



# Welcome to Year 7

Useful information for students  
starting Year 7 in 2025



**Hello, and welcome to Rugby High School. My name is Mr Grady and I am the Head Teacher.**

**It is my job to make sure that you are safe, secure and enjoy your time here at the school.**

**I want you to be able to explore your potential and develop your knowledge, skills and understanding in all sorts of different areas so that you can be happy and successful. I want you to build your confidence and resilience during your time at Rugby High School and after, so you can go out into the world ready for whatever challenges you want to take on.**

## **Head Teacher's Welcome**

**I try to make sure I have time every day to meet students and discuss your learning and progress. I'm always really pleased to hear about your experiences in school, what you've enjoyed, what you've done well, and more importantly what you're finding challenging, because it's finding and taking on challenges that really helps us all to learn and build our resilience.**

**What makes Rugby High School special is that we set heights in our heart and we try our best, but with kindness and good humour, making sure we look after each other.**

**This year will be my seventh year as Head Teacher, but I remember how I felt the September before I started: Excited for something new, but a little bit nervous as well! I bet you all feel something similar.**

**I'm sure the excitement will overcome the nerves in the coming months and I look forward to meeting you all and hearing about your plans and the contributions you want to make to the Rugby High School community!**

**With best wishes,**

**Mr Grady**

## The Prefect Team

**Our Prefect Team are really looking forward to meeting you! They will be with you on Induction Day and on your first day at school in September. One of the main aims of the team is to welcome you and help you to feel happy and comfortable in your new school setting. They want you to feel confident and accepted here at RHS, and to ensure that everyone is treated with kindness, care and respect.**

**The team remember how daunting it can be to transition to secondary school and they want to help you. If you have any questions or concerns, no matter how small, feel free to email the Prefect Team at [prefects@rugbyhighschool.co.uk](mailto:prefects@rugbyhighschool.co.uk) (before the 11th July) and they will get back to you.**



## Pastoral Team



**Mrs Grogan**  
Senior Assistant Head



**Miss Bell**  
Pastoral Manager



**Mrs Simms**  
Assistant Pastoral Manager



**Miss Langham**  
Pastoral Support



**Miss French**  
KS3 Wellbeing &  
Progress Lead



**Mr Moseley**  
KS3 Wellbeing &  
Progress Lead  
(maternity cover)

**At Rugby High School we pride ourselves on our strong pastoral system.**

**We realise that things don't always go to plan and there are times when students may need some extra help and support. It could be that you are having problems settling in as a new Year 7, you may be finding friendships difficult or have concerns outside of school which are making you feel sad or anxious.**

**Your happiness and well-being are extremely important to us and ultimately you will achieve better if you are happy and fulfilled.**

**Your form tutor is the first point of contact if you need any help and sometimes they may refer you to a member of the Pastoral Team for support. We can help you to resolve issues and sometimes we may recommend other sources of support inside or outside of school. You are very welcome to come and talk to us at any time if you feel unhappy or upset in school.**

**We also like to celebrate the achievements of our students so please come and tell us about the good things too! We all have open door policies so you do not need to book an appointment. Our offices are located in the main corridor, close to Reception.**

## My Form and House

You will be in a form with about 30 other students. You will be with these students for almost every lesson in Year 7 so you will get to know them all fairly well. Your Form Tutor will register you every day and will probably get to know you more quickly than anyone else. If you have any worries about school they are an excellent support for you. Your tutor will monitor your academic and personal progress throughout the year.

You are allowed to be in your form room during break and lunchtime however you cannot eat or drink in your form room. You can eat snacks and lunch in the dining room, the hall or at outside picnic tables when the weather is good.

At the start of every academic year each form will nominate a form charity. Students then raise money for their charity throughout the year by running talent shows, cake sales, chocolate raffles and other fun events.

Each form group belongs to one of four Houses, Rauf, Holmes, Seacole or Glennie. There will be house competitions throughout the year which give you the opportunity to get to know students in other year groups and to earn points for your house. You can also gain house points from your teachers for a great attitude to learning, sustained excellence, participating in extracurricular activities, growth mindset or demonstrating the school ethos of thinking of others' feelings or needs before your own.

At the end of each term we have a Celebration Assembly where awards are presented to students who have consistently demonstrated these qualities. At the end of the assembly the house with the most points is announced, usually resulting in a 'film and popcorn' session for everyone in the winning house. The house with the most points at the end of the year wins the House Shield.

# Uniform

## **Uniform for students in Year 7, 8 & 9**

**Navy regulation blazer with Rugby High logo**

**Navy regulation trousers or pleated skirt**

**Plain blue regulation blouse (short, 3/4 or long sleeve)**

**Navy jumper or slipover with Rugby High logo (optional)**

**Regulation items of clothing can be purchased from the Webb Ellis shop in St. Matthews Street, Rugby or Online at [Webb-ellis.co.uk](http://Webb-ellis.co.uk)**

**Shoes must be black or navy and low heeled (no trainers or pumps allowed)**

**Socks must be plain navy or black (White socks allowed in summer)**

**Tights must be plain navy, black or flesh coloured (no trainer socks or bare legs allowed)**

**All items of clothing should be clearly named.**

## **Permitted Jewellery**

**One small, plain, stud or sleeper per ear lobe**

**One discreet nose piercing (stud)**

**A watch**

**One discreet bracelet and/or necklace**

**One RHS badge and up to two other badges**

**Religious items of jewellery and certain types of headwear may be worn**

**No make-up is allowed except for discreet nail varnish**

# Physical Education Kit

## Compulsory Kit

Sports trainers

Football boots with rounded studs

Navy knee length football/hockey socks

Navy Skort or navy shorts

House polo shirt

House hoodie

Plain Black or navy leggings or jogging bottoms

Shin pads with ankle protectors

Gum shield (moulded at home ready to use)

The shorts, skorts, polos and hoodies must all have the embroidered RHS PE logo. These can be purchased from [schoolwearsolutions.com](http://schoolwearsolutions.com) or [webb-ellis.co.uk](http://webb-ellis.co.uk)

Each House has a colour which is used as the trim colour on your PE kit so please do not purchase items before you receive notification of which house you are in. Don't worry we will let you know in plenty of time. It would be preferable if polo shirts and hoodies had your forename and surname embroidered on the chest opposite the logo. We have found this significantly reduces the number of lost or misplaced items.

Equipment such as hockey sticks and tennis rackets are provided by school.

# The School Day

You can arrive at school from 8.30am onwards and you must be ready for Registration with your Form Tutor, in your form room, at 8.50am. This will be followed by Form Time or Assembly after which you will move to your Period 1 lesson.

You will need to be organised to have the right books and equipment for each lesson and to get to the correct room on time. Don't worry, in the first few weeks staff and students will be happy to direct you if you get lost.

At break and lunch, food and drinks can be purchased in the canteen or you can bring food with you to eat in the designated areas. You cannot eat in your form room. Most extra-curricular activities take place at lunch.

All students should be off site by 4pm.

8.50	Registration
9.15	Period 1
10.05	Period 2
10.55	Break
11.20	Period 3
12.10	Period 4
1.00	Lunch
2.05	Period 5
2.55	Period 6
3.45	End of School

## Extra-curricular Activities

There are many extra-curricular activities during lunch or after school so you are bound to find something you enjoy! New clubs are created every year so if you have an idea for a club speak to your Form Tutor.

Everyone is welcome in all of our sports clubs. PE teachers offer coaching to complete beginners and those who have lots of experience. Sports clubs give you the opportunity to exercise and keep your body and mind fit but also to make new friends. You can improve your technical, teamwork and leadership skills whilst having enormous fun.

If you participate regularly you will have the opportunity to represent Rugby High in competitions with other schools. Our new sports hall has enabled us to offer a greater range of sports clubs which include Netball, Football, Hockey, Rounders, Cricket, Badminton, Gymnastics, Basketball and Athletics.

Music clubs vary from year to year but we have singing groups, and Instrumental ensemble groups.

Year 7-9 students are invited to come and join the 'Uproar' drama club. You can play games, work on scripts and create unique pieces of theatre with the help of A level drama students and drama teachers. Other school clubs include Origami, Artful Maths, Manga Art, Classics, Eco club and various Book Clubs.

We are pleased to offer students peripatetic instrumental tuition from the Warwickshire Music Service. They offer lessons in just about any instrument you can imagine and, subject to the level of interest, you could have lessons within school. Instrument hire is free for the first year but a charge for lessons will be made to parents directly by the Music Service. Your parents will receive more information about this in the post with their information packs.

You can find further information about the instruments that are taught, lesson prices and how to book lessons on the Music Hub website at [www.warwickshiremusichub.org](http://www.warwickshiremusichub.org)



# Peer Support

## **The Buddy System**

**As a Year 7 student you will be assigned buddies to help you settle in to school life. Your buddies will be older students from Year 9 who remember how it feels to start at secondary school but know more about the school so can help with any queries or worries you may have.**

**You will be part of a small buddy group which will use various activities to act as icebreakers so you get to know other students and have the opportunity to ask your buddies for help and advice. You will meet your buddy group soon after you join Rugby High.**

## **Peer Listeners**

**Peer Listeners are 6th Form students who have been trained to provide a safe space and friendly listening ear every lunchtime. If there is something on your mind, just drop by Room 2 for a chat.**

## **Form Liaison Officers (FLOs)**

**FLOs are 6th Form students who are responsible for supporting a main school form once a week during Form Time. There are usually two FLOs allocated to each form and they are an excellent resource within the school pastoral system. They provide valuable support to students and assist the form with charity events, debates, assemblies etc.**

## Charities, Events & Trips

You will be amazed at the many wonderful opportunities you will have during your time here at Rugby High! We have trips that include white-water rafting, skiing, coasteering, bush-craft and many more. We have sent trips to Naples, Paris, India and the last World Challenge team went to Tanzania. Also, there are numerous theatre trips and visits to more local places of interest.

In addition to each form raising money for their chosen charity, the 6th Form Charity Committee involves the whole school in fundraising events for a variety of other charities. Popular fundraisers include teacher karaoke and staff obstacle course!

Every year the Drama department presents a production involving students from across the school. You can 'take to the boards' or get involved backstage helping with wardrobe, makeup, lighting or set design. The last show was 'The Red Shoes' which was brilliantly supported by a group of student musicians who accompanied the piece. Musical students also have concerts throughout the year so if you sing or play an instrument be ready to get involved!

We have some special days where you attend all your normal lessons but do so wearing clothes on a theme. On Pink Day you wear lots of pink clothes in support of breast cancer charities. In March we have a Character Fancy Dress Day giving you the opportunity to get creative and dress up as a character from one of your favourite books. In November Rugby High has a week dedicated to delivering anti-bullying messages and promoting kindness across the school which includes a 'Wear Odd Socks day' to promote awareness of the anti-bullying theme.

Sports Day is a much anticipated event in the school calendar when students have the opportunity to represent their House in a number of athletic events. The rest of your House will cheer you on waving homemade banners, wearing House colours and even sporting warrior face paint!

In the run up to the Christmas holidays lots of fun activities take place including the Christmas Concert, Decorated Classrooms competition, Winter Fayre and Christmas Lunch.

## The Senior Student Team

**We are the current Senior Student Leadership Team here at Rugby High School and this is us on Football Shirt Day! We wanted to say a few words just to make the transition easier for you.**

**Everyone you see around school has been in your exact position: the feeling of dread about starting someplace new; the feeling of excitement about meeting new friends and teachers, that's the joy of growing up! It's supposed to be scary and fun at the same time! Here at Rugby High, we want to make sure that you are welcomed and understand that no matter the situation, we are always here to help!**

**At Rugby High we 'set heights in our hearts' and there will be lots of people here to help you achieve your goals. So grab every opportunity and make the most of your time here!**

**Please don't be afraid to approach us for a chat - we don't bite!**



## Boost - (Inclusion)

**BOOST supports students with a wide range of additional needs. BOOST is run by Mrs Deas, our Learning Support Manager, supported by Miss Dixon and Mrs Dingwall, our Learning Support Assistants. They can offer help with,**

**Confidence and self-esteem  
Emotional support  
Happiness at school  
Study skills  
Academic support  
General well-being**

**Mrs Deas runs tailored programmes to meet individual needs and also offers group support. She can test for specific learning difficulties which may lead to extra support in lessons and exams.**

**BOOST is not only there for specific support it is also a place to go and relax.**



**Mrs Deas  
Learning Support Manager**



**Mrs Dingwall**



**Miss Dixon**

**Learning Support Assistants**

# Equipment

**You will require a suitable school bag to carry your books and the following equipment:**

**Pens**

**Pencils**

**Pencil sharpener**

**Quality rubber**

**30cm Ruler**

**Coloured pencils**

**A small pair of scissors**

**A small glue stick**

**Pack of highlighter pens**

**A small dictionary - all students are expected to carry one to all lessons**

**Pair of compasses**

**A protractor**

**A scientific calculator eg a Casio FX-83GTX**

**Art Equipment Kits will be available to purchase from the Art department. You will be given more information about this in September but kits are not compulsory.**

**You will have your own small locker in school in which to keep your equipment and books. Please be aware that space is limited. Students will need a small padlock to secure their locker. It is useful for students to have a suitable storage space or box at home to help organise themselves on a daily basis.**

# Website and Personal Devices

Students and parents can find more information about the school by visiting the Rugby High School website

[www.rugbyhighschool.co.uk](http://www.rugbyhighschool.co.uk)

The school calendar, term dates, newsletters, and lunchtime clubs can be found under 'News and Events'. An overview of subject curriculum can be accessed under 'Learning at Rugby High' whilst school policies, lunch menus and PTA information can be found under 'Parents'.

From September you will also be able to access your school email account and Arbour account. All homework is set on Arbour for students and parents to see from their devices at home.

Students will require access to a laptop or desktop computer to complete their homework on Arbour. Those students who are in receipt of Pupil Premium funding may be loaned a computer. Please contact [s.quinn@rugbyhighschool.co.uk](mailto:s.quinn@rugbyhighschool.co.uk) for information.

There has been a change in policy regarding phones. Year 7 students may bring a phone or device to school for safety reasons relating to their journey but these must be locked away in their lockers during the school day.

Phones and devices cannot be used by Year 7 students at break and lunch and any seen in use during the school day may be confiscated.

Students will need a small padlock to secure their locker.

# Our Vision

**At Rugby High School, we set heights in our heart.**

**While striving for excellence for all, in all its forms, our aim as a school is to encourage our students to be ambitious and creative thinkers, to face challenges, to work together, to learn to apply and adapt their knowledge and understanding so that they are prepared and excited for the future, whatever it may bring.**

**Our aspiration is that all our students understand what it is to show compassion and empathy and to take responsibility as brave, independent global citizens. Our students will move on from Rugby High School knowing how to be Resilient, Healthy and Successful.**

**Inspired by their curiosity and love for learning our students will leave us with a confident voice, ready to take their place, knowing that their actions have the potential to change the world.**

# Reading at Rugby High

**At Rugby High we love things literacy: especially READING!**

**When you join us you will have an induction in our Reading Room where you will be able to enjoy our safe space and chose from a wide variety of fiction (and some) non-fiction books. You will be able to enjoy the Reading Room every lunch time and can spend your time sitting on a comfy bean bag cushion, cosying up and then reading away!**

**We also have an online library too where you can choose from a WHOLE library of fiction and non-fiction to download onto your phone/kindle or any device that has Wi-Fi. So from September, even during your holidays, in this country or abroad, you will be able to read to your heart's content! You can take a sneaky look at our online library by either following the link or QR code opposite and you will get your log in details in one of your first English lessons.**

**If you don't know where to start when choosing the right book for you to enjoy, don't worry we have a long list of recommended reads. These are on our website and your English teacher will be able to support you with this when you join us in September.**

**We're looking forward to meeting you all but before then ....keep reading!**

**<https://rugbyhighschool.eplatform.co/>**



**I am the only student coming from my primary school, is it easy to make friends?**

The simple answer is YES! We have students who come to Rugby High each year from around 60 different schools, many of these will be the only one from their primary school and others may only know one or two other people when they join. You'll be amazed at how quickly you get to know your fellow classmates and make new friends.

**What do I do if I get lost around school?**

You will be given a map to help you navigate around the school. The easiest thing to do if you aren't sure where to go is to ask a fellow student, a member of staff or if you are really lost go to Reception at the front of the school building.

**Where are the toilets?**

There are lots of toilets in school. You can use your map to find out where the closest toilets are or ask someone.

**Where do I get on and off the bus?**

School buses drop you off in the bus lane at the front of the school. From there all students have a short walk along the pavement and into the school gates. At the end of the day, you must wait in the bus shelter, by the staff car park, sensibly and listen out for your bus number to be called. When your bus arrives, the member of staff on bus duty will call out the number using the megaphone and display a card. You should then make your way out of the school gate to board your bus. There will always be members of staff to direct you to the correct queue and to tell you when you are able to board your bus. In the first few days your period 6 teacher will walk down to the bus shelter with you to help you find your way.

**Do we have to be on time for the first couple of weeks?**

Students are always expected to be on time, but as with any new place it might take you a while to find your way around. Teachers will allow a short amount of time within the first week or so, the important thing to remember is, don't worry, if you get lost ask a fellow student or teacher or check your map. It is important that you arrive in school on time in the morning. If you are late (e.g. the bus is late) you must come through the main Reception and sign the signing-in book.

**What do I do if I arrive in school before 8.30am?**

If you arrive in school early you must wait in the school dining room. After 8.30am, you are allowed to enter your form room and socialise with the rest of your form group until registration time begins at 8.50am.

**What if I need to stay in school later?**

All students should be off site by 4pm. If you miss your bus or there is a problem do not wait in a classroom, you must report to Reception.

**What can I do at break and lunch times?**

Many students go to the dining room to purchase food or to eat food which they have brought into school. You can also spend time with your classmates in your form room (however you cannot eat food in there) or explore the school fields when the weather is nice. There are computers available at break and lunchtimes to browse the net or complete some homework, and there's the Reading Room. At lunch there are different clubs and activities running; see the extracurricular and clubs section. If in doubt, just ask your tutor or teacher.

### **How do we know what meals are for lunch?**

At the end of every week, the menu for the following week is emailed to students. This menu is also displayed in the corridor towards the school canteen. There are always plenty of options for vegetarians and if you require a gluten free meal, kitchen staff are very accommodating and will prepare you a meal if necessary (you will need to order this in advance at break time).

### **How do I pay for food in school?**

A 'cashless' system is in place to buy food from the canteen. It uses fingerprint recognition technology to link students to their individual school dinner accounts. Your account can be credited by parents/carers using their parentmail account online. You may prefer to bring a packed lunch for the first few days until you are sure your account is up and running.

### **What do I do if I forget my lunch money and don't have any credit on my account?**

You must remember to have a packed lunch or sufficient cash for your lunch. If you realise you don't have any credit on your account and don't have any money, it's important that you still have a meal. The catering team in the canteen will serve you but you will need to pay for the meal the next day. The team will make a note and deduct it from your account the next day when money has been added.

### **What sports can I do?**

There are many opportunities for sports during PE lessons and in your free time; see the extra-curricular section.

### **What if I forget my PE kit?**

It is important that you are organised at home and bring in your PE kit on the days you are scheduled to have PE. If you forget any of your kit you should tell a member of the PE staff and you may need to borrow some kit in order to take part if there is some available. In the first couple of weeks, the PE staff may be more lenient but after this you may find you are issued with a sanction for lack of kit.

### **What subjects will I do in year 7?**

In year 7 you will have a weekly timetable of many subjects including; English, Maths, Science, History, Geography, Latin, ICT, Philosophy & Religious studies, PE and French or Spanish. You will also study Music, Art and Drama.

### **What are the teachers like?**

There are many teachers at Rugby High, all with different styles of teaching personalities. The teachers at Rugby High go above and beyond to help you to reach your potential and most importantly they are all really friendly!

### **What if I get stuck doing work?**

Your form tutor and subject teachers are always there to support you and will try and help if you are stuck. If you are having a problem with something in your homework, it's always handy to ask a friend in your class or to do some research. If you are unsure about the homework task and your friends cannot help, you can find the teacher at break or lunchtime or email them and ask them to explain it again. It's important to let a teacher know if you are struggling so they can support you.

**How much homework will I be expected to do?**

The homework policy states that in Year 7 students should spend an average (per week) of 30 minutes on English, Maths and Science and 20 minutes on other subjects. If you find that you are spending much more time on your homework than is recommended, you should talk to your form tutor as they may be able to organise some study skills support for you.

**Do we have a storage space in school?**

Yes. You will have access to a small lockable storage space in Year 7 near your form room. You may store items such as books and PE kit here to save you carrying them around all day. It is your responsibility to bring a small lock into school to secure your locker.

**What do I do if I feel ill in school?**

If you feel ill in a lesson, let the teacher know. If they feel you are too unwell to stay in the lesson your teacher will send you down to Reception. If you feel ill during break or lunchtime you should take yourself to Reception. If you are too ill to stay in school and a member of staff permits you to go home, the school will contact someone who can collect you. It is important that you do not arrange this yourself.

**What if I'm ill and miss a lesson, do I need to catch up?**

Yes. If you miss a lesson for any reason, whether you are poorly or involved in an extra-curricular activity you will need to catch up on work that you have missed in the lesson. This also includes finding out about any homework that is issued and making sure this is completed. We can support you with this if you needed.

**What do I do if I lose something valuable?**

Do not bring valuables to school unless absolutely necessary as they may get lost or broken. If you do lose something, report to Reception because it may have been handed in. There is a Lost Property box under the table by Reprographics and in PE. You should check these boxes if you lose something as any unclaimed items are appropriately disposed of at the end of each term.

**Can I use my mobile phone in school?**

We understand that students like to carry mobile phones for safety reasons but Year 7 students cannot use them in school. During the school day mobile phones should be kept in lockers. They are not permitted to be used at break and lunchtime. If you do not follow these rules, your phone may be confiscated.

**What happens if I get bullied?**

Being bullied seems to be a big fear for new students. At Rugby High cases of bullying are very rare but we have an anti-bullying policy in place to deal promptly with any incidents. The most important thing to do is tell an adult if you think someone is being unkind.

**Who can help if I am upset in school?**

Your form tutor will usually be your first port of call, however they may not always be available. If you need to talk to somebody straight away the pastoral team or Reception will be happy to help. You can ask to speak to any adult who you feel comfortable with as it is important to us that you are happy and supported in school.