

Moving On to Your New School Journey



A warm welcome from
all of us at All Saints
Catholic College



Mrs Meadowcroft, Head of Year 7, wanted to say a few words...

I would like to welcome you to the All Saints family and cannot wait to meet you all in September. Starting secondary school is a big change and can feel scary but it is also an exciting time. You will have the opportunity to make new friends, learn new subjects and become more independent. You will also have the chance to try new sports and after school activities. At All Saints we look after each other and help everyone to Be Inspired, Be Excellent and Succeed.

This booklet contains lots of information to help the move to All Saints be the best experience it can be. There are also some activities to help you to prepare and organise yourself ready for your first few days at school in September.

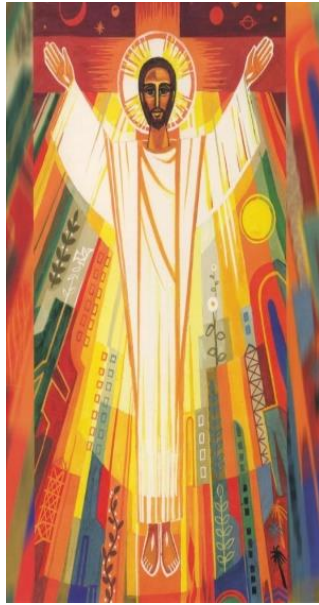
All that remains for me to say is that I am excited to see you all on the first day back in your smart new uniform and to work as a team to make Year 7 the best we can be.

Mrs Meadowcroft
Head of Year 7

Our Mission Statement

We are a catholic community dedicated to providing an excellent education to all of our pupils so that they fulfil their ambitions and exceed their expectations.

We work together as a family through mutual respect so that everyone succeeds academically and grows spiritually.



Our College Prayer

Loving God,

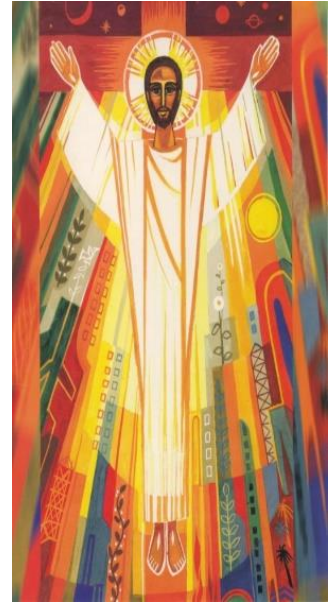
Inspire us to be excellent in everything
we do at All Saints.

Help us to respect all members of our
community.

Enable us to use our gifts and talents
to the best of our ability so that we
succeed on our chosen path.

Amen

You will need to learn this.



Our Core Values

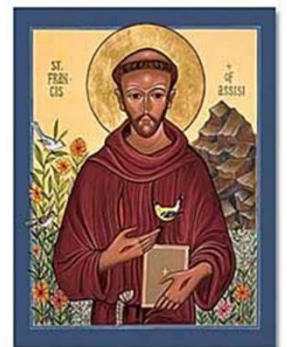
At All Saints we have 6 core values which we bring into our everyday lives. These are:

- Faith
- Resilience
- Excellence
- Community
- Respect
- Family



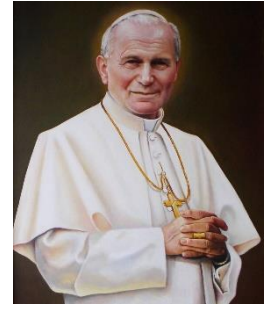
Our School Saints

Francis of Assisi



He was an Italian Catholic friar and a preacher. He founded religious orders for men and women and is one of the most venerated religious figures in history. Francis' father was a prosperous silk merchant. Francis lived the life typical of a wealthy young man, even fighting as a soldier for Assisi but he lost his taste for wealth and a worldly life. He joined poor people on a pilgrimage to Rome and begged with them. When he

returned home he decided to live in poverty. He began preaching the gospel on the streets and soon he had many followers who felt called to do the same.



In 1224, he received the stigmata, making him the first recorded person to bear the wounds of Christ's Passion. Francis had much to say about respect for the natural world and animals and he is known as the patron saint of animals, the environment, and is one of the two patron saints of Italy (with Catherine of Siena). It is customary for Catholic and Anglican churches to hold ceremonies blessing animals on his feast day of October 4. He is also known for his love of the Eucharist (Mass), his sorrow during the Stations of the Cross, and for the creation of the Christmas Nativity scene to educate people about the birth of Jesus in a Stable.

St. Francis lived 1181-1226. Canonised (named as a Saint) in 1228 and his feast day is **4th October**

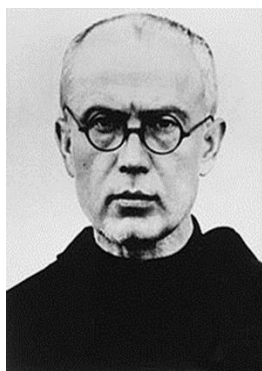
John Paul II

Saint John Paul II, born **Karol Wojtyła**, May 18, 1920 in Wadowice, Poland. He became Pope (head of the Roman Catholic Church) in 1978, the first non-Italian pope in 455 years and the first ever from a Slavic country. He studied for the priesthood at an underground seminary in Kraków during World War II and was ordained in 1946. In 1948 he earned a doctorate (degree) in philosophy in Rome after which he returned home to serve in a parish, earning a second doctorate in sacred theology. He became archbishop of Kraków in 1964 and cardinal in 1967. Elected pope in 1978 he became known for his energy, charisma, and intellect.

In 1981, John Paul was shot in St. Peter's Square by a Turkish gunman, but he recovered, resumed his work, and forgave his would-be assassin. His trips abroad attracted some of the largest crowds ever assembled. He championed economic and political justice in developing nations. In naming 44 cardinals from five continents, John Paul reached out to cultures around the world. His Christian work, including meetings with Jewish, Muslim, and Eastern Orthodox religious leaders, were widely praised, but he often drew criticism for his traditionalist views on issues of gender and sexuality. Although afflicted with Parkinson disease since the early 1990s, John Paul remained active and made a historic trip to Jerusalem in March 2000, during which he sought to improve relations between the Roman Catholic Church and Jews.

He died on 2nd April 2005, was beatified on May 1, 2011, and canonized on April 27, 2014. His feast day is 22nd October.

Maximilian Kolbe



Maximilian Kolbe was a Polish priest who died as prisoner 1670 in Auschwitz, on August 14, 1941. When a prisoner escaped from

the camp, the Nazis selected ten others to be killed by starvation in reprisal for the escape. One of the ten prisoners who were selected to die, Franciszek Gajowniczek, began to cry: "My wife! My children! I will never see them again!" On hearing this, Father Kolbe stepped forward and asked to die in his place - his request was granted. As the ten condemned men were led off to the death block of Building 13, Father Kolbe supported a fellow prisoner who could hardly walk. No one would emerge alive - Father Kolbe was the last to die.

St. Kolbe Lived 1894-1941. Canonised (named as a Saint) in 1982 and his feast day is **14th August**.



Oscar Romero

Oscar Romero was born in Ciudad Barrios, a town in the mountainous east of El Salvador, on 15th August 1917. He was the second of seven children.

When he was thirteen he declared a vocation to the priesthood. In February 1977, Oscar Romero became Archbishop of San Salvador. As Archbishop of San Salvador, Father Romero was a source of strength and hope for the poor and for the oppressed of his country, working with and for them, taking their struggles as his own. Romero wrote and spoke passionately and publicly of the need for Christians to work for justice and was frequently faced with threat and danger from those who opposed his ideas.

On 24th March 24 1980, while celebrating the Eucharist, Archbishop Romero was shot and killed at the altar by a death squad assassin, paying the highest price for the commitment about which he spoke so often and so eloquently. Because of his courageous stand for justice, he became a martyr not only for poor Salvadorians but for all struggling to overcome oppression and poverty.

Today, his sermons are read as powerful reminders of Christians' obligation to fight for a just society. Shortly before he was murdered, Romero said: "It is my hope that my blood will be the seed of freedom and the sign that hope will soon be reality." The example of Romero's courageous life and ultimately death continue to inspire those who struggle for human dignity and justice.

Aspire not to have more but to be more

St. Romero Lived 1917-1980. Named as a 'Servant of God' in the Catholic Church. His feast day is **24th March**.



Mother Teresa

Mother Teresa' was born Agnes Gonxha Bojaxhiu in Skopje, Macedonia on 26th August 1910. At the age of 12, she felt strongly the call of God and she knew then that she had to be a missionary and spread the love of Christ. At the age of 18 she joined the Sisters of Loreto, an Irish community of nuns who sent her on the missions in India.

From 1931 to 1948 Mother Teresa taught at St Mary's High school in Calcutta, but the suffering and poverty she saw outside the convent walls caused such a deep impression on her, so much so that in 1948 she received permission from her superiors to leave the convent school and devote herself to working among the poorest of the poor in the slums of Calcutta.

She started an open-air school for slum children and she was joined by many helpers. In 1950 the Pope gave her permission to start her own order, "The Missionaries of Charity" who have spread throughout the world supporting alcoholics, homeless people and those with HIV and AIDs.

Lived 1910-1997. Beatified (a stage on the way to being named as a Saint) in 2003 and her feast day is **5th September**.

Margaret Ward



Saint Margaret was born in 1550 in Congleton, Cheshire, and was living in London when she learned of the severe maltreatment of Richard Watson, a priest imprisoned in the Bridewell, near Fleet Street on the River Thames. For more than a month the priest had been imprisoned and maltreated. St Margaret helped him to escape by smuggling a rope into the prison in her basket and persuaded a boatman to ferry the priest across the river to safety.

She was arrested and questioned under torture, loaded up with irons, suspended from the ground by her wrists and scourged. After eight days she was sent for trial. Her acts give a glimpse of her brave and determined character, recording that she told the court that she never in her life had done anything of which she less repented than "delivering that innocent lamb from the hands of those bloody wolves".

St Margaret was sentenced to hang and afterwards refused the temptation to save her life, saying that she was willing to die rather than change religion.

She was executed on 30th August 1588. She was beatified in 1949 and was made a saint in 1970. St Margaret is today honoured in the Diocese of Shrewsbury and her feast day is the 30th August.

Meet the Year 7 Team



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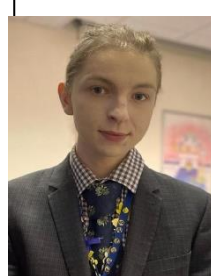
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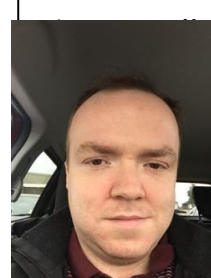
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Meet the Senior Leadership Team (SLT)



Mr Diamond
Head Teacher



Ms Gilligan
Deputy Head Teacher



Miss McFadden
Finance director



Miss Scott
Assistant Head Teacher



Mr Cluitt
Assistant Head Teacher



Mr Bibby
Assistant Head Teacher

The School Day

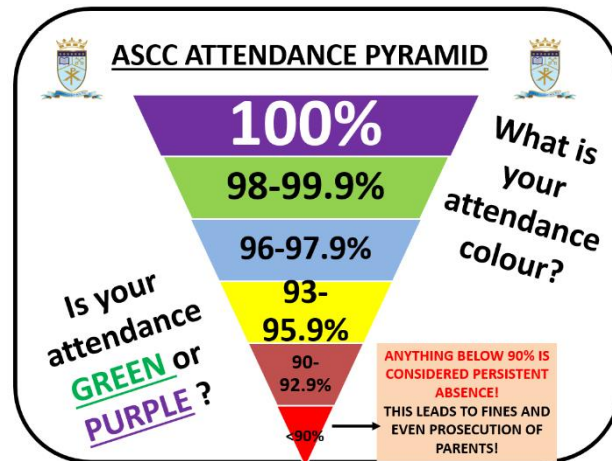
The school day is 9.00am to 3.00pm. Pupils can access the school site from **8.30am**. Pupils are expected to be on site by no later than 8.50am. They should remain in the playground or in the canteen and not be inside or on the corridors until the registration warning bell has rang at 8.55am.

What will my day be like?

09:00-09:15	Registration or Collective worship
9:15 -10:15	Period 1
10:15 - 10.45	Period 2
10.45 - 11.00	Break
11.00 -11.30	Period 2
11.30 - 12.30	Period 3
12.30 - 1.00	Period 4
1.00 - 1.30	Lunch
1.30 - 2.00	Period 4
2.00- 2.55	Period 5
2.55	End of school day

Attendance

Regular attendance at school is vital if you want to achieve your full potential. Good habits in both attendance and punctuality are essential for both education and employment.



Each week your form tutor will update you on your attendance, pupils who achieve 100% attendance will be celebrated weekly by your Head of Year.

If you are off then your parent or carer will be expected to report your absence and we ask that you bring your form tutor a note on your return to school, which includes the reason you are off. Mrs Maddison is our Attendance Officer and she will be watching your attendance closely with Miss Scott. We ask that all appointments (doctors, dentist) are made out of school hours wherever possible. You will need to have these appointments recorded in your homework diary and authorised by your form tutor and Mrs Maddison.

Holidays are not allowed to be taken during term time and will not be authorised.

Mrs Maddison
Attendance Officer



School Meals

School meals are prepared and cooked on the premises under the management of Mellors Catering service. They work very hard to maintain the quality and variety of meals with every effort being made to respond to students' requests. You will use a cashless till system as your fingerprint will be your method of payment. It is called a biometric system and you can either put money on at the terminals in the canteen or your parent/ career can make payments to your account by parent pay.

Opening times:

Breakfast: 08:30 - 08:50

2nd Break: 10:45 - 11:00

Lunch: 13:00 - 13:30



Packed Lunches

If you do not like school dinners you can bring a packed lunch. This should be eaten in the canteen and not on the main yard. No food or drink can be taken out of the canteen and eaten elsewhere. The College strongly discourages pupils bringing 'fizzy' drinks onto the premises. Water is always the healthy option. Please try to have a healthy variety each day and attempt to eat fruit rather than sweets.

You cannot go home for lunch you must stay on site.

Standards and Expectations

In the classrooms you are expected to be:

- On time
- Fully equipped
- Follow instructions
- Listen
- Be respectful
- Give 100%

You are also expected to:

- Wear the correct uniform at all times
- Wear black school shoes not trainers
- Have your hair tied up, make up must be natural, no acrylic nails or nail varnish.
- Have a rucksack for your belongings
- Follow the one-way system in a quiet, calm manner
- Treat the school environment with respect e.g. not drop litter
- Display the school values at all time
- Have great attendance (100%) and punctuality (0 lates)
- Behave and show respect to everyone at all times
- Strive to achieve your best and become an independent learner



Are you ready to:

- Be inspired
- Be Excellent
- Succeed?

Celebrations

At All saints we love to celebrate and recognise your achievements. We also like to reward you when you show the school values. You can achieve achievement points if you show staff any of the following behaviours:

- Making good progress
- Working well in lessons
- Being in school every day on time
- Supporting others
- Perseverance
- Resilience
- Star of the lesson
- Being enthusiastic
- Taking part in extra school activities

You can also gain achievement points by:

- Receiving a positive phone call or text home
- Helping during school events
- Demonstrating leadership
- Taking part in sporting activities
- Doing things in the local community

We also like to celebrate your success throughout the year by holding rewards assemblies. We aim to have reward events at Christmas and at the end of the school year for those of you who consistently meet our high expectations of attendance, behaviour, progress and punctuality.

Consequences for Negative Behaviour

Sometimes we can make mistakes and not follow the school rules. If you choose to do that then you will be placed in a detention. This could be either with your form tutor, class teacher, head of year or a member of the senior leadership team.

Detentions length can vary from 10 minutes to an hour.

Detentions can be given for the following things:

- Disrupting the learning of others
- Using inappropriate language to others/causing hurt to someone's feelings
- Poor effort in lessons
- Not completing enough work in lessons
- Consistently forgetting your equipment
- Not wearing the correct uniform/footwear
- Consistently breaking school rules
- Being defiant or arguing with staff
- Truancing form time or lessons
- Being disrespectful
- Inappropriately using the ICT resources
- Not following instructions or choosing to ignore warnings given to you by staff
- Being removed from your lesson
- Failure to remove piercings

Please be warned that this is guidance and are examples of why detentions can be given.

Always do your best to follow the school rules and remember to be inspired, be excellent and succeed at all times.

School Uniform

Girls

- Navy blue pleated College skirt OR Navy-blue school trousers (straight fit)
- Plain black socks (no bows) OR thick plain black tights
- White Blouse with revere collar and no tie
- Navy blue blazer with College badge
- Sensible, plain, flat, black shoes without logos or adornment.
- Navy blue encrested v-necked jumper

Boys

- Navy blue trousers (straight leg fit)
- Plain black socks
- College Tie (clip-on)
- Navy blue blazer with College badge
- Sensible, plain, flat, black shoes without logos or adornment
- Navy blue encrested v-necked jumper

PE Kit

The PE kit is designed to be worn by both boys and girls.

- Navy crew neck training top with logo (unisex)
- Navy PE shorts with logo (unisex)
- Sports socks with logo
- Girls leggings with logo (unisex)
- Reversible training top with logo (optional)
- Training track pants with logo (unisex)

School Bag - Must be a rucksack

Hair - Hair colour must be of one colour and natural in appearance. Haircuts/styles must not be 'extreme' and not be less than a 'number 3'. Styles with a 'step' (shaving the sides of the head) or which are unkempt are not allowed. Lines and patterns in haircuts are not permitted. Hair, longer than the shoulders, should be tied back and off the face.

Equipment

Every day you will be expected to bring the following items to school:

- Blue or Black Pen (and a spare)
- Red Pen
- Pencil
- Ruler
- Sharpener
- Rubber
- Pencil case
- Homework diary
- Scientific calculator
- Reading book

Other items that you might want to bring:

- Glue sticks
- Highlighters
- Pencil crayons / felt tips
- Purple pen
- Pink pen

Mobile Phones

Mobile Phones are allowed but should be off and away between school hours, 9am - 3pm. You should wear a watch to check the time during the day and not your phone. Headphones/ear pods should be removed once you cross over the blue line every morning. If your phone is seen during the school day it will be confiscated and taken to pastoral and not given back to you until 3.00pm.

Other Forbidden Items

Just to remind you that the following items are also not allowed in school:

- Energy drinks e.g. Monster, Lucozade
- Chewing gum
- Make up
- Piercings
- Jewellery (apart from a wrist watch)
- Acrylic/false nails
- False eyelashes
- Handbags
- Trainers (apart from wearing in PE)
- Hoodies
- Bandanas/durag
- Aerosols
- Inappropriate hair colour
- Inappropriate haircuts (e.g. tramlines, shaved patterns etc)
- Illegal substance
- Offensive weapons

Extra-curricular

You will be offered a wide range of activities extra to your normal timetable, either at lunchtime or after school, giving you the opportunity to meet, teach and learn from each other. These might change due to the current national situation.

You can take part in:

- Football
- Cricket
- Athletics
- Basketball
- Netball
- Badminton
- Rounders
- Rugby
- Table tennis
- Cross country
- Choirs

There are also clubs running in the following subjects:

- ICT
- Textiles
- Science
- Art
- Drama

We are proud of the opportunities for pupils to participate in a wide variety of dramatic and musical performances throughout the year. Every child has the opportunity to take up a musical instrument.

My New School

Find a picture or photo of your new school and stick it here.

Before you start school in September, it is a good idea to find out as much information as you can before you start.

The name of the School is

The address is

The telephone number is

The e-mail address is

The website address is

The name of the head teacher is _____

Going to Secondary School

How do you feel?

How do you feel when you think about when you change school in September?

Use two different coloured highlighters or draw happy/sad faces, to highlight the phrases that you are looking forward to in one colour/ happy face; use a different colour for those you are worried about/ sad face.

Making new friends	Learning a new timetable
Dinner time	Taking a shower
Having a different uniform	Being on time
Finding way around	Break times
Getting to school	Learning new subjects
Meeting others my own age	Joining clubs
Being with friends	School rules
Homework	Meeting my new tutor
Meeting my new teachers	Being able to do the work
Being with older pupils	Getting changed for sport / PE

What I have learnt about my new school.

Questions about how the School works	Answer
What time does School start/ finish?	
What times are break-times and lunchtime?	
Where do students go at lunchtime?	
Where can I do my homework in my free time?	
What happens if I get into trouble? What are the punishments?	
Who is the best person to talk to if I am having problems?	
How am I rewarded for my work?	

Questions about getting to School	Answer
Where is the School?	
How will I get there?	
Can I take a bike? Where can I put it?	
How much is the bus fare? Which number bus would I take?	
Are there friends who will be going to the same college I can walk with?	
How long will it take to get there?	
What time will I have to get up?	

Questions about School Uniform and equipment	Best way to find out
What do people wear to School?	
Where can I buy it?	
What sports kit will I need?	
Do I need my own pens and pencils?	
What kind of bag will I take my School equipment in?	
Is there any other equipment that I need?	

Questions about Who's Who	Answer
Name of your form tutor	
Name of your Head of Year	
Name of your Pupil support officer	
Name of the attendance officer	
Names of the Assistant Head teachers	
Name of the Head Teacher	
Name of the Deputy Head	
Who else do you need to know? What do they do and when will you see them?	

Questions about the timetable and learning opportunities in School	Answer
How does the timetable work?	
What subjects will I be able to study?	
What other activities are offered?	
Which could I join?	

Questions about the Saints and values	Answer
How many core values are there?	
What does resilience mean?	
Name the five saints	
Which Saint was a prisoner in Auschwitz?	
Which saint got there calling at 12 years old?	
Which saint lived locally? Where were they born?	
What does beatified mean?	
Which saint gave up wealth and decided to live in poverty?	
What do we use the saints names for in school?	
Which saint has the belief of Aspire not to have more but to be more? What does this mean?	
Which core values can you identify in the school mission statement?	
Which core values can you identify in the school prayer?	

Any other questions I have	Who will I ask?
1.	

2.	
3.	
4.	
5.	

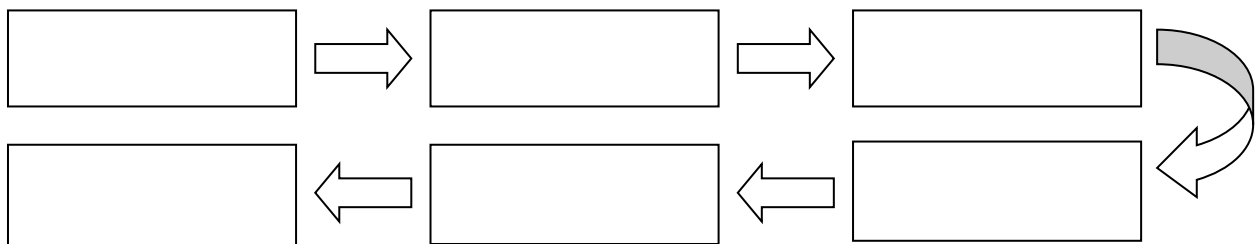
Finding your way around

Using the virtual tour online

It can be difficult to find your way around a new environment. Watch the video on line and see if you can identify where the following areas are:

- Your form room
- The library
- Different subject rooms e.g. English room, Science labs, Art room, Computer suite
- The canteen
- The toilets
- The main office
- Student's entrance

Plan a route for your visit to school that will take you to some of the places marked on the map.



Draw your route on the map. Try and follow this route when you visit your School.

School Staff

There are many teachers in a secondary school, not all of them will teach you, but may be important to you in a different way. As well as being a teacher they may have another job in school. The different names for these jobs are helpful to learn.

Written below are some of the jobs that adults in your secondary school may have.

Try and find out if there are adults in your secondary school who do this job, what they do and when you may see them.

The name of your **form tutor** _____

What do they do? _____

When may you see them? _____

The name of the **Head of Year 7** _____

What do they do? _____

When may you see them? _____

The name of the **Pastoral Support Officer for Year 7** _____

What do they do? _____

When may you see them? _____

The name of one of the **Assistant Head Teachers** _____

What do they do? _____

When may you see them? _____

Is there anyone else who might help you?

What is their name? _____

What do they do? _____

When may you see them? _____

House Systems

Form groups are divide into house groups, your form name is your house group. House groups will include pupils from all year groups. Often there are inter-house competitions to earn the most points. Points can often be earned for good work or behaviour. We call these Achievement points.

The name of your house is _____

The name of your Head of House is _____

I may earn points for:

1. _____
2. _____
3. _____
4. _____

I am going to aim to achieve _____ saintly deeds points

I am going to take achieve them by:

1. _____
2. _____
3. _____
4. _____
5. _____

School Uniform

It is important to wear the right clothes when you start at Secondary School.

Are there any clothes or jewellery you are not allowed to wear?

Is there anything you need to practice before you start in September?

- Fastening buttons?
- Changing quickly for PE?
- Tying shoelaces?

List some of the clothes you might wear to school that is different to your year 6 uniform. Remember to think about appropriate shoes.

1. _____

2. _____

3. _____

4. _____

5. _____

Make sure your rucksack can hold A4 folders, textbooks, equipment and that is comfortable to carry. You will need to carry it with you all day, along with your coat, if you bring one.

You will need different clothing for P.E. Make a list.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Make sure you buy a bag that is suitable for carrying your P.E. kit, and that is comfortable to carry, as you will need to carry it with you all day.

We might not be able to have visits to school before September
Watch the virtual tour and answer these questions.

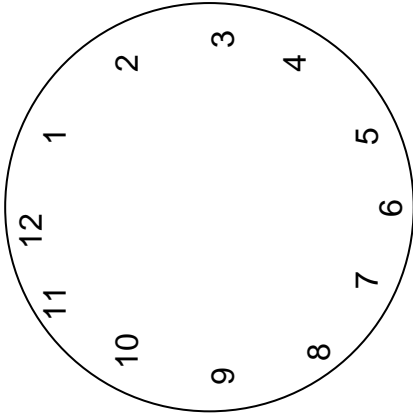
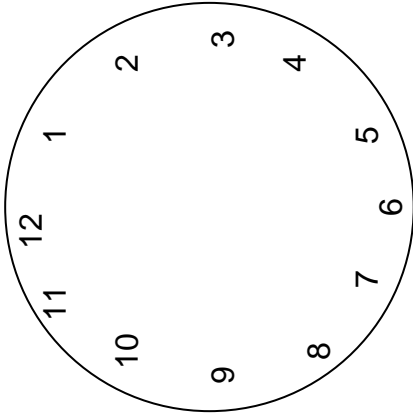
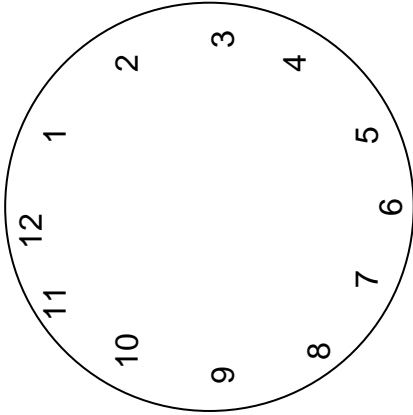
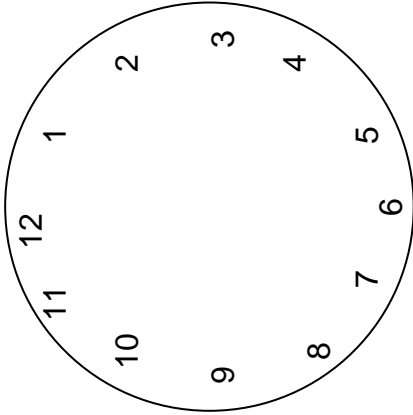

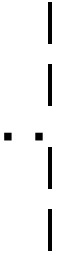
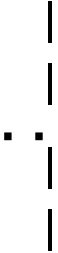
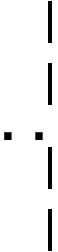
Describe what you did and saw.

How was it different from your Primary school?

Is there anything else you want to find out?

School times

Organisation at school

School starts at:	Break time is at:	Lunchtime is at:	School finishes at:
			
			

Morning Break

At the end of a lesson you need to pack your bag, check you have all your belongings and usually you have to leave the room in order to go to your next lesson. At some time in the morning you will have break in which you have time for a snack and to meet up with your friends.

Start Finish Length of break

Where can I go and what can I do at morning break?

Place	What you are allowed to do

Lunchtime

Lunchtime is a time when you can mix with your friends, go to a lunchtime activity, and eat your lunch.

Start Finish Length of break

Where can I go and what can I do at lunchtime?

Most Secondary Schools have a canteen system or you can bring a packed lunch.

Make a list of some of the different types of food you can buy in the canteen:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

If you bring in a packed lunch you will need to find out

Where can you eat it? _____

What time do you eat it? _____

Can you buy a drink at school? _____

What sort of drinks are you not allowed to bring into school?

Lunchtime activities- there are often different activities that occur at lunchtime

Make a list of the different activities you could do:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Places to go- there are often different places you can go during your lunch break

Place	What you are allowed to do

Aspirations in Secondary School and Beyond

Think about how you are expected to behave in School and the reasons for this.

Fill in the chart below. If you cannot think of some reasons there are some suggestions below.

School expectations	Positive results if I do the things in column 1	Negative results if I do not do the things in column 1
Attend classes		
Work hard		
Produce work on time		
Co-operate with others		
Get a good qualification and a good recommendation from School		

These are some positive and negative statements to help you.

<p>People will think I am productive. Other students may ask for my help.</p>	
	<p>Tutors and family will be concerned that I am not achieving my full potential.</p>
<p>People will think I am conscientious, I will feel satisfied with my studies.</p>	
	<p>Tutors will be concerned if I disrupt the group and stop other students from working. People who disrupt other students' work are often asked to leave the school.</p>
<p>I am likely to get an interesting and rewarding job. I will feel happy.</p>	
	<p>Tutors and family will worry about me. Tutors will not be able to their job of teaching and helping me.</p>
<p>People will think I am reliable. I will feel good.</p>	
	<p>I am unlikely to get a good qualification and so will have less employment choices available to me. I may not earn enough money to pursue my interests.</p>
<p>People will think I am good to work with.</p>	
	<p>Tutors and family will worry about me. They may feel I am not taking full responsibility for my work, and not asking for help when it is needed.</p>

Route to School


How are you going to get to School? _____

How long will it take? _____

If you are catching the bus, what time does it leave? _____

What time will you need to leave home? _____

Find a map that shows both where you live and your Secondary School.
Photocopy the map and draw on your route to School or your route to the bus stop.



How will I get there?

How will you get to School? _____

You might **walk** or **cycle** sometimes, if you do then answer these questions:



Do I know the way?	
Will I have a friend to walk or cycle with?	
Where will I put my bike?	

You might go by **car** sometimes, if you do then answer these questions:

Will I go by car every day?	
Who will drive me?	
Will I get a lift home as well?	



You might go by **bus** or **train** sometimes, if you do then answer these questions:



Where is the bus stop or train station?	
What time is my bus/train to School?	
What number is the bus?	
Will I need money for the fare?	
What time is my bus/train from School?	

Answer these questions whether you will **walk**, **cycle**, go by **car**, **bus** or **train**.

How long will my journey take?	
What time must I leave home?	
What time will I get home?	

Planning your Journey

It is important to plan your journey by bus or train so that you get to school on time.

Use a bus or train timetable to plan your journey.

Questions to ask	Answers
What written material do I need?	
Where do I want to go?	
Which buses go there? Or Where is the nearest train station?	
When do I want to arrive?	
How long will the journey take?	
Which bus/ train will get me there in time?	
How long will it take me to get to the bus stop or train station?	
What time do I need to leave my house?	
Can I get a discount with a student card?	
Can I buy a travelcard for a week or a month's journeys?	
How much will the journey cost?	

Remember it is important to also plan your return journey.

Looking After Yourself



Keeping fit

- Get plenty of sleep
- Do some physical exercise at least once a week

Keeping clean

- Shower or bath and wash your hair regularly, probably at least 3 or 4 times a week. This can depend on how greasy your hair gets.
- Clean your teeth at least every morning and night
- Use deodorant every morning
- Change your underwear every day.



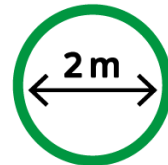
Looking smart

- Brush your hair every day and have your haircut regularly.
- Make sure your uniform is clean.
- Look in the mirror to check that you are tidy every day before you leave home.
- Clean your shoes regularly



Preventing the spread of coronavirus

- Wash your hands for 20 seconds, using soap and water or hand sanitiser.
 - when you get to school or arrive home
 - after you blow your nose, cough or sneeze
 - before you eat or handle food
- Cough or sneeze into tissues before binning them.
- Maintain social distancing where possible.



Getting to know you

My favourite place is.....

My favourite food is.....

My interests are.....

I do not like.....

I like to listen to

My favourite band/music is.....

My favourite sport is.....

My favourite programme is.....

My favourite colour is.....

I like to wear

I would most like to be.....

I am looking forward to

I am most relaxed when.....

I worry about.....

I am happiest when.....

I get angry when.....

Banter or Bullying?

Some teasing is done in good-natured fun, but when teasing gets out of control it can be hurtful. Before jokingly teasing a friend, ask yourself these questions:



Is this an okay subject to tease someone about?

Will my friend understand that I am teasing?

Have I been teasing my friend a lot lately?

Will this get on my friend's nerves?

If you are teased and you do not like it, resist the urge to hit or push your friend. You can ignore the teasing and simply walk away, or you can respond to the teasing by trying to diffuse the situation. Try making statements like these:

- "And your point is...?"
- "I've heard that one in primary school"
- "Tell me when you get to the funny part"
- "Can't you think of anything important to say?"
- "I'm sorry, were you speaking to me?"

Sarcasm can be a form of teasing. The words in this kind of teasing are nice, but the way the words are spoken adds to the teasing of sarcasm. When you use nice comments to be sarcastic, you exaggerate the expression in your voice and on your face. Say each phrase on the left in a sarcastic tone to show the meaning on the right.

"Yeah, whatever"	means:	You are not bothered
"Ah, well done,"	means:	That's stupid

Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

Before you tease someone, ask yourself this question:

Am I treating this person the way I would like to be treated?

Facts about Bullying

Bullying:

- Is any behaviour by an individual or a group that deliberately harms another
- Can be physical or involve threats of physical harm.
- Can be name-calling or spoken teasing.
- Can be demanding things, or making someone do something they do not want to do.
- Can involve excluding someone (deliberately leaving someone out of an activity, ignoring them etc.)
- Is usually repeated over a period of time.
- Takes place when one person or group has more power than the person or group being bullied.

Bullying is not:

- An accidental bump or jostle, in the school corridor, for example.
- An argument with a friend.
- A friend being nasty over something specific.
- A one-off fight or argument.

Why do people bully?

- Very few people who are happy with themselves bully others
- Sometimes bullies have been bullied themselves - they are looking for someone to take their anger out on.
- Sometimes bullies are jealous.
- Bullying can make people feel strong, respected and powerful, but they often feel bad too.

What to do about Bullying

What can you do if you are bullied?

- Don't keep it to yourself: Always tell someone- a teacher, a parent or another adult
- Be proud of who and what you are (we all belong to different groups and are all equally valuable).
- Keep being positive; say positive things about yourself and other people.
- Think about the consequences of the different ways you might deal with bullying.
- Some ways of dealing with it are:
 - Ignoring it or staying relaxed,
 - Being assertive - using your body language, eye contact, tone of voice, words you say.
 - Remember why people bully.

Six good reasons to tell:

- You have the right to live without the stress or fear of being bullied.
- Taking action is better than doing nothing.
- There is nothing embarrassing about being bullied - think how many people it happens to.
- It is braver to tell than to hide it.
- If you think there is something wrong with you, is it because the bullies have made you feel this way? This is a common effect of being bullied and **IT IS NOT TRUE.**
- Bullying does not say anything about **YOU**. It says a lot about the **BULLY**. (If you call me a hippopotamus, does it mean that I am one?)