

Welcome to Meridian High School

Challenge - Learn - Achieve



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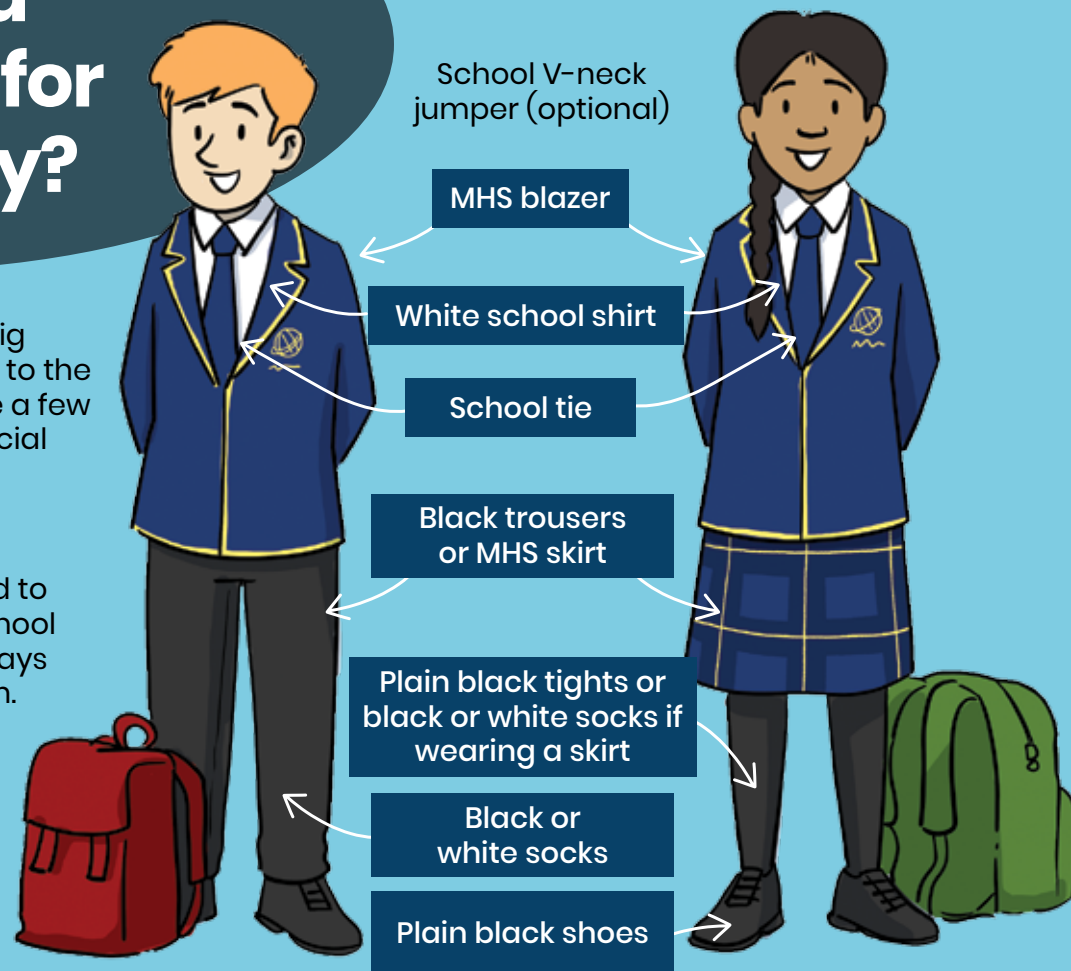


How should I get ready for my first day?

Starting a new school is a big change! To help you get off to the best start possible, here are a few things you need to pay special attention to:

School Uniform

Our students are very proud to be part of Meridian High School (MHS) and show this by always wearing the correct uniform.



Equipment

You will also need to bring the following items with you in an MHS backpack or dark-coloured, closable, waterproof backpack which can hold at least two A4 ring binders:

- Pens (green and black)
- Pencil
- Ruler
- Rubber
- Calculator

You will also bring your PE kit when needed.

It is a good idea to pack your bag the evening before, as you will be less likely to be in a rush and forget anything.



Please remember that you must not use your phone or any other unauthorised electronic device once you are in the school building. Using these devices in school disrupts both your learning and that of your classmates.

What happens in a school day?

School starts at 8.45am. This means that you should be in school before this, so ready and seated in your form room at 8.45am.

Each day there are five periods, which are an hour long. There is also a morning and a lunch break.

There are different classrooms for lessons. We will give you a map, but you will soon get used to finding your way around. Teachers and school staff are always available to help.

Timing	Period/Activity
8.45-9.00am	Tutor Time
9.00-10.00am	Period 1
10.00-11.00am	Period 2
11.00-11.15am	Break
11.15am-12.15pm	Period 3
12.15-1.15pm	Period 4
1.15-1.45pm	Lunch
1.45-2.45pm	Period 5



Tutor Time

You will see your Form Tutor at the start of every day and get to know them really well. They are there to help you find your feet, offer help and advice, as well as keeping an eye on your attendance and behaviour at school.

You will also cover a variety of topics during Tutor Time, such as looking at news stories and issues which are important to young people as well as taking part in reading sessions and focusing on your career ambitions.

Food

We have a brilliant selection of food and drinks available from our canteen, including vegetarian choices. You can have breakfast baps, snacks, sandwiches, salads, soup, jacket potatoes, pizzas, wraps, paninis and full meals with pudding. You can even pick up a takeaway at the end of the school day!

Everything is cashless and payment is made via the online ParentPay system. We will give your parents/carers information about how to top up your ParentPay account. If you have free school meals, you can collect any two items.



What will I study?

You will study new subjects and build on what you have learnt in subjects you have studied before.

We want all of our students to reach their full potential. Your teachers will treat you as an individual and develop a plan of learning which will challenge you.

You will study:

- Art and Design
- Drama
- Geography
- Mathematics
- Science
- Spanish
- Business Studies and ICT
- English (Literature and Language)
- History
- PE
- Sociology
- Sports, including a wide variety of sports and OAA (Outdoor and Adventurous Activities)
- World Views and Religious Studies

Your lessons will take place in our fantastic classrooms and facilities.

Reading and Oracy

We encourage our students to develop a love and appreciation of reading. Reading a wide range of books and written materials will increase your vocabulary and your understanding of the world.

We also place a high value on developing your verbal skills through our five-year Oracy programme, where you will learn to communicate clearly and effectively.



What is expected of me?

Our school values are:

- **Challenge**
- **Learn**
- **Achieve**

We want all of our students to **Grow, Learn, and Flourish**, and to have high expectations for themselves. We support everyone in reaching their goals.



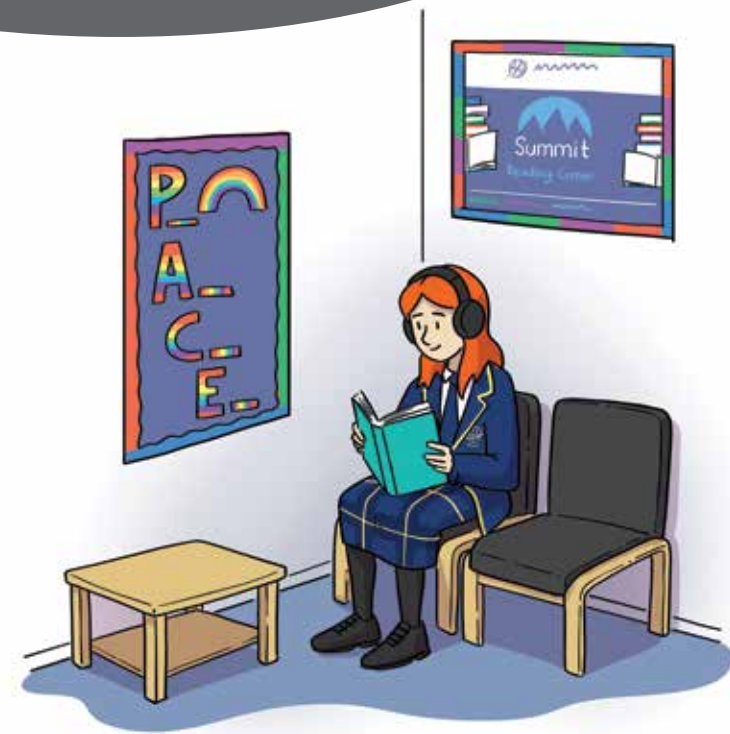
Presenting the 'best version' of yourself

We celebrate when you have done well, but it is equally important to keep trying when things are difficult. So we celebrate students who show they can bounce back and be resilient.

We expect you to always produce your best quality work, present it well and have an excellent attitude.

We have a brilliant, supportive atmosphere at MHS where learning is interesting and enjoyable, you can become confident and responsible people and make excellent progress. We will also teach you about and encourage healthy and active lifestyles.

What if I need help?



Everyone has problems and worries from time to time and we know that moving to a new school and getting used to a new environment can be stressful.

At MHS, we want you to reach your full potential both academically and in your life, inside and outside of school. You will only be able to do this if you feel happy, safe and supported.

Pastoral Support

It always helps to talk about anything you are worried about. You will get to know your Form Tutor really well, so you may feel most comfortable talking to them. But you can speak to any member of staff. We will always give you time to speak and listen.

Our **Thrive Behaviour Support** helps students develop skills to deal with challenging situations and develop emotionally and socially. We have lots of skilled staff and resources to help students.

Our **Pinnacle and Summit** provision has specialist teachers and quiet, calm environments where students can study in the way that suits them best and help them reach their full potential. We also provide learning support for students in their year group classes.

Supporting high academic achievement

Our **Meridian Masters** programme stretches and challenges our most able students in the classroom and outside. The programme includes the following elements which help develop a range of skills and interests:

- The Brilliant Club – a national post-Covid tutoring provision
- Tutor the Nation – a charity which connects university students with secondary students for free online tutoring
- Latin workshops
- Academic boosters
- Residential revision
- Careers talks and experience
- Poetry live and Macbeth trips
- University trips and visits



What enrichment activities can I take part in?

Your life at MHS is about so much more than what you will study in the classroom.

Memorable Experiences

We believe in giving you life-changing opportunities and creating memorable experiences.

We arrange special events for Years 7 to 10, ranging from short residential to trips abroad.

In Year 7, you will attend a two-night camping trip where you will learn bushcraft skills, go caving and climbing, and do much more. It is a brilliant opportunity to strengthen bonds with friends and make new friends. And, most importantly, find out more about yourself and all the amazing things you can achieve when faced with challenges!



Clubs

We also offer a fantastic range of clubs.

At the Meridian Club, you will try a different sport each half term and have the opportunity to compete in a league against other school teams.

You can also try clubs dedicated to sports such as:

- basketball
- gym (boys' and girls' clubs)
- netball
- table tennis
- football
- gymnastics
- rugby

We also have the following clubs:

Art, Choir, Crypto, Dance, Debating, Digital Photography, Geog. Soc, Horrible Histories, Prep, Self-Defence, Spanish and Stem.

We have regular school shows with lots of opportunities to take part on and off stage. You will go on trips to museums, theatres and other places of interest which support your studies.

You can give back to the wider community by helping with our regular fundraising activities.

And you can have a say in how MHS is run and influence decision-making by becoming a member of the Student Council.

There really is something for everyone!

MHS is so strongly committed to the amazing benefits of enrichment activities that we have produced the 'MHS Clubcard'. When you take part in an enrichment activity, your card will be stamped or signed and you will receive five positive points for attending. When your card is full, put it in the Clubcard box in Student Services.

In June each year, 40 cards will be randomly selected from the box and the winners will attend a trip to Thorpe Park!



Challenge Learn Achieve at Meridian High School



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