



Your Pocket Guide to Heathlands School

Heathlands School

*Become the
best you can be*

What do I wear for my first day?

We have high standards at Heathlands School, so it is important that you wear the correct school uniform from your first day.

- Royal blue blazer with school logo
- Plain white school shirt
- Plain grey V-neck jumper
- Royal-blue-and-gold-striped tie
- Plain black trousers
- Plain black skirt
- Plain grey, white or black socks
- Grey or black tights



What will I need on my first day?

You will need to bring a pencil case, ballpoint pens (blue, black and green), writing pencils, rubber, sharpener, 30cm ruler, highlighter pen, colouring pencils, protractor, scientific calculator, hearing aid/cochlear implant batteries, reading book, student planner (provided by school) and vocabulary book (provided by school).

You should have the correct equipment laid out on your desk for every lesson. We will be checking that you have everything you need.

What will my day look like?

Each school day will look like this:

8.45am – 9.00am	Registration
9.00am – 10.00am	Lesson 1
10.00am – 10.15am	Break
10.15am – 11.15am	Lesson 2
11.15am – 12.15pm	Lesson 3
12.15pm – 1.10pm	Lunch
1.10pm – 1.40pm	Reading time
1.40pm – 2.35pm	Lesson 4
2.35pm – 3.30pm	Lesson 5



What subjects will I study?

You will study:

- English
- Maths
- Science
- History
- Geography
- Religious Studies
- Resistant Materials Technology
- Food Technology
- French and/or BSL
- Deaf Studies
- PE
- Computing
- Art
- PSICHE

You will also do 30 minutes of reading each day.

Homework

You will have a homework timetable for the week. You should expect two or three pieces of homework each day for different subjects. Your student planner has space to write which homework you need to do each day and when it needs to be completed.

What else can I do at Heathlands School?

We have lots of exciting clubs for you to join. Some run at lunchtime, and others take place after school. They are a great way to follow an interest, try something new and make new friends. Our clubs include:

- Arts Award
- Football
- Netball
- Choir
- Gymnastics
- BSL Film
- Jigsaw
- Drama
- Chess
- Sewing
- Card Games
- Scrabble

What can I have for lunch?

You can bring a packed lunch, or your parent or carer can pay for you to have a school dinner. We offer a delicious selection of meals, such as:

- Pork sausages with gravy
- Creamy macaroni cheese
- Mild lentil curry
- Battered fish fillet
- Sandwiches
- Jacket potatoes
- Lasagne
- Pizza
- Chicken pie
- Chicken curry



Who can I talk to if I am upset, worried or need help?

We all have problems from time to time and it is good to share our worries with someone who can help. Your Form Tutor can help you with any concerns or problems you might have. If you can't find your Form Tutor, you can speak to the Pastoral Lead or any other staff member.

You can also chat with and ask for advice from our Peer Champion student leaders. There are posters around school showing you who they are.

Anti-bullying

At Heathlands School, we:

- Stop and think before we speak or type.
- Always use respectful language.
- Challenge any unkind behaviour.
- Report bullying.
- Treat others how we would like them to treat us.
- Use social media safely.
- Try to understand others who are different to us.



Online safety

Here are some tips from blogger Elise Gravel, author of books for young people, to help you keep yourself, and others, safe on social media:

- Don't say anything you wouldn't say to the other person's face.
- Don't post anything you would be embarrassed about if everyone could see it.
- Remember everything you post online will stay there forever, even if you delete it.
- Don't talk behind other people's backs or make fun of them online.
- Don't accept friend requests from people you don't know.
- Don't share personal information or give anyone your password.
- Don't post other people's pictures or tag them without their permission.
- If a friend is in trouble online, talk to an adult.
- Report hateful, violent or inappropriate posts and comments.

What are the facilities like?

Our fantastic facilities include specialist rooms and workshops where you will have lessons.

You will have art lessons in an art studio equipped with all the materials you will need, such as clay and paint.

You will have PE lessons on the school's Astro turf pitch, where you can do athletics and play football, rugby and hockey.

We have a food technology room where you will learn about healthy eating and make delicious meals to take home.

Drama lessons take place in our drama room, which has curtains and mirrors.

Our specialised workshop for resistant materials technology has tools and equipment to help you learn how to design and make items using wood, metal and plastic.

You will have a reading session in your form room each day from 1.10pm. to 1.40pm. When you need to change your book, there are lots of choices in our library.

You will have science lessons in a laboratory. You must wear white lab coats and safety glasses when you are doing experiments.



Frequently Asked Questions

What do I need to bring on the first day?

You will need your equipment, a water bottle labelled with your name, a packed lunch and a coat.

Do I need any books?

No, your teachers will give you all the books you will need.

Am I allowed to use my mobile phone in school?

No. If you bring a phone into school, it must be switched off and kept in your bag at all times.

Will I be in the same class as my friends?

You might not be in the same class as all your friends, but you will have many opportunities to mix with other pupils during break and lunch.

What if I get lost?

Any staff member or pupil who passes you will be pleased to help. This pocket guide also has a map at the back.

What if I have to leave school for an appointment?

Your parent or carer should contact the office by email or text in advance. Please try to remember to tell your teachers too.

What if I feel ill during school?

If this happens during lesson time, tell the teacher who is taking your lesson. If this happens during break or lunch, tell the staff on duty.

What do I do if I am absent?

Ask your parent or carer to contact the school to explain why. When you return to school, it is important that you copy up all the work that you have missed as soon as possible.

What if I am worried someone is being bullied?

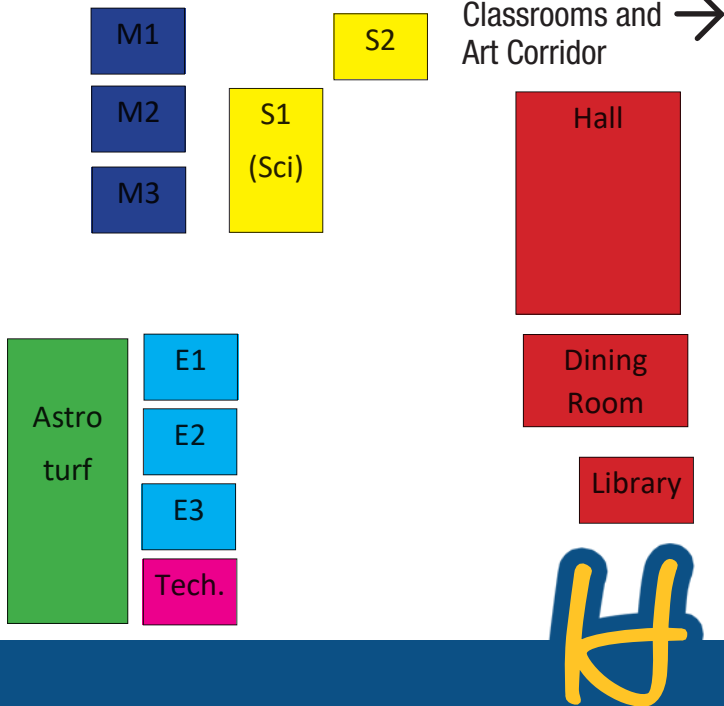
Speak to your Form Tutor or the Pastoral Lead, who will be happy to help you. If you can't find them, speak to any other member of staff.

Am I allowed to go to the toilet or fill up my water bottle in lesson times?

Using the toilet and filling up your water bottle should be done at break and lunchtime. If it is an emergency and you are unwell, ask to speak to the teacher outside the classroom. If you need sanitary products for your period, you can speak to an EIO, who will have spares.



Map of School



Heathlands School
Heathlands Drive, St Albans, Hertfordshire, AL3 5AY
Tel: 01727 807824
Mobile/Text phone: 07932 248565
Email: heath.house@heathlands.herts.sch.uk
Website: www.heathlands.herts.sch.uk

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