

Under normal circumstances families would have been invited into school to hear talks from staff and a few Year 7 students would have spoken of their experiences of Rugby High School. This year you will find the student 'talks' below. These are particularly helpful for families to read as the students recall and address their own worries about transition to give reassurance to your child.

(Please note that current restrictions will mean the curtailment of some activities mentioned, but hopefully it will be possible to reintroduce these throughout the year.)

Hello,

If you find yourself reading this, you're probably going to be joining us in September. If this is the case, please read on... as I'd like to answer some of the questions you might have and reassure you of some of the worries you may be feeling. It was only a year ago that I was in your shoes. No doubt, you are feeling a range of emotions; nervous but excited, anxious but keen, worried but happy... Now, if you are like I was, you might be arriving at secondary school knowing only one or two familiar faces or perhaps no one at all. Whatever the case, please don't worry, because even after just your first day, you won't feel alone. You'll get a homely feel of the school and your form instantly and if you're worried about getting lost, I can assure you... that you most certainly will! But no need to worry, because our school is full of friendly and helpful students and staff, there will always be some-one around to help you on your way if you are lost. To name just a few, you will meet all your teachers, your form and your 'house' in just the first few days.

Be sure to sign up to clubs and extra-curricular activities, we're lucky in our school to have a long lunch break so we can make the most of it by incorporating sports, drama, creative writing or art, whatever takes your fancy; there's so much choice.

I'm a teller of truth though, so I'll warn you that it's not all plain sailing... you will most likely live and learn a few valuable lessons early on that will make your life easier later; one of mine being that a school bag that was almost 'bigger than me' was not the best idea in the world, especially when you've also got a separate PE bag to carry. 'Less is more' sometimes and be sure to make use of your locker!

Jokes aside, feel free to share your concerns with your form tutor and your assigned upper school buddies. They are there to help in the first instance. The pastoral team is also a dedicated support system and will welcome you with an open door policy if you have any issues you want to talk about.

Making friends is not always easy when you're in a new place with new people, but my advice is smile, be authentic and open - talk to new people (they might have more in common with you than you think or they could be your destined best friend)... The opportunity to meet people from all walks of life and make friends from all over Rugby and neighbouring areas will be yours to take.

And for those of you who are food fans, the canteen is the heart of the school with warm, delicious dinners served every day along with a variety of snacks and hot chocolate - my personal favourite being the cheese bagels. They are so good.

I look forward to our paths crossing next academic year and welcoming you with the warm community feel of RHS. You will be happy here.

Shaan

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Dear new Year 7's,

I am Svava and I am glad to answer some questions for you as I know transferring from Year 6 to Year 7 is a huge change. So, the big question for me was probably, how much harder is year 7 than year 6. Now, I am not going to lie, it is quite different. But you will do just fine, because all of the teachers are here to help you and if you ever get lost or stuck, you can ask any of the students around you. I learnt that everyone in RHS is very kind and very helpful and if you are late to a class in the first term, its fine, your teachers will be understanding. I think the best tip I could give you, is try everything. Like all the clubs, all the competitions, bake sales and votes. Just try everything, because you may find something new that you really enjoy. If you have any questions, please do not be afraid to ask your Form Tutor or the Prefects at Prefects@rugbyhighschool.co.uk

Hope you all stay safe,

Svava

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Hi!

My name is Akanksha and just like all of you, I was once an anxious but excited year 6 student to start Year 7 at Rugby High school. Let me tell you that it is perfectly normal to feel nervous but even better to feel that ounce of exhilaration. I was overwhelmed with different feelings and though it is in my nature to be quite confident, I felt quite apprehensive like many others did when I joined. I was also quite excited to embrace the range of challenges and variety of activities which I would stumble upon. Therefore, I'm here to tell you about the wonders, the endless opportunities to grasp at Rugby High school and that consider your first day the beginning of a new journey! One so special, you will never want it to end!

Teachers, Sixth Formers and Classmates

The one thing which can call a school a 'good' school is how politely and benevolent everyone behaves. At RHS, I can assure you are sure to find the kindest people around. The teachers help get rid of your fearful perspective of year 7 and help you get a much more optimistic outlook of year 7. They do a few amazing socializing activities to help get to know your classmates and I just thought the whole process they put together is just outstanding! Some teachers are extremely funny, meanwhile some are exceptionally understanding and you can talk to them about any worries which they'll try to amend. An activity which involves sixth formers was one I enjoyed as they're really just so affable and the conversations which take place with them don't tend to be daunting or awkward, but they rather end up being quite interesting and it's like you're talking to a friend you know! Best of all, they're even quite amiable around school! We're left with classmates. All my classmates really do help me and vice versa, whether it is for homework, or if it's a personal problem, even if your classmates aren't great friends with you, they still are really jolly around school. A common question may be if bullying takes place in RHS. A simple answer, definitely NOT! As I said, all my classmates and the pupils from the other classes tend to be super kind so no-one needs to worry about it!

Activities and Challenges.

A plethora of diverse subjects and skills are available to anyone at RHS and gives everyone the chance, the friendly competition and the determination to do better and partake in house matches, school matches, etc. A few listed here: cricket, badminton, football (other such sports and you can be selected for matches), history, glow-worms (reading) and so much more. All of which I thoroughly enjoyed. Every club has either teachers or sixth formers running it and some are just for one year in particular (like year 7) and some are a mix of year 7s, 8s and 9s. So, if there is a sport or activity you like doing.... Why don't you join it?

ARE ACADEMICS AND HOMEWORK STRESSFUL?

This point is an important one and I will take the next few sentences explaining it. Homework does seem to be stressful and you won't get to a point where you will be bombarded with sheets from every teacher but there is a decent amount, not too much, not too little. But you have the right to say if you think you are receiving too much to the particular teacher or your form tutor about all of the homework in general, again, DON'T WORRY THIS IS PERFECTLY NORMAL TO DO. Many students have done this so don't feel left out and afraid to raise this point.

Breaks, Food, Money and the Canteen

Honestly, I LOVE the 'break' system. Into the year, almost every day, I have gone to wait in the que for break after the first two lessons. The food is just DELICIOUS! There is a variety (whether your vegetarian or vegan) so you can choose to buy whichever and money can be paid with your finger so it's easier- it's like this for lunch as well! Food is great at RHS and the canteen has a range of drinks and food. In fact, when it's your birthday, you can request and buy a birthday pizza to share with a few of your friends and a batch of cupcakes too at lunch....

Getting Around School

Getting round the school can be slightly scary at first but just ask the sixth formers for help as they are really nice but it's useful to stick with a group, maybe your friends? Eventually you get used to it!

Our Amazing Pastoral Team

We have the **best** pastoral team at RHS with the kindest teachers who you can talk to if you have any worry. I personally think this system is great. They really help you and get rid of your worries if you talk to them. Whether it's personal, or whether it's school-related.

How strict are the teachers and how easy is it to make friends?

The teachers do become strict but don't worry at first, they will talk through rules, what you should do in and around class and the first few weeks of year 7, they won't give out any behaviour points at the start and behaviour points aren't too easy to get so just follow the rules and all will be good. Making friends is **super** easy as there are a lot of different people and you are sure to find at least someone with similar interests and hobbies to you. You might even end up with a friendship group!

Events and Fairs

We have many different school fairs but due to lockdown I could experience only one which was the Winter fair (not to be called the Christmas fair). It was amazing! Your class can make your own stall and there are many other stalls which are there. The events which I have been to include, Pink day (where you have to run 2K!) which was in fact quite challenging also quite fun. We also have world book day where you dress up as a favourite book character and this year was quite a special one as it marked 100 years of RHS which we called centenary celebration. We dressed up for that as well, I enjoyed all of this!

Fun experiences:

-  Our form tutor doing tiktoks with us as promised on the last day before lockdown. 😊
 -  Form time!
 -  The fun in clubs!
 -  We found a hedgehog in the sports court!
- So much more!

I have had a lot of fun experiences at RHS and I have made a lot of good friends who are really close to me. This is the perfect school for you!

