

WELCOME  
TO CARDINAL  
NEWMAN  
HIGH SCHOOL



CARDINAL  
NEWMAN  
CATHOLIC HIGH SCHOOL



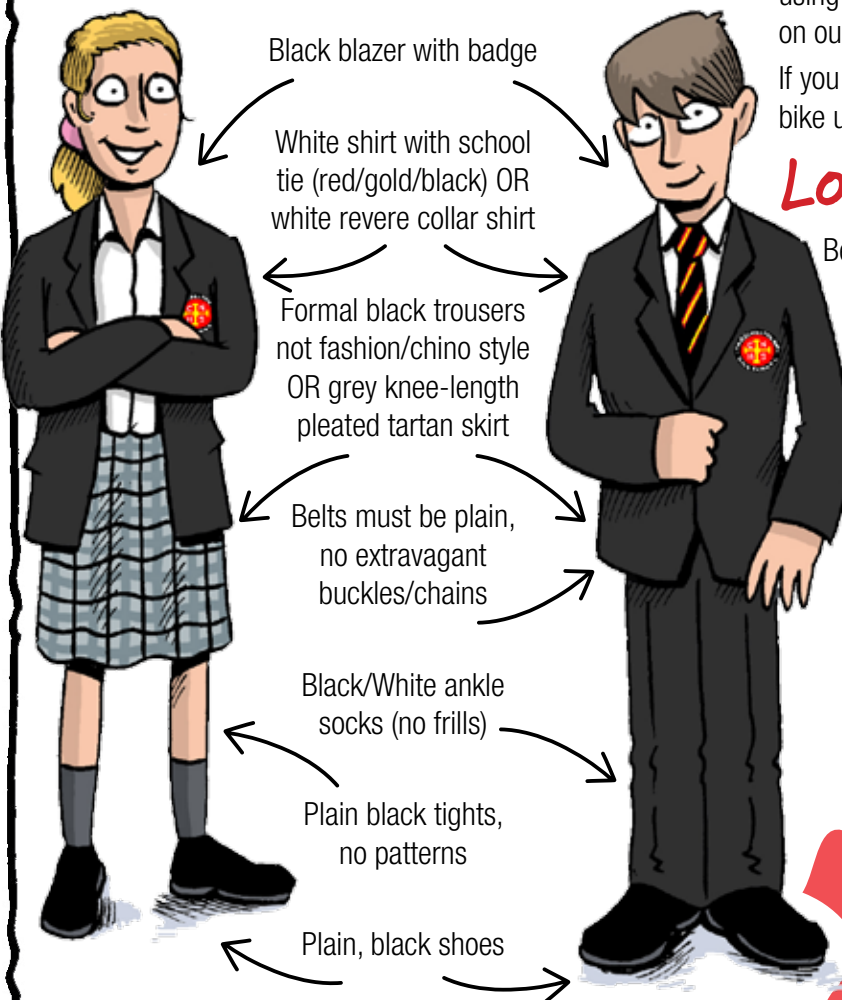
Here is your essential guide to  
Year 7 at CNHS. It contains all  
the information you will need to  
settle in quickly and confidently!

# WHAT WILL I NEED FOR MY FIRST DAY?

We have high standards for everything at CNHS and this includes our uniform. We expect you to wear the correct uniform from your first day.

## UNIFORM:

All items of clothing should be marked with your name.



You will also wear a yellow year badge.  
A plain, black V-neck jumper is optional.  
Your coat should be a plain, dark-coloured anorak or top coat.  
You are not allowed to wear hoodies in school.  
You will also need your PE kit when it is on your timetable.

## GETTING TO SCHOOL

It is a good idea to try out the route to school before your first day. Work out your route and check timetables if you are using public transport. We have information about local buses on our website in the 'Parents' section.

If you cycle in, always wear a safety helmet and lock your bike up during the day.

## LOCKERS

Because you will need different books for each class and move between classrooms, it is a good idea to hire a locker so you don't need to carry everything around with you all day. Lockers are £10 to hire - £5 hire charge and £5 deposit. These are to be paid for online and parents have been sent details so that you can pay for a locker and an equipment pack by registering for an account. We will give you a key and prefects are around to help you find your locker.

## EQUIPMENT

You will only need to bring your bag, pencil case and lunch/money. Everything else will be given to you.

# WHAT HAPPENS ON MY FIRST DAY?

It is quite normal to feel a bit nervous about starting secondary school. We are a very happy, friendly school and we will do everything we can to give you a warm welcome when you join us.

First of all, don't worry! You will soon settle in and feel at home. The first day will start with an assembly with the Head of Year to welcome the new Year 7s.

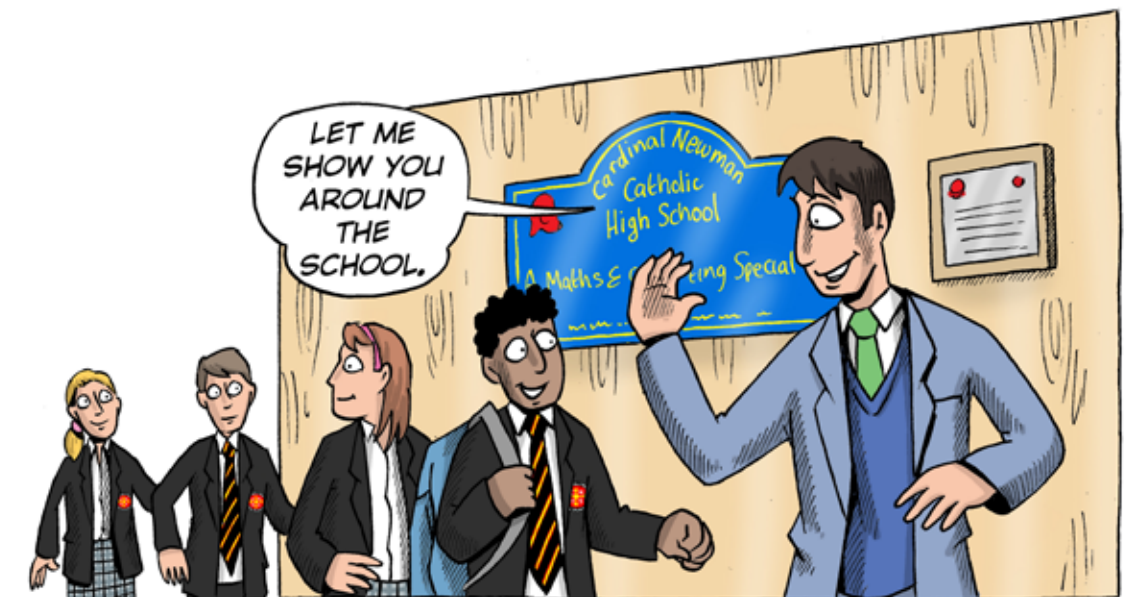
Then your Form Tutors will take you to your form room. They will give you your timetable and planner and get you registered for the cashless catering system. They will also show you where you go for lunch.

You will spend two hours with your Form Teacher, getting to know them and your classmates. Lessons will start at period 3.

You will see that each day has a registration period, five lessons (six on Tuesdays) and a morning and lunch break. You will move between classrooms for your lessons. Don't worry about getting lost. You can use your map and your teachers and fellow students will be happy to help you. For your first week, prefects will take you to each lesson. You will get to know your way around very soon!

## THIS IS WHAT A NORMAL SCHOOL DAY LOOKS LIKE:

	Every day except Tuesday	Tuesday
Collective Worship/Registration/Form Time	8.45 to 9.05am	8.40am to 9.00am
Period 1	9.05am to 10.05am	9.00am to 9.55am
Period 2	10.05am to 11.05am	9.55am to 10.45am
Break	11.05am to 11.25am	10.45am to 11.05am
Period 3	11.25am to 12.25pm	11.05am to 11.55am
Period 4	12.25pm to 1.20pm	11.55am to 12.45pm
Lunch	1.20pm to 1.55pm	12.45pm to 1.20pm
Period 5	1.55pm to 3.00pm	1.20pm to 2.10pm
End of day /Period 6	3.00pm	2.10pm to 3pm

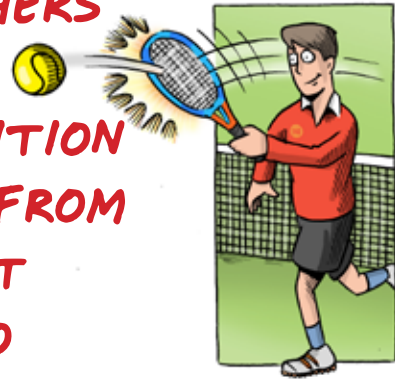




# WHAT WILL I STUDY?

You will study a wide range of subjects. Some you may be familiar with from primary school and some which will be new to you. Your teachers will be experts in their subjects and teach in interesting ways which will be challenging and fun.

**YOUR TEACHERS  
WILL HELP  
YOU TRANSITION  
SMOOTHLY FROM  
WORKING AT  
PRIMARY TO  
SECONDARY LEVEL.**



Art  
Drama  
French  
Geography  
Health and Social  
IT  
Music  
PSHE  
Science

D & T  
English  
Food  
German  
History  
Maths  
PE  
RE

## WHAT ABOUT HOMEWORK?

You will have regular homework. You can keep track of what you have by looking at 'Show my homework'. You can access this via an app. You will need your log on details and password. Homework will be set in different ways and this may be completing a task or project, using online platforms like Hegarty maths, revising or recapping over work you have done in class. Teachers will check that homework is complete and it is expected to be handed in on time.

## PLANNING

Read through your homework when your teacher gives it to you. This means that you can ask for help as soon as possible and to not leave it to the last minute.

As you will have more homework than you have been used to, you will need to plan out your time each week so you have time to do your homework to a standard you are proud of, and on time, but also have time for hobbies, sport, etc.

## HOMEWORK CLUB

It is a good idea to attend the Study or Homework clubs which run regularly throughout the week. You can complete your homework there, but also have support and advice from student mentors. You will also be guaranteed a quiet space so you can get on with your work.



# FAITH AT CNHS

We are a Catholic school and our faith is an integral part of school life. But we welcome students and families from other faiths and none!

## CHAPLAINCY

Our chaplain, Mrs James, leads the chaplaincy team which is always here to look after the spiritual needs of everyone at CNHS.

You will learn about the teachings of Jesus and the foundations of the Catholic faith. Through this, we will help you become compassionate, caring and confident young adults.

You can visit the Chaplaincy room for silent prayer at break time. You can also visit the Chapel for prayer.

## FAITH IN ACTION

The chaplaincy team offers a wide range of opportunities for all our students and is involved in a range of areas of school life. CNHS takes parts in a variety of faith-based events and programmes including 'Faith in Action' CYMFed (National Catholic Award Scheme).

Pope Benedict talked about asking ourselves 'What kind of person do you want to be?'

So participants take part in activities such as leading class prayers, going on a pilgrimage, contributing to their local parish life and helping their local communities through fundraising, volunteering, etc.

There are four levels which you will follow as you move up the school and leading to a Gold Level.

## WHAT IS EXPECTED OF ME AT CNHS?

We have key values which everyone at CNHS follows:

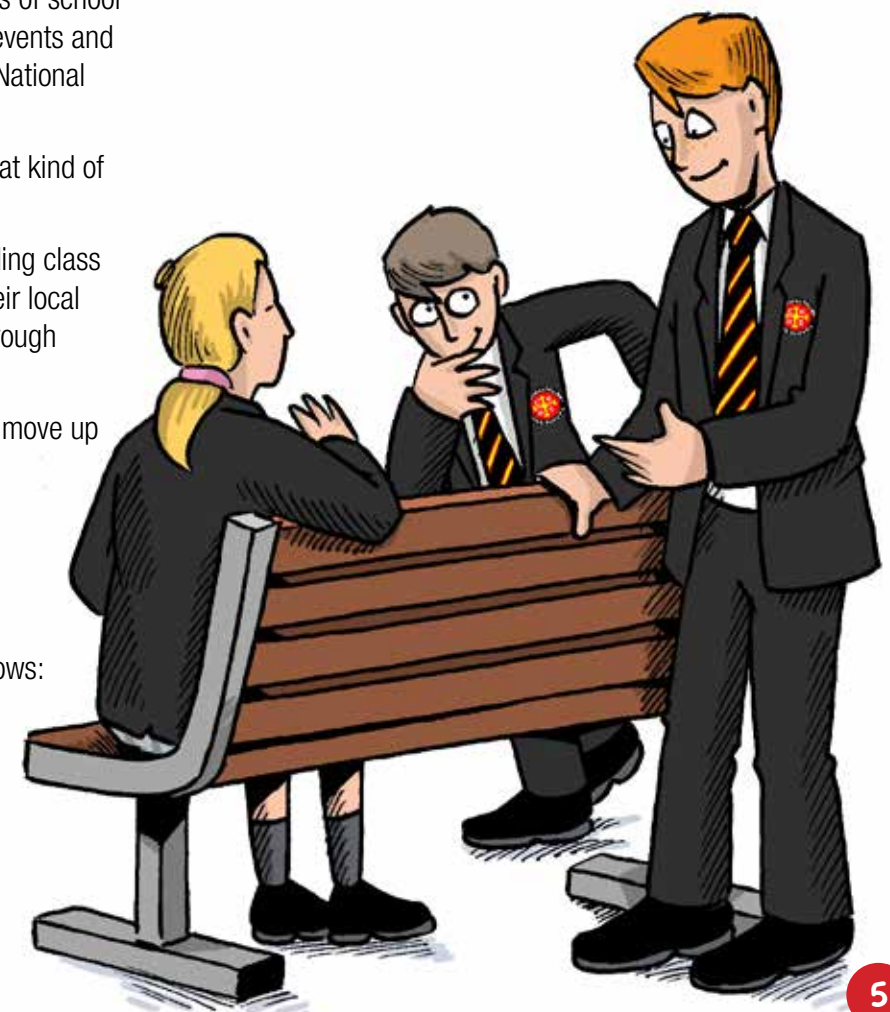
Service  
Compassion  
Forgiveness  
and Truth

They help keep our school a safe and friendly school.

We have a few simple rules for behaviour in school:

- Be ready- so be on time and equipped for your lessons
- Listen
- Respect other people
- Be the best you can be

Students will be awarded 25 points on a Monday and the aim is to keep all of their points. Points will be deducted for poor behaviour.





# WHAT HAPPENS WHEN I HAVE DONE WELL?

We have our 'Heart Speaks unto Heart' award which recognises any students or member of staff who has demonstrated our school values of **service, compassion, forgiveness and truth.**

Teachers and members of staff will nominate deserving people through an online form.

We give the award for things such as:

- Fundraising
- Helping at food banks
- Getting involved with a good cause
- Helping fellow students, staff or members of the community
- Where you may have acted as a peacemaker
- Where you have done the right thing when it wasn't the easiest thing
- Acting on your faith.

We give out awards during collective worship.

We are currently working with school council to make some changes to our rewards system and we will be sharing this with you in September.



## WHAT IF I NEED HELP?

We know that everyone has worries from time-to-time. We also know that you cannot enjoy your life and do your best, if you are unhappy. It really helps to talk so we want you to let us know if you need help.

You can speak to any adult at CNHS that you feel comfortable talking to but we also have a team of teachers and support staff who are experts on helping with problems.

## FORM TUTOR AND OTHER KEY MEMBERS OF STAFF

You will get to know your Form Tutor really well and you will have the same tutor all the time you are at CNHS. So you may feel that they are the most approachable. If your parents/carers need any advice or want to talk about any problems you may have, they can also speak to your Form Tutor.

But you can also speak to your Head of Year or Pastoral Manager for Year 7, Mrs Ward.

If you aren't comfortable speaking to someone face-to-face initially, you can also use 'Kooth' which is an anonymous online mental health service. We also have a school Instagram account that you can use to contact school with any worries or concerns you may have - **tellus\_cnchs\_warrington**

**All the teachers and staff at CNHS want your time with us to be happy and productive. So if you need help, don't keep it to yourself and speak to someone. We are ready to help.**

# FREQUENTLY ASKED QUESTIONS

We know that moving from primary to secondary school is a big step. You may feel excited but it is natural to feel a bit nervous about the changes ahead. To help overcome some of your worries, here are answers to some questions we are asked every year:

## I'M REALLY NERVOUS AND WORRIED I WON'T MAKE ANY NEW FRIENDS

Don't worry, it's normal to feel a bit nervous but there are lots of people in school to help you like Mrs Finn and Mrs Ward as well as your form tutor. You just need to make sure you tell someone and then they can help you.

## WHAT IF I LOSE SOMETHING AROUND SCHOOL LIKE MY PE KIT?

Don't worry!

As mentioned before, make sure that all of your uniform and equipment has your name on it. This means that if you lose anything at school, there is a very good chance that it will be returned to you.

Go back to the rooms you have been in and let someone know. Lost property is usually handed in at the school office. If you still can't find it, tell a member of staff and we will help you look for it.

If you are worried about anything, let someone know! We are here to help and nothing is worth getting worried about. We can solve any problem so long as we know about it and work together.

## WHAT DO I DO IF I'M UNWELL?

If you are in a lesson, tell your teacher. If you are not in a lesson, see your Head of Year.

## WHAT HAPPENS IF I AM LATE?

First of all, try to avoid being late. Pack your bag the night before so you aren't in a rush in the morning and can start your journey feeling calm and on schedule.

We know that things go wrong from time-to-time and sometimes you may be unable to get to school on time. If you are late but you arrive at school during registration, go straight to your form room.

If you arrive after that, go to reception and fill in a late slip before going to your lesson.

## WHEN CAN I USE THE TOILETS?

Toilet breaks during lessons disrupt your studies and those of your classmates. We understand that there will sometimes be emergencies, so let your teacher know if this is the case and you will be excused. Otherwise, only go during break and lunchtime.

## WHAT ABOUT FOOD?

We have a brilliant canteen. There is lots of choice and everything is great value. We have a fingerprint payment system, so you don't need to bring in cash. Your parents/carers pay into your account online.

If you prefer to bring in food from home, there are 'sandwich' rooms available and water is provided.

## WHAT HAPPENS IF I AM BULLIED OR I KNOW THAT A FRIEND IS BEING BULLIED?

We really are a friendly place with a brilliant family atmosphere and **we have zero tolerance for bullying.**

If teachers or school staff see it happening, they will intervene. We also have anti-bullying ambassadors who will be available at break and lunch time if you want to speak with someone. They will be running lots of activities throughout the year and will make sure you know who they are.

If you are being bullied or know someone that it is happening to, tell your Form Tutor, Head of Year, Pastoral Manager or any member of staff you feel comfortable talking to. We promise to listen and take action.

# WHAT CLUBS AND ACTIVITIES ARE AVAILABLE?

We have a brilliant range of clubs available.  
They take place at lunchtime and after school.



3D Printing Club  
Book-flix and chill club  
Chess  
Code-breaking Club  
Dancemania  
Eco Warriors Club  
Fun time Friday club  
Futsal Team  
Get Creative art club  
Gym sessions  
Maths and Lego  
Music club  
Music Lessons  
Netball  
Quiet Zone  
Regular sporting activities  
Rugby coaching from Warrington Wolves  
School Band  
School Choir  
See the Chaplain  
Sports Galore with professional coaching in a variety of sports  
Study Club

We hope this we have given all the information you will need but if you have any more questions, please check on the website or email us, using the address below.

You can also take part in the Duke of Edinburgh's Award scheme in later school years.

We run trips as part of your studies such as theatre trips and visits to Europe.

You will take part in school drama and musical productions, and charity fund-raising events.

You can help with decision-making at school by joining the School Council as a form rep or join a sub-committee.

Our clubs and activities give you a huge range of experiences. Some of them will help you pursue an interest that you already have. Others will introduce you to something you may love for the rest of your life. **They are also a great way of making new friends.**



We strongly recommend you make the most of the fantastic opportunities that are waiting for you!



Cardinal Newman Catholic High School  
Bridgewater Avenue, Latchford, Warrington, WA4 1RX

Tel: 01925 635556

Email: [enquiries@cardinal-newman.co.uk](mailto:enquiries@cardinal-newman.co.uk)

Web: [www.cardinal-newman.org.uk](http://www.cardinal-newman.org.uk)

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