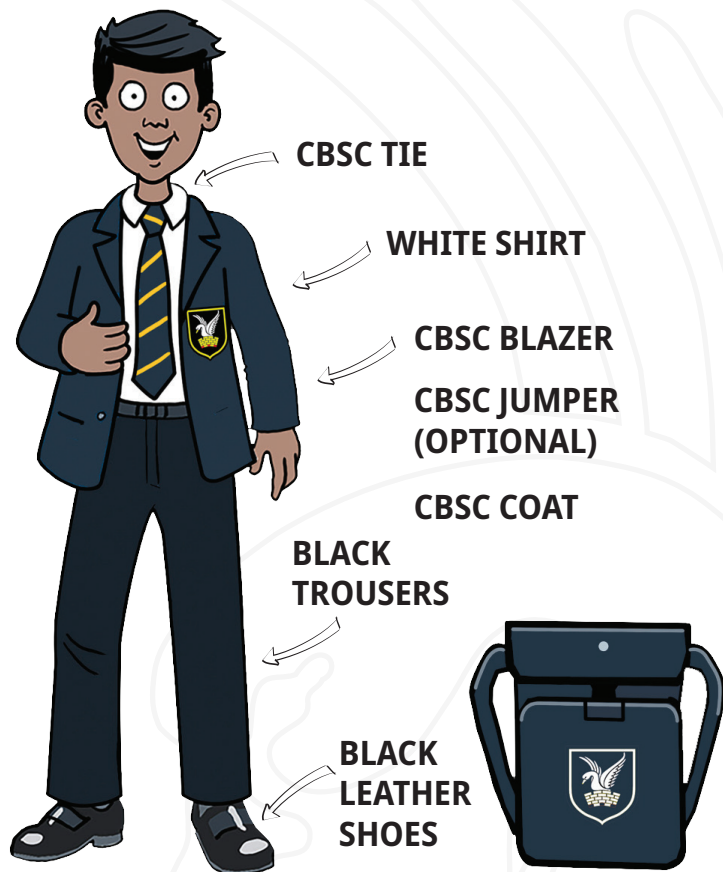




Your **Carshalton
Boys Sports College**
Daily Checklist ✓

**"IMPROVING
LIFE
CHANCES"**

Uniform Essentials



Equipment Essentials

Every day you should bring:

- Pencil case
- Blue or black pens
- Pencil
- Colouring pencils
- Highlighters
- Ruler
- Rubber
- Protractor
- Pair of compasses
- Scientific calculator
- Bag large enough to fit an A4 book



Pack your bag the night before.

School Map



The School Day

Each school day looks like this:

8.20am	All students are to be in their tutor room or ready for assembly
8.30am	Registration in tutor groups
8.55am	Lesson 1
9.55am	Lesson 2
10.55am	Break
11.20am	Lesson 3
12.20pm	Lesson 4
1.20pm	Lunch
2.00pm	Lesson 5
3.00pm	Year 7 Enrichment

Make sure you are on time every day .

Check your timetable so you know where to go for each lesson. You will soon know where everything is!



How are you feeling today?

It is okay to feel sad or angry, and our mood can change throughout the day. Whenever you feel angry or irritated, take the steps below to feel happier, calmer and in control.



Feels like

What can I do?

5

I can't stand this, and I am ready to explode.

I can use my time out facility to see my Head of Year.

4

I am getting too angry. My brain isn't working clearly, and I might say or do something I will be sorry for later.

I can use my time out facility to calm down outside the room for no more than 3 minutes.

3

I am getting really irritated at the situation.

I can use my time out facility to calm down outside the room for no more than 3 minutes.

I can use the SUMO rule: 'STOP UNDERSTAND & MOVE ON' and focus on my breathing to help me focus.

2

I feel okay. I can handle the situation. I am not pleased, but I am not upset.

I feel I can stay where I am and keep working. I am able to control myself.

Self-talk and reassure myself that I can do it!

1

I feel great!

No problem!

Our **WE BELIEVE** principles promote inclusivity, kindness and aspiration and are at the heart of everything we do at CBSC.

WE BELIEVE
KNOWLEDGE IS POWER
BLACK LIVES MATTER
LOVE IS LOVE
FEMINISM IS FOR EVERYONE
NO HUMAN BEING IS ILLEGAL
BE GENTLE WITH THE EARTH
BE THE BEST VERSION OF YOURSELF
BE REALLY KIND



Carshalton Boys Sports College
Winchcombe Road, Carshalton, Surrey, SM5 1RW

Tel: 020 8714 3100
Email: contact@carshaltonboys.org
Website: www.carshaltonboys.org

Devised and produced by Stoneworks Education Ltd www.stoneworkseducation.co.uk