

Rugby High School

WELCOME TO YEAR 7



Welcome to Rugby High School

Message from the Headteacher



Hello, and welcome to Rugby High School. 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. 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 eighth 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!

Mr Grady



Our School Day

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

You can arrive at school from 8.30am onwards.

You must be in your form room with your Form Tutor by 8.50am.

During registration you will have a Tutor Programme to follow including assemblies.

At break and lunch you can mix with any students at RHS.

Most extra-curricular activities take place at lunch.

All students must be offsite by 4pm.

If you get lost don't worry, just ask the nearest person to direct you.

My Form & House

Each form group has 30 students.

You will be with these students for almost every lesson in Year 7, so you will get to know them more quickly than anyone else.

If you have any worries about school, your Form Tutor and your other tutees are excellent support for you. Your tutor can help you with settling in issues, difficult friendships or if you are feeling sad or anxious.

Your tutor will monitor your academic and personal progress throughout the year.



Each form group belongs to one of five houses; Ray, Henry, Seacole, Franklin and Glennie.

Across the year there will be House competitions for you to compete in. You can also gain House Points from staff for Community and participation, Challenge, Creativity, Curiosity, Kindness, care and respect, Leadership and role modelling, and Selfcare, health and wellbeing.

At the start of every academic year your House will nominate a charity to fundraise for across the year.

At the end of each term, students with the most House Points in a certain category, are invited to Breakfast with SLT. During this all of their teachers will have written comments for students to hear.

At the end of the year a House Shield is presented to the winning House.

Break & Lunch

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 can be in your form room during break and lunch, however you cannot eat or drink in there. You can eat and drink in the dining room, the hall or outside on the picnic tables.



Extra-curricular activities

Most extra-curricular activities take place at lunch and some after school. We offer so many clubs, you are bound to find something you enjoy. Eg. Sports clubs, drama club, music clubs, origami club etc.

Everyone is welcome to join a club offered to their year group.

Clubs are an excellent way to make new friends, challenge yourself and earn House Points.

We compete against other schools in many competitions including sports and debating

We at RHS 'set heights in our hearts', so grab every opportunity and make the most of your time here!

We also offer students peripatetic instrumental tuition from the Warwickshire Music Service.

They offer lessons in nearly any instrument. These lessons can take place in school. Instrument hire is free of charge for the first year. There is a charge for lessons and parents pay this directly to the Music Service.

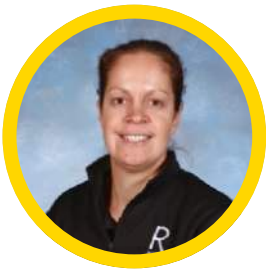
Use the website below to find out more.



www.warwickshiremusichub.org

Pastoral Team

When things don't always go to plan there are times you may need some additional help and support after working with your Form Tutor. You will be referred to one of the Pastoral Team below. Sometimes we will recommend other sources or support either inside and outside of school.



Miss French - KS3 Wellbeing and Progress Lead



Mrs Simms - Assitant Pastoral Manager



Miss Bell - Pastoral Manager



Miss Langham - Pastoral Support



Mrs Grogan - Senior Assistant Headteacher

Inclusion Team

The Inclusion Team in the Boost room, support students with a wide range of additional needs.

They can offer help with;

- Confidence and self-esteem
- Emotional Support
- Happiness at school
- Study skills
- Academic support
- General wellbeing
- A place to go and relax



Mrs Deas - Learning Support Manager



Mrs Dingwall - Learning Support Assistant



Miss Dixon - Learning Support Assistant

Support can be in the form of individual tailored programmes or group support sessions.

They can test for specific learning difficulties which can lead to extra support in lessons and exams.

Peer Support

The Buddy System

In September you will be assigned Year 9 buddies to help you settle into school life.

They know how it felt when they started secondary school and they have lots of knowledge to help you with any school queries or worries you may have.

You will take part in termly 'Buddy Events'. The first session will consist of icebreaker activities so that you can get to know your buddies.

Peer Listeners

Are 6th Form students who have been trained to provide a safe space and a friendly listening ear every lunchtime in the 'Zen Zone'. You can either drop in or you can book an appointment by emailing them.

Form Liason Officers (FLOs)

Are 6th Form students who support the main school during Thursday form time. There are two FLOs allocated to each form group. Please feel free to ask for guidance from them.

Main School Prefects



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.

If you have any questions or concerns, no matter how small, feel free to email the Prefect Team at prefects@rugbyhighschool.co.uk (before the 10th July) and they will get back to you.

Senior Student Leadership Team

Everyone you see around school has been in your exact position: the feeling of dread about starting somewhere 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 RHS, we want to make sure that you are welcomed and understand that no matter the situation, we are always here to help.

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



Uniform

Uniform for all Year 7, 8 & 9 students

- Navy regulation Blazer with RHS logo
- Navy regulation trouser or pleated skirt
- Plain light blue regulation blouse
- Navy v-necked jumper or slipover
- Plain navy, black or white socks
- Plain navy, black or flesh coloured tights
- Low heeled leather type shoes in black or navy
- Discreet jewellery (one necklace and one bracelet)
- No make-up is allowed in Years 7 – 9
- Extreme hairstyles are not permitted. Long hair must be tied back in practical lessons



PE Kit

For all Year 7, 8, 9, 10 & 11 students

- Sports trainers
- Football boots (cannot have metal studs)
- Navy knee length sports socks
- Navy skirt or navy shorts
- House polo shirt with RHS logo
- House hoodie with RHS logo
- Plain black or navy leggings or jogging bottoms
- Shin pads

Please do not purchase any PE kit until you know what House you are in. House items will need to have the correct House coloured trim.

We also recommend that you have name labels for all PE items



Equipment

- Suitable school bag
- Pens
- Pencils
- Pencil sharpener
- Quality rubber
- 30cm ruler
- Coloured pencils
- A small pair of scissors
- A small glue stick
- Pack of highlighters
- A small dictionary - compulsory in all lessons
- Pair of compasses
- A protractor
- A scientific calculator eg. a Casio FX-83GTX



Art Kits

Will be available to purchase from the art department in September. Kits are not compulsory.

Lockers

You will have your own small locker in school to keep equipment and books. You will need a small padlock to secure it.

Website and Personal Devices

Website

 www.rugbyhighschool.co.uk

The school Calendar, term dates, newsletters and clubs can be found under 'News and Events'.

An overview of the subject curriculum can be accessed under 'Learning at Rugby High'.

Policies, lunch menus and PTA information can be found under 'Parents'.

Devices

In September you will be able to access your school email and Arbor account. All homework is set on Arbor for both students and parents to see.

You will require access to a laptop or desktop computer to complete the homework set on Arbor.

Those who are in receipt of Pupil Premium funding may be loaned a computer.

Please contact Mr Quinn for more information
s.quinn@rugbyhighschool.co.uk

Mobile Phones

Students may bring phones to school for safety reasons relating to their journey.

Phones are not allowed out in school; any seen will be confiscated.

Reading at Rugby High

At RHS we love things literacy;
especially reading!

We have a Reading Room which is a safe space with bean bags for students to sit and read a variety of fiction or non-fiction books. The Reading Room is available every lunchtime.

We also have an online library with a huge amount of fiction and non-fiction books to download on your kindle or a device that has Wi-Fi.

You will receive your login details in your first English lesson in September.

We have a long list of recommended reads.

Have a sneaky peek using the web address below:

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



Events and Trips

Events

There are many events held accross each year for example, House Day, 5K run on Pink Day, World Book Day, European Day of Languages, Sports Day, Pi Day, School Productions, Winter Fayre, Cultural Week and many more.

Trips

During your time at RHS you will be offered various trips ranging from school curriculum to extra curricular ones.

These take place accross the world. For example, World Challenges, Ski Trips, Castle Trips, Geography Field Trips, Theatre Trips etc..



Further Questions you may have

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, and 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 sensibly in the bus shelter by the staff car park 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 offsite 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 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 breaktime).

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, Computing, Philosophy & Religious Studies, PE and French or Spanish. You will also study Music, Art, PSHE 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 locker. 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 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 stairs in the main reception 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 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.



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.