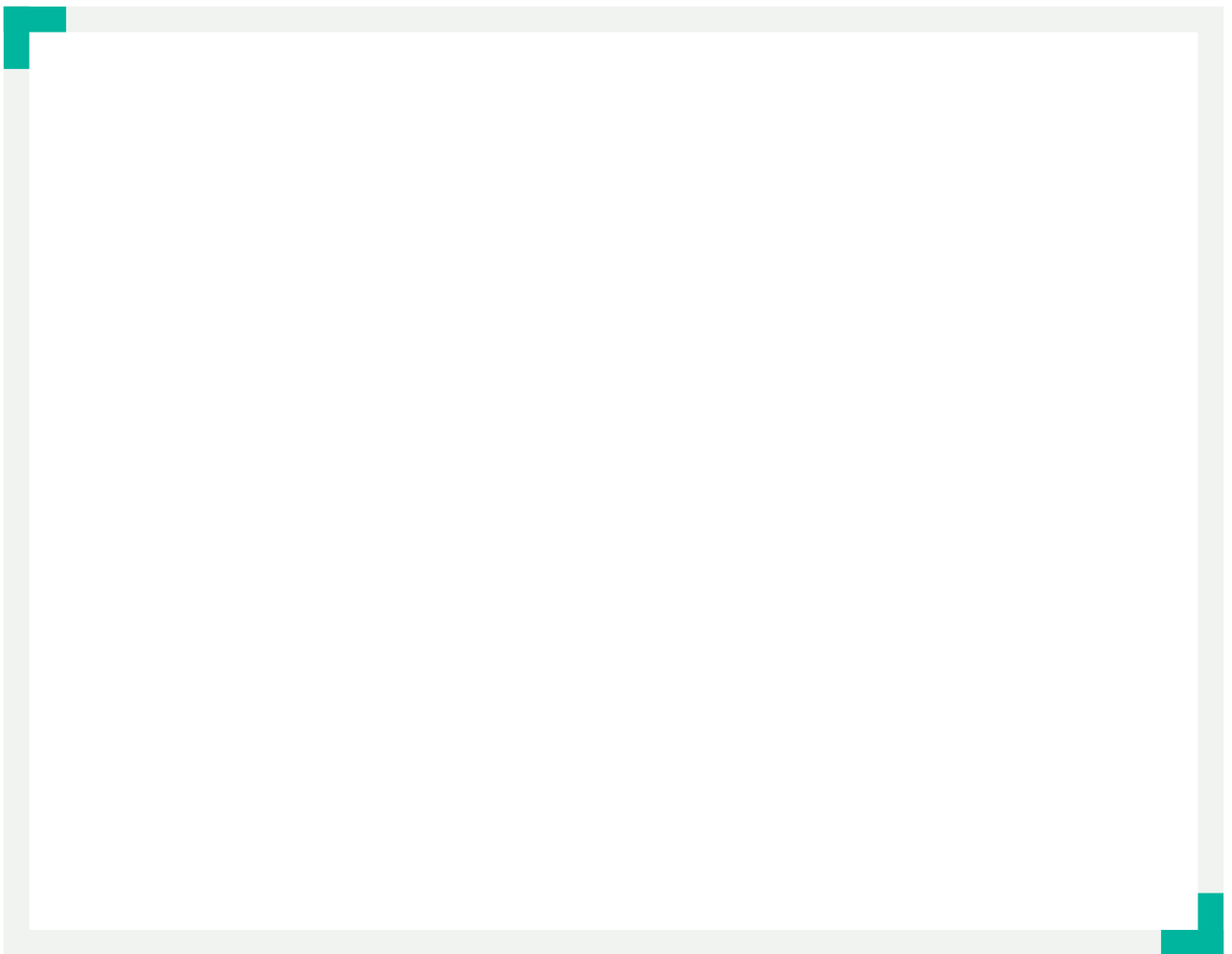
Country of birth:

School:

Group/class:

Teacher:

Your picture



My name is:

.....

My name means:

.....

Transate **Welcome to School** into your language:

.....

.....

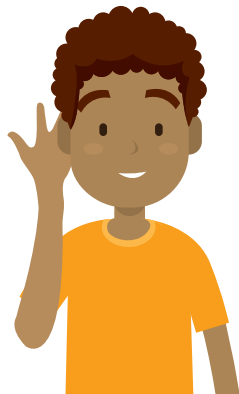
Which image relates to:

Respect

Skip

Listen

Trust



A



B



C



D

To be completed after the lesson.

What are the important things you got out of this lesson?

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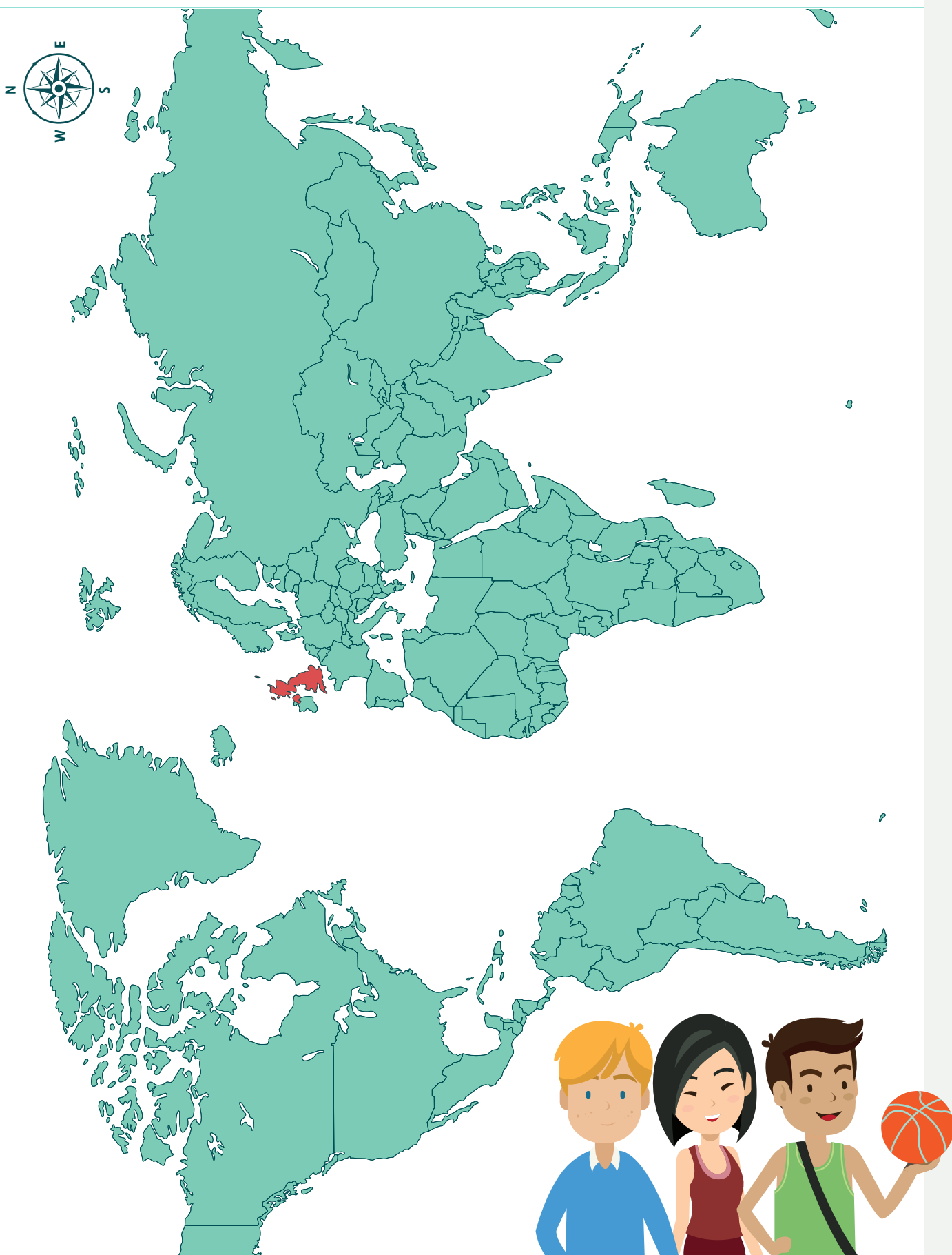
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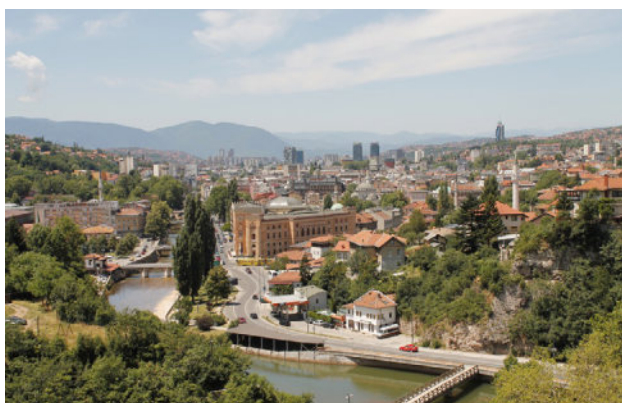
I found the lesson:





WORKSHEET LESSON 2

Where do I come from? · My country (I)



You can add some nice pictures of your country here.



WORKSHEET LESSON 2

Where do I come from? · My school (I)



WORKSHEET LESSON 2

Where do I come from? · My school (II)



To be completed after the lesson.

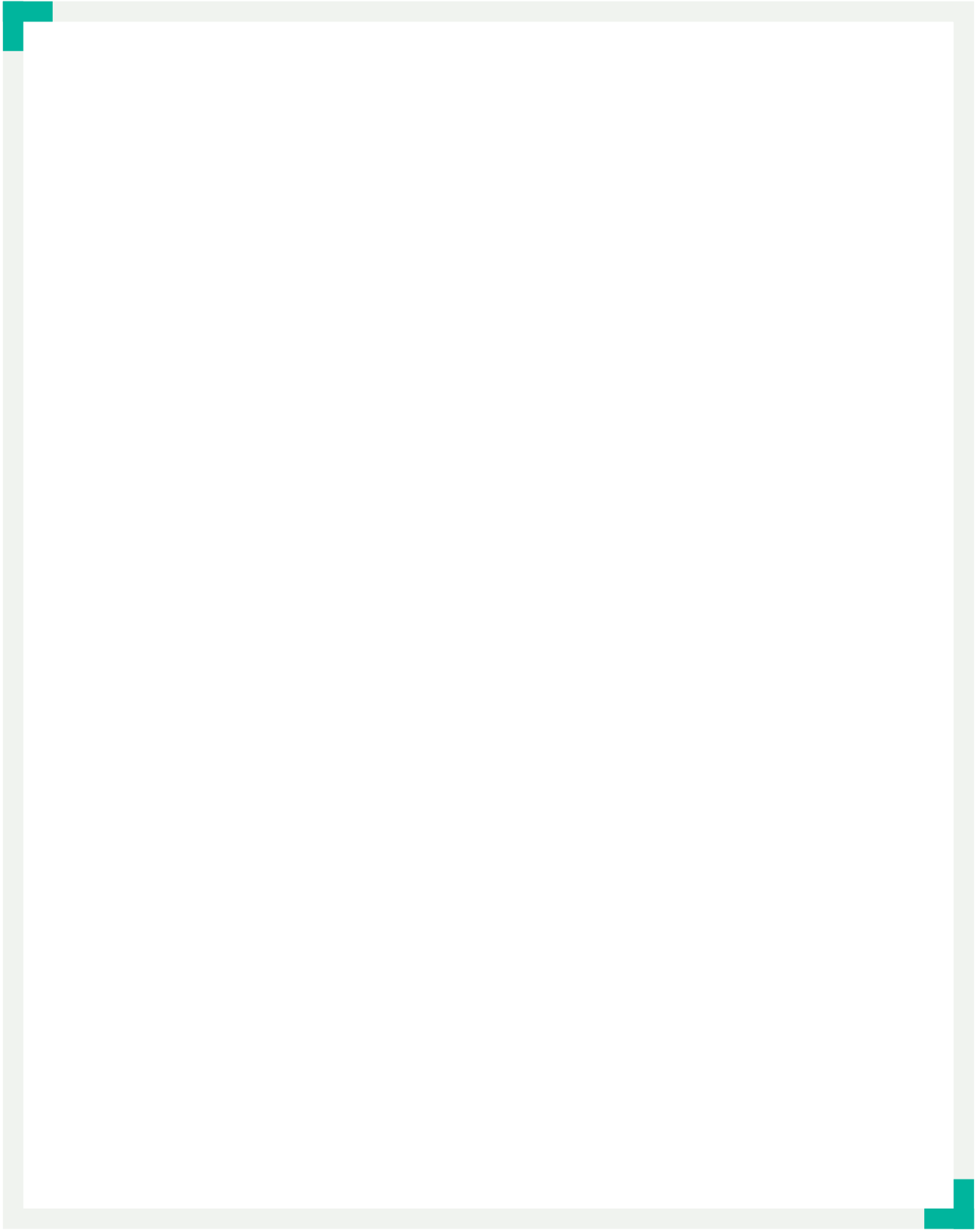
What are the important things you got out of this lesson?

I found the lesson:





Add pictures of your home in your home country, or simply draw it








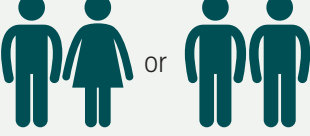



To be completed after the lesson.






What are the important things you got out of this lesson?

I found the lesson:



This lesson is about talking without words about body language and gestures.

Players	Situation
	<p>You are looking for a job at the local supermarket. Pupil 1 is the boss and a man. Pupil 2 is the job seeker and a man. The boss invites the boy inside to his office where they met.</p>
	<p>You are looking for a job at the supermarket. Pupil 1 is the boss and a woman. Pupil 2 is the job seeker and a man. The boss invites the boy inside to her office where they meet.</p>
	<p>Two boys are friends and go to the same school. Pupil 1 is one of the boys and pupil 2 is the other. In the morning you meet in the schoolyard. You greet each other.</p>
	<p>Two girls are friends and go to the same school. Pupil 1 is one of the girls and pupil 2 is the other girl. In the morning you meet in the schoolyard. You greet each other.</p>
	<p>Two pupils, a boy and a girl, like each other very much and greet each other in the morning in the schoolyard.</p>
	<p>You meet your neighbour in the street. Pupil 1 is a girl or a boy who lives on the street. Pupil 2 is the older neighbour. You greet each other.</p>
	<p>After a long school day you come home. Your mother sits on the couch in the living room. Pupil 1 is the daughter and pupil 2 is the mother. You greet each other.</p>
	<p>After a long school day you come home. Your mother sits on the couch in the living room. Pupil 1 is the son and pupil 2 is the mother. You greet each other.</p>
	<p>After a long school day you come home. Your father is sitting on the couch in the living room. Pupil 1 is the daughter and pupil 2 is the father. You greet each other.</p>

Players	Situation
	<p>After a long school day you come home. Your father is sitting on the couch in the living room. Pupil 1 is the son and pupil 2 is the father. You greet each other.</p>
	<p>On Saturday you go shopping. In the supermarket you meet a teacher. Pupil 1 is a boy from the class. Pupil 2 is the teacher.</p>
	<p>On Saturday you go shopping. In the supermarket you will meet a teacher. Pupil 1 is a girl from the class. Pupil 2 is the teacher. You greet each other.</p>
	<p>Your neighbour's girl (she is local) has her birthday and you are invited. You go to the birthday party and meet her parents and other family and friends in the living room. Pupil 1 is the boy and pupil 2 is the birthday girl. You congratulate her and her parents.</p>
	<p>Your neighbour's boy (he is local) has his birthday and you are invited. You go to the birthday party and meet his parents and other family and friends in the living room. Pupil 1 is the girl and pupil 2 is the birthday boy. You congratulate him and his parents.</p>

To be completed after the lesson.

What are the important things you got out of this lesson?

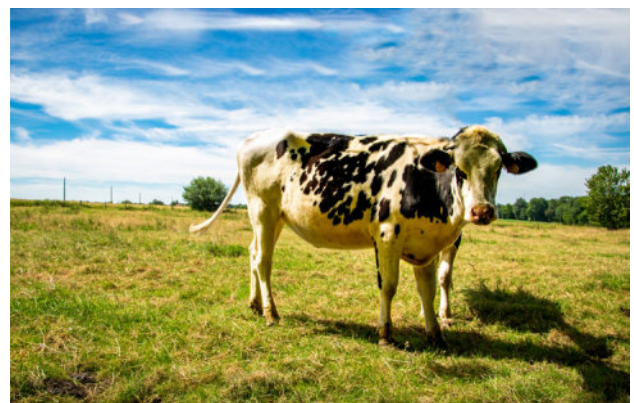
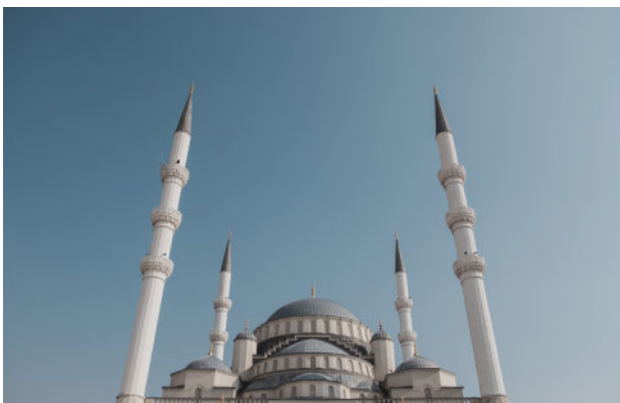
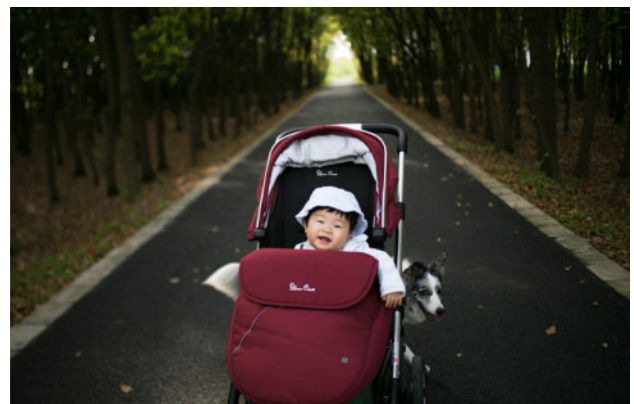
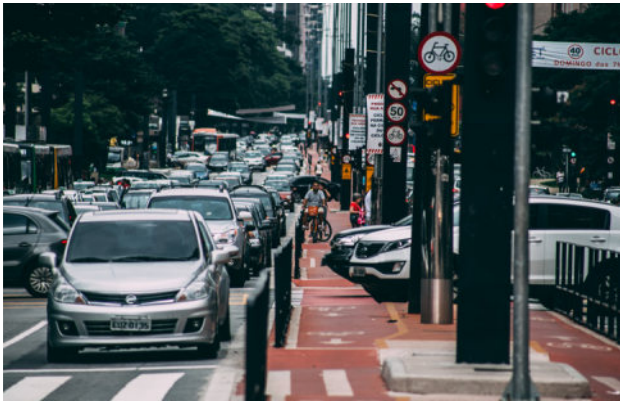
I found the lesson:





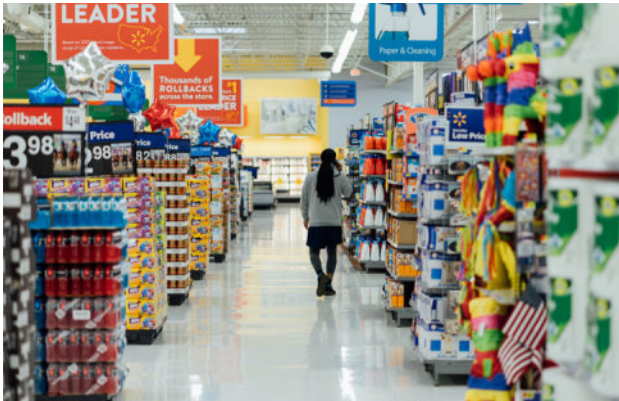
WORKSHEET LESSON 5

Different, or the same? (I)



WORKSHEET LESSON 5

Different, or the same? (II)



What is the same in my culture as in the culture of where I am now living?

1

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2

.....

3

.....

What is different in my culture than in the culture of where I am now living?

1

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2

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3

.....

Top 3 the same.

1

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2

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3

.....

Top 3 different.

1

.....

2

.....

3

.....

Add pictures that represent your culture. You can search the internet or in newspapers and magazines. You can also make a drawing.



Add pictures that represent your culture. You can search the internet or in newspapers and magazines. You can also make a drawing.



To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



This lesson is about difficult and easy things in the UK.
And you did a role-play.



Question 1

What things are easy or difficult in the UK? You can write or add a picture or drawing below.

.....

.....

.....

.....

A large, empty rectangular box with a light gray border. The top-left and bottom-right corners of the box are decorated with teal-colored L-shaped corner pieces.

Question 2

You've done role-plays.
Did you learn anything from these role-plays? Write here what you learned.

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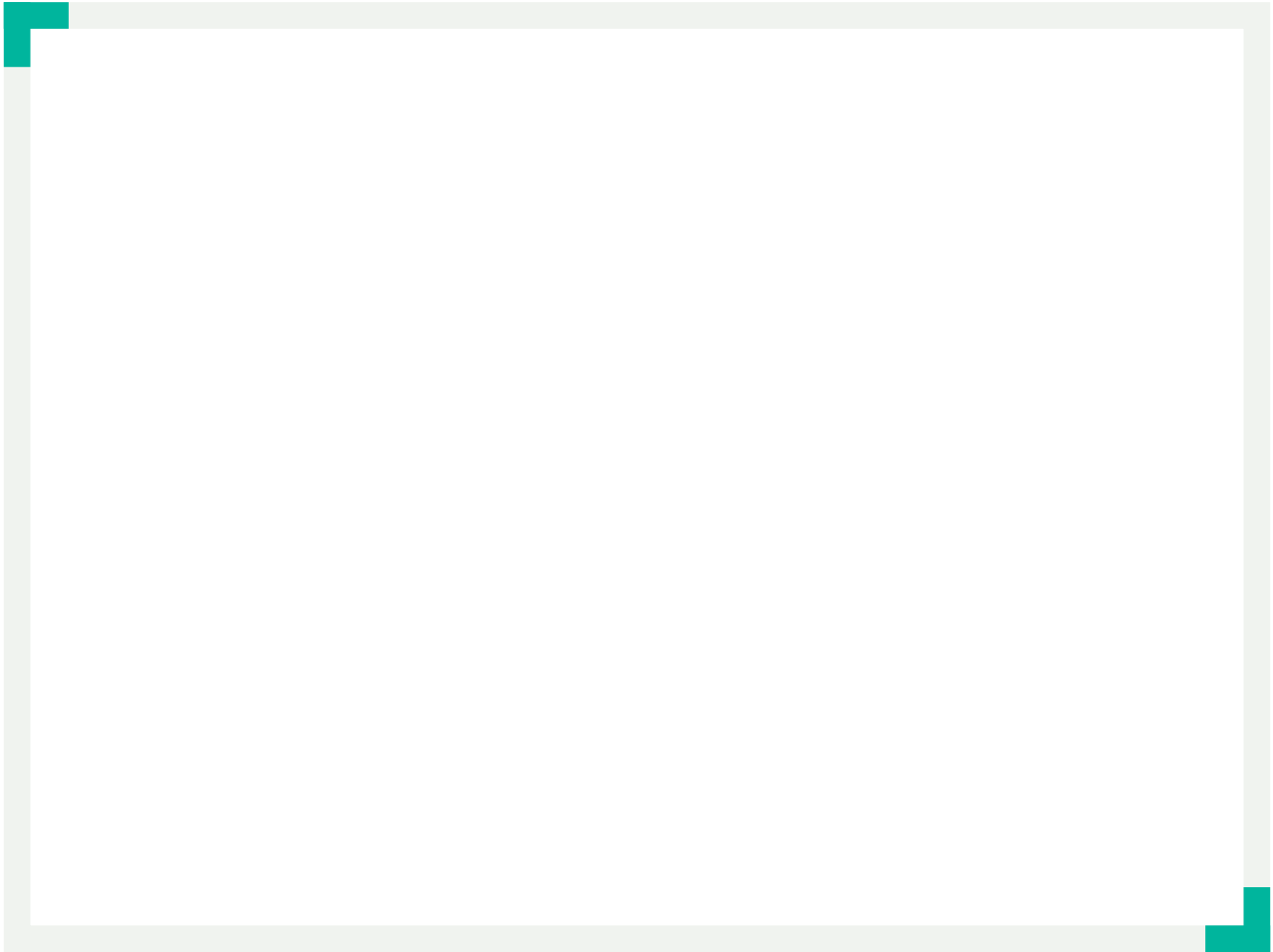
To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



Add pictures of the people you live with.
Explain whether they are family members or friends, or something else.



Who::

What:

Do you talk to the people you live with about their school experiences? How was that conversation?
Did they tell something important or something fun?

.....

.....

.....

.....

To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



Important days in a country often have to do with religion or important things that have happened in a country. In the UK we call these days of celebration and commemoration.

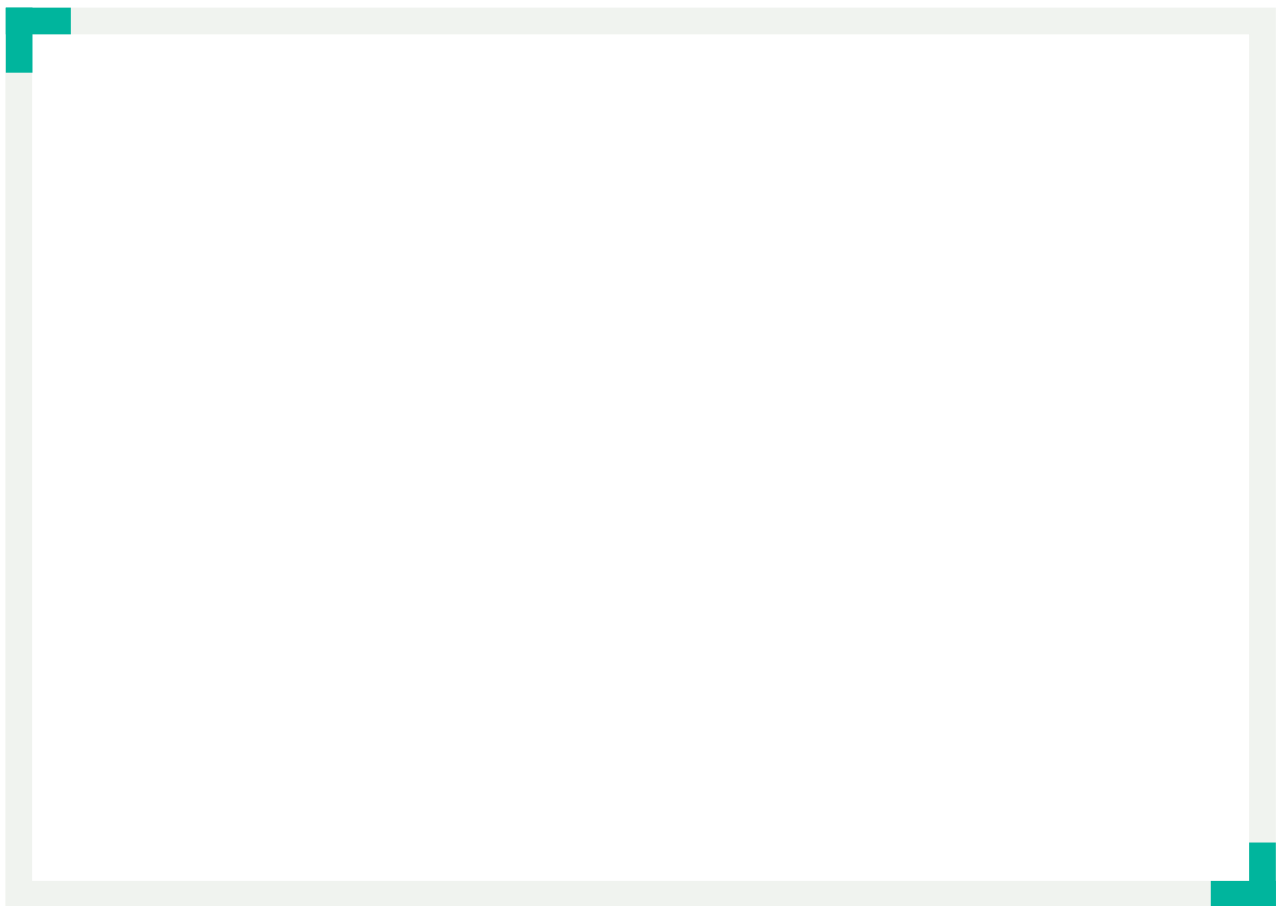
On the website <http://www.interfaith-calendar.org> you can find the religious festivals of six large population groups in the world. The Muslims, Christians, Hindus, Jews, Chinese and Buddhists.

Is your religion listed?

What is your religion called?

Which religious celebrations were/are very important to you and your family?

Can you find a picture of such a religious celebration and add it below?

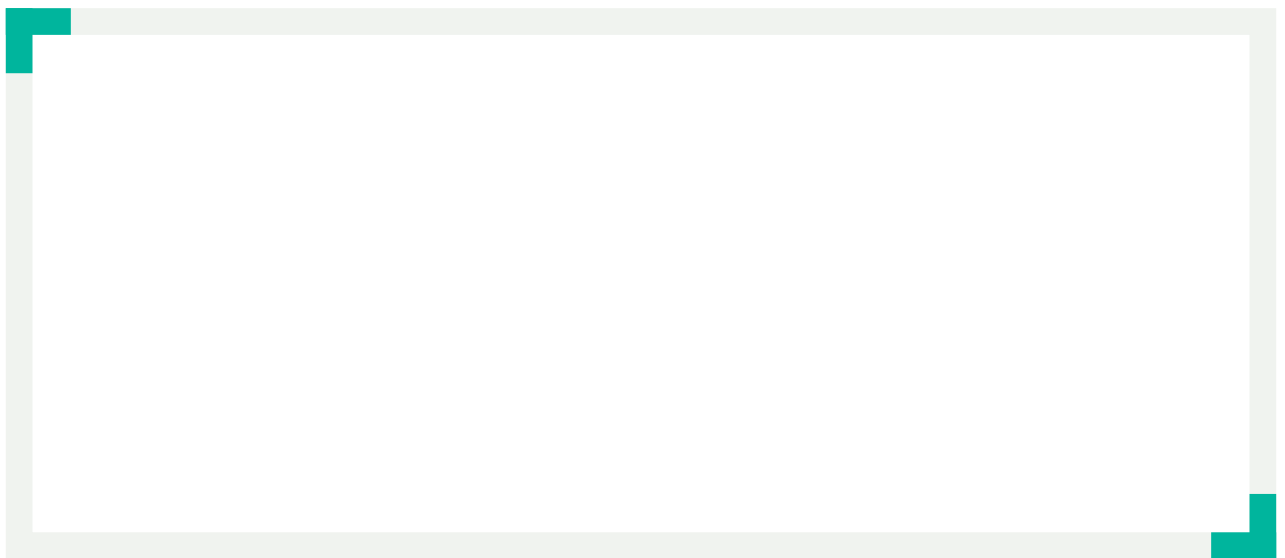


What are the names of the important days / holidays in your country?

What kind of celebrations do you like the most in your country?

Why do you like that so much?

Can you find a picture of such celebration and add it here? You can also make a drawing.



Do you already know of an English celebration? If so, which one?

Do you like that or not and why?

To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



Earlier

The name of a good friend from home is:

Now

The name of a good friend here is:

(If you don't have a friend yet, do not worry about filling it in)

I have friends who come from the country I used to live in.

yes no

I have friends from different countries.

yes no

I have friends who were born in this country.

yes no

More

I hope to have more friends who come from the country I used to live in.

yes no

I hope to have more friends from different countries.

yes no

I hope to have more friends who come from the UK.

yes no



Make friends

1. What do you like to do with your friends?

2. When do you call someone a friend?

3. If friends do things you don't want or don't like, can you say 'no'?
When can you say 'no' to them and when can you not?

4. A new boy or girl begin in the class. You like him or her very much and you would like to be friends with him or her. What can you say?

5. What can you do to show that you want to become friends?

6. Find a song about friendship on YouTube. It can be in any language. Write down what you like about this song.

To be completed after the lesson.

What are the important things you got out of this lesson?

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I found the lesson:





1. What do you bring to school? Why these things?

2. Why are you bringing these things with you to school?
If you do not bring anything of importance with you, write down why.

3. What things do you like the most? And what is the story they tell?

To be completed after the lesson.

What are the important things you got out of this lesson?

Handwriting practice lines consisting of 14 horizontal dotted lines.

I found the lesson:

		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Search the internet for what children's rights are. For example here:

<https://www.youtube.com/watch?v=COjVj9czgrY>

<http://www.kinderrechten.nl/p/1/67/filmpjes>

You may also find them in your own language. Mention three important rights.

1

2

3

Children's rights are sometimes stated in the law. For example, that children are not allowed to work. Or that they have to go to school. Do you know if this is also the case in your country?



To be completed after the lesson.

What are the important things you got out of this lesson?

Lined area for writing answers, consisting of 15 horizontal dotted lines.

I found the lesson:



Read this poem.

Who am I?

If I lie in the sun, I am black.
If I am angry, I am black.
If I am ill, I am black.
If I am cold, I am black.
If I am warm, I'm black.
If I am dead, I'm black.

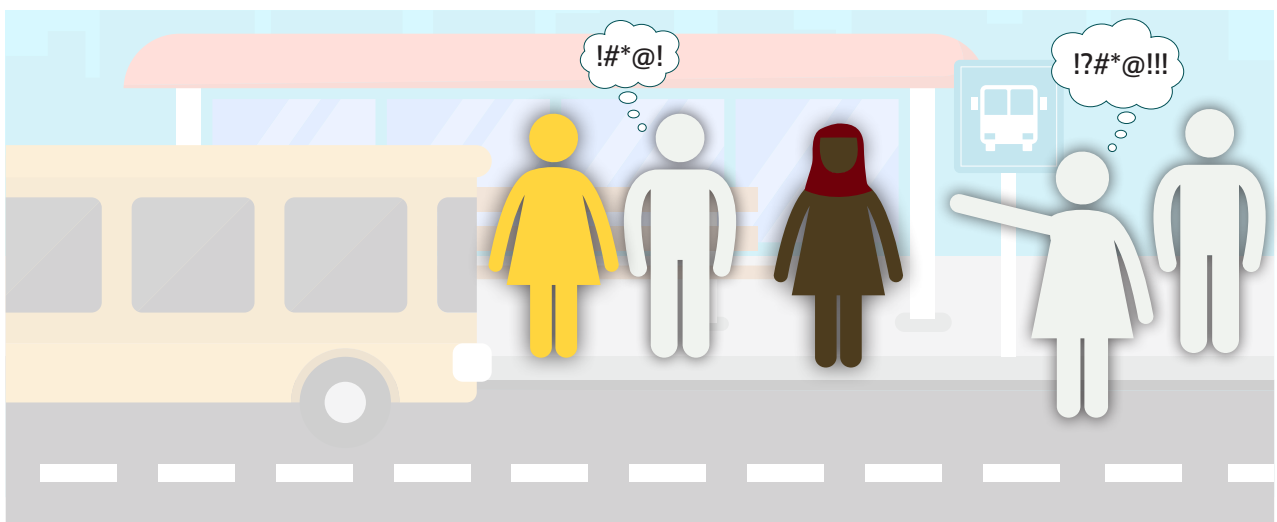
If you lie in the sun, you are brown.
If you are angry, you are red.
If you are ill, you are yellow.
If you are cold, you are blue.
If you are warm, you are red.
If you are dead, you are white.

And then they call me a colored person!

1. Write down what you think this poem is about.

2. What do you think of this poem?

What do you see in these drawings?



To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



Many pupils have periods where they do not feel well. Maybe that is because it is cold here. Some have headaches or are unable to sleep well. This lesson helps you think about some of these health issues, and provides you with an opportunity to share tips and ideas with each other.

Headache

What causes a headache?

White down two tips to reduce headaches.

1.

2.



Sleep deprivation

Why do someone not sleep well? What contributes to poor sleep?

1.

2.

Write down two tips for sleeping well.

1.

2.

Is there anything else about health you want to discuss in this lesson?

Advice to be healthy

Many people sometimes suffer from stomach pain, headaches or sleeping problems. If you are new to the UK, you may also have those problems. There are many things you can do to take care of yourself.

Tips for good health

- Move plenty (sports, cycling, walking, running).
- Do not always take the bus or use the elevator. Walk instead.
- Eat healthily. Eat plenty of fruit and vegetables and not too much sugar or fat. Be careful with sweets, crisps or soft drinks.
- Drinking alcohol and doing drugs are not healthy.

Tips for headaches

Headache is very annoying. Luckily there are things you can do about it. What helps against headache is for example:

- Listen to quiet music.
- Not spending a large part of the day in front of your computer or mobile phone
- Do sports. For example: cycling, running, playing football, dancing or swimming
- Maybe there is someone who wants to massage your neck and shoulders.
- In the evening go hiking or cycling instead of watching television or take a hot shower.

Tips for stomach pain

A lot of thinking, tension or fear can cause stomach pain.

- Do not eat too many fatty foods.
- Do not drink coffee, tea, soft drinks or energy drinks.
- Drink a lot of water.
- Move plenty.
- Take a hot shower.

Tips for feeling gloomy and anxious

Because you are new to this country you may feel a little sad, for instance, because you think a lot about the past.

- Go outside every day.
- Go do sports, for example walking, running or cycling.
- Do fun things with friends.
- Eat healthily.
- Do not use alcohol or drugs.

Tips for sleeping well

For some people 6 hours of sleep is enough others need 10 hours of sleep. It doesn't matter if you don't sleep well every now and then. But it can be annoying when you are tired. If you sleep badly try the following tips:

- Do not drink coffee, alcohol or large meals before going to bed.
- Do not exercise just before bedtime.
- Make sure you have a good bed.
- Use the bedroom only to sleep. Not for playing computer for example.
- Find out how many hours of sleep you need per night.
- If you still don't sleep after fifteen minutes, get up or read until you feel sleepy.
- Get up at the same time every day.
- Do not sleep during the day.
- Make sure you sleep in a dark room.
- Make sure there is fresh air in your room.

If you have so much trouble that you can't learn well and you don't feel like doing many things anymore, ask your parents, school or doctor for advice.

Which tips from this worksheet or from classmates do you think are most important?

1.

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2.

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3.

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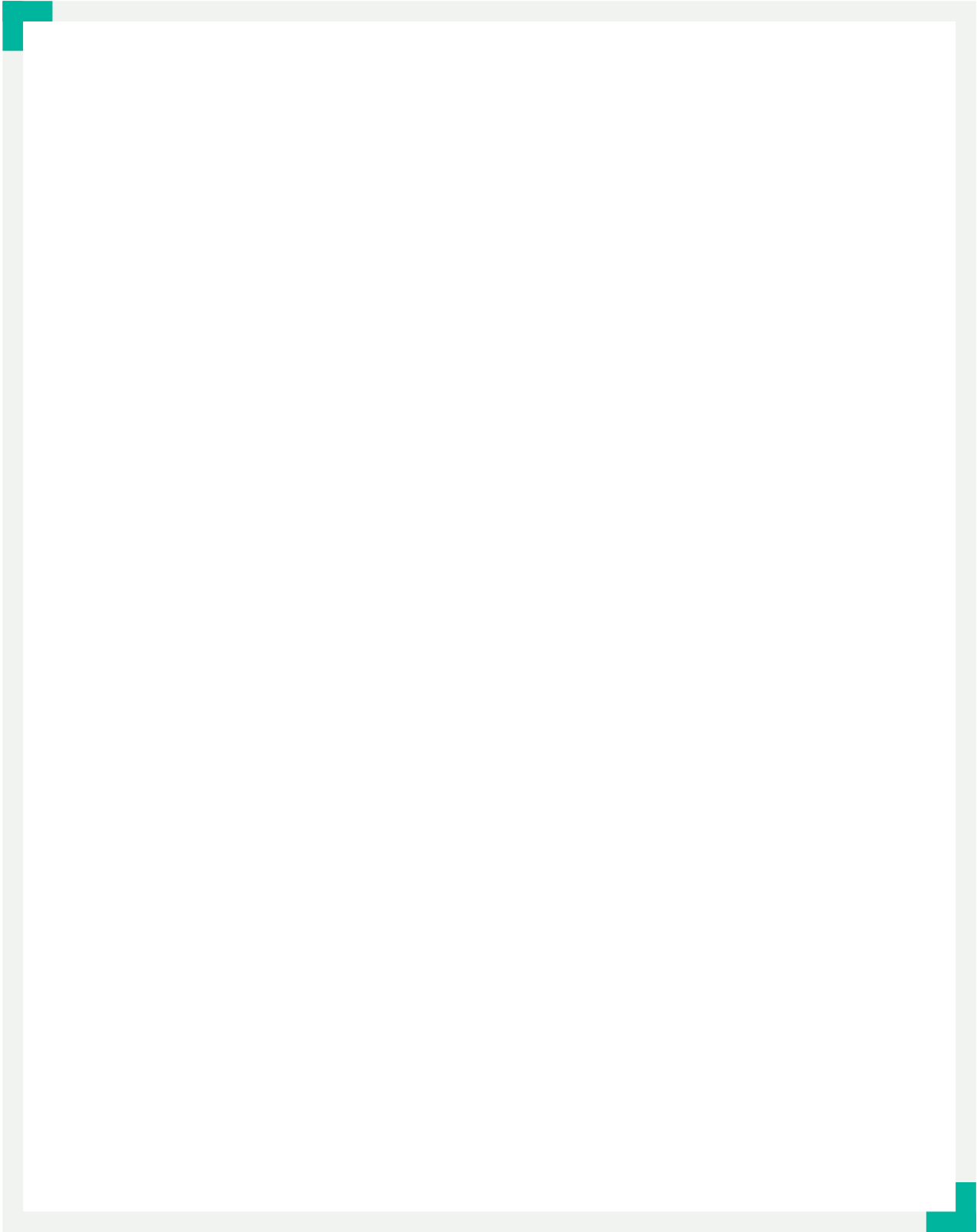
To be completed after the lesson.

What are the important things you got out of this lesson?

I found the lesson:



Add pictures about your dreams for the future or make a drawing.



Later

Tot ziens

Moi

Doei

Aju

Hou doe

Hoje

Write 'Goodbye' in your language here.

The illustration features a light green world map as a background. Seven cartoon characters are placed across different continents, each with a speech bubble containing a word for 'goodbye' in their respective language: 'Later' (English), 'Tot ziens' (Dutch), 'Moi' (French), 'Doei' (German), 'Aju' (Hebrew), 'Hou doe' (Afrikaans), and 'Hoje' (Portuguese). The characters include a man with a basketball, a woman in a hijab, a woman in a red top, a woman in a red tank top, a man with a briefcase, a man with a folder, and a man reading a book. A white rounded rectangle at the bottom left contains the text 'Write 'Goodbye' in your language here.'

Lesson 14 is the last lesson of Welcome to School. How did you find the lessons? Which lessons did you like and which lessons did you not like so much? Write it down below.

I liked these lessons.

1. Lesson: _____

I liked it because:



2. Lesson: _____

I liked it because:



I did not like these lessons.

1. Lesson: _____

I did not like it because:



2. Lesson: _____

I did not like it because:



Facilitating school-based social support for adolescent newcomers
– *Newcomer workbook*

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