

# Welcome to



## Rugby Free

Secondary School

### Your Pocket Guide

**Kindness - Collaboration - Curiosity - Respect - Resilience - Endeavour**



# Welcome to Rugby Free Secondary School

We would like to welcome you as one of the new Year 7 students to start with us in the upcoming academic year. We are all looking forward to getting to know you and we have many exciting experiences planned for you.

## Settling in

We understand that you may be feeling a mixture of excitement and nerves at starting your secondary school journey, but don't worry – everyone is very friendly and helpful, and there will be lots of other Year 7 students feeling the same! There are plenty of people here to support you and lots of activities that you can take part in to help you make new friends.

## What is expected of me?

We have very high expectations for what you can achieve. So that you can reach your full potential, we expect you to work hard and always try your best, both at school and at home.

We have six school values:

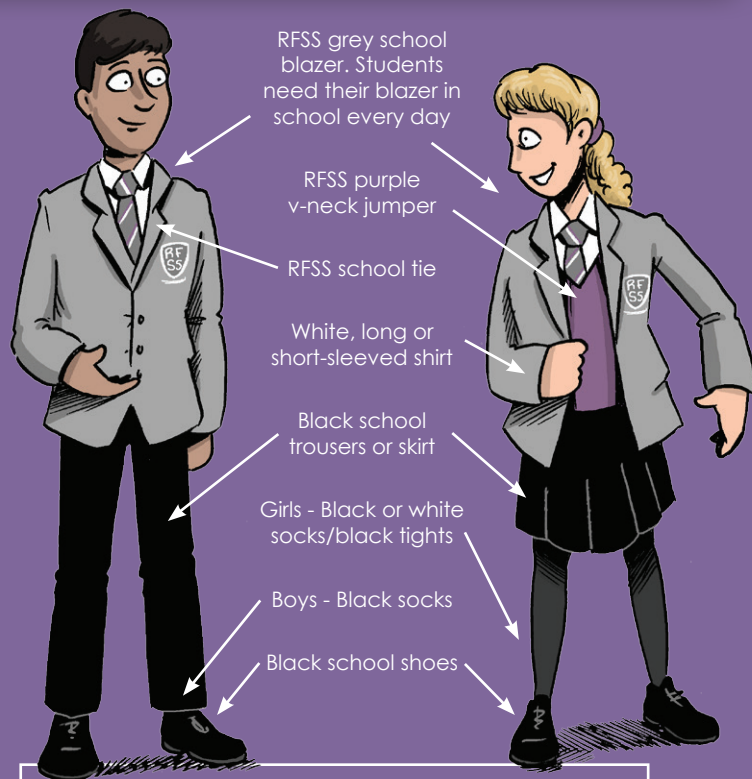
**Kindness, Resilience, Respect, Curiosity, Collaboration and Endeavour**

These values are at the heart of your education and in everything you do at RFSS. We will help you to put our ethos into practice and support you to **'Aim High, Learn Together and Celebrate Success.'**

**Let's make this your best year at school yet!**



# What do I wear for my first day?



You will need a large rucksack and the following equipment on your first day:

- Black pen
- Pencil
- Scientific calculator
- Ruler
- Rubber

You will also need a school PE kit – but you don't need to bring this on your first day.

## What happens on my first day?

On your first day, you will be greeted outside by the Year 7 team to direct and welcome you into school. From there you will be given a RFSS Student Planner and your timetable of lessons. You will then spend time with your Form Tutor and Tutor Group before starting some lessons.



## What does the school day look like?

The school doors open at 08:30 and you are expected to be in your tutor room by 08:45 for registration. You then have five lessons every day, as shown in the timetable below.

### 08:45 - 09:05 Tutor Time

09:05 - 10:05 Period 1

10:05 - 11:05 Period 2

### 11:05 - 11:25 Break

11:25 - 12:25 Period 3

12:25 - 13:25 Period 4

### 13:25 - 14:10 Lunch

14:10 - 15:10 Period 5

At lunch, you can bring a packed lunch or you can enjoy something from our school canteen. You don't need to worry about bringing money to school as we operate a cashless system.

On Friday mornings, you will have your Year 7 assembly in the school hall.



## What subjects will I study?

At RFSS, you will study English, Maths and Science as your core subjects.

You will also get the chance to do a wide variety of exciting new subjects, including:

- Geography
- History
- RE
- PE
- Art & Design
- Computer Science
- Drama
- Food & Nutrition
- Spanish or French
- Music
- PSHE

You will also have regular homework.



You will move around the school for different lessons and you will have different teachers for each subject. Don't worry about getting lost – you will soon find your way around and you can ask anyone for help.

## What else can I do at Rugby Free Secondary School?



We have a wide enrichment programme and there are lots of clubs offered throughout the week, both at lunchtime and after school. Our clubs are a great way of trying something different and making new friends.

Some of the clubs we offer include:

**Hockey club, Mandarin club, Science club, Football club, Ukulele club and Debate club.**

We review the timetable each term, so there's always something new and exciting for you to try!

### What if I do well at school?

You will have the opportunity to earn **Praise Points** and **Values Stamps**, which add up throughout the year to give you the chance to earn special Bronze, Silver, Gold and Platinum awards.

You will be placed in one of four school houses:

- Ali House 
- Attenborough House 
- Pankhurst House 
- Turing House 

Everyone's house points are added up towards the end of the year and can earn your house reward assemblies, trips and more!

# Top tips for Year 7 students

**Get organised!** Make sure your bag, equipment and anything else you need are packed the night before.

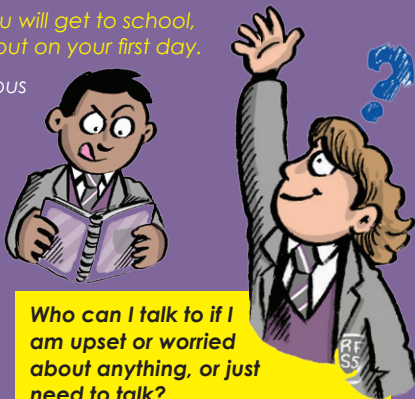
**Look the part!** Try on your uniform before the first day so you can check you feel comfortable and everything fits just right.

**Plan your route!** Practise how you will get to school, so it's one less thing to worry about on your first day.

**Be brave!** Everyone will be nervous so make the first move and start introducing yourself to your new classmates.

**Study your day!** Know the timings of the school day.

**Ask for help!** No one will expect you to remember or know everything for the first few weeks.



**Who can I talk to if I am upset or worried about anything, or just need to talk?**

You can speak to any teacher, but the best people are:

Your Form Tutor, Head of Year or Assistant Head of Year who you will be introduced to on your Transition Days.

There are also special Designated Safeguarding Leads (DSLs) in school who you can speak to at any time if you are struggling. There are photos of these staff around the building, so you know who they are!



Rugby Free

Secondary School

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