



LANGTREE SCHOOL  
TRANSITION GUIDE  
FOR YEAR 6 PUPILS STARTING AT  
LANGTREE



Your Complete Guide to Starting at Langtree  
School by Year 7 Students (2016-2020)

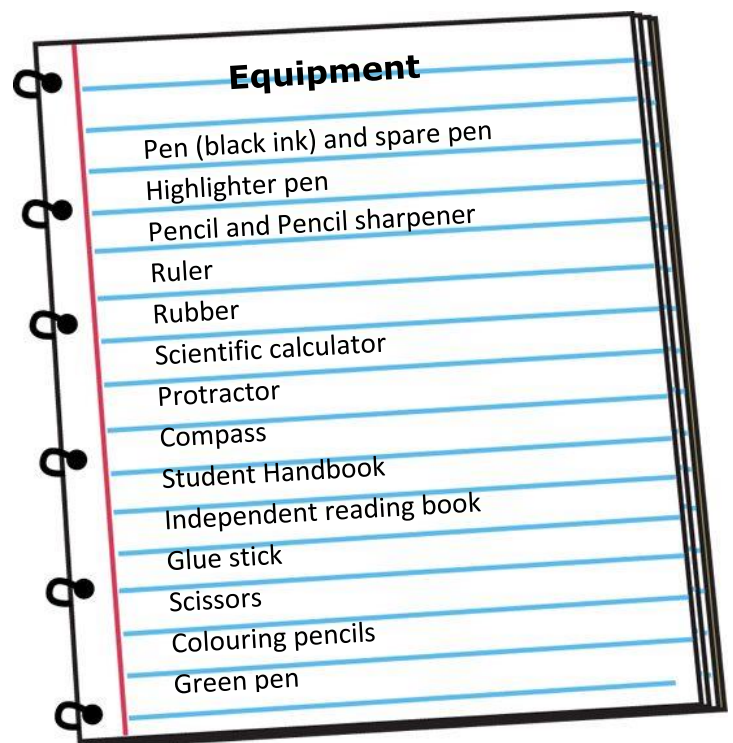
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# What do I need for my first day:

- The first thing you should think about is your school uniform. We expect you to look smart and wear the correct uniform from day one.
- Your parents/carers have all the details of what you should wear, do go through the list with them and ensure you have everything ready before your first day.
- You also need to think about how you are getting to school. Make sure you know the route, bus times and how long your journey will take etc. It is a good idea to practice getting here before your first day so that you have no unexpected surprises on your way to school.
- The day before you start, pack your bag and make sure you have everything you need. Get a good night's rest and have a healthy breakfast the following morning so that you have energy to see you through the day.
- We want your first day to be fun and as stress-free as possible. If you are prepared and on time, you will be able to relax and enjoy yourself.
- You will need to bring the correct equipment with you in a sturdy school bag:



# What do you expect from me?

We have high standards for everyone at Langtree School.

We expect a positive attitude and good standards of presentation at all times. We want you to develop patterns of behaviour that will help you become a happy and successful adult.

Our three core values are courtesy, tolerance and respect and we expect that you will demonstrate these at all times. We believe these values are important to both you and your community.

So always:

- Turn up on time, and be fully prepared
- Respect others and the environment
- Work hard
- Do your best
- Be polite and courteous to everyone

This is what a time table at Langtree would look like:

## Example of a time table at Langtree

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>1</b>	<b>Computer s</b> EM IT1	<b>English</b> NM En34	<b>Art</b> STH Ar09	<b>Food Techn</b> MO Fd07	<b>Geography</b> DB Ge26
<b>2</b>	<b>English</b> NM En34	<b>MFL</b> MT 5C	<b>Art</b> STH Ar09	<b>Food Techn</b> MO Fd07	<b>History</b> AGO Et23
<b>3</b>	<b>Maths</b> CB Ma61	<b>Ethics</b> MO Fd07	<b>PE</b> DL Hall	<b>Science</b> SD Sc17	<b>Maths</b> LWO Ma62
<b>4</b>	<b>Geography</b> LP Ge26	<b>Drama</b> GP Dr40	<b>Music</b> HE Mu5	<b>Science</b> SD Sc17	<b>PE</b> DL Hall
<b>5</b>	<b>Ethics</b> MO Fd07	<b>Science</b> SD Sc17	<b>History</b> AGO En33	<b>Library Les.</b> NM LIB	<b>Science</b> SD Sc17
<b>6</b>	<b>MFL</b> NW En33	<b>Maths</b> CB Ma61	<b>English</b> NM En34	<b>Maths</b> CB Ma61	<b>MFL</b> MT 5C
<b>Tw</b>					

# What happens if I need help?

If you are worried about anything (in school or outside), you can speak to:

- Your Head of Year, Mrs Belcher, who will look out for your well-being
- Your tutor or any other adults in the school

Whoever you chose to speak to, they will listen and help. Remember, it is always better to share a problem.

It is normal to feel nervous and anxious about coming to your secondary school; most Year 7s will be feeling this way. As your teachers, we want to make sure you settle in quickly and confidently, so do not hesitate to ask us any questions.



## **THE SCHOOL DAY**

8.50am	Registration
9.00am	Period 1
9.50am	Period 2
10.40am	Break
11.00am	Tutorial/Assembly
11.20am	Period 3
12.10pm	Period 4
1.00pm	Lunch
1.50pm	Period 5
2.40pm	Period 6
3.30pm	End of school day

If you ever get lost or are not sure where to go then you can ask a student in a red or grey jumper or there are sometimes teachers walking around. Your teacher will not be mad at you if you are late because you got lost in the first few weeks.



# The Learning Support Base

Sometimes students do lessons in the Learning Support Base (LSB we call it) - it might be something like extra reading or times tables, but you would be told if you are doing this and the lessons are fun!

The LSB is great because you can meet new friends there and it is a quiet place to go if you find other areas of the school a bit noisy.

You can turn up any break time or lunchtime, everyone is welcome. You can go on your own or with other people.

There are computers in there where you can play games, or do your homework.

There are also board games.

The staff in there are friendly and will help you with things or answer questions.



At Langtree, the teachers give you as much support as they can, and they do an amazing job of it.

Nestled down a short corner next to Food Tech is one of the best places you can go if you just need some help, a reasonably quiet room to go over a piece of work, or just to find some new friends.

It's called the LSB. The Learning Support Base. It is truly amazing. There are computers for going over work, loads of table space for working, and even a large number of chairs to just sit back and chill.

The staff who work there are amazing, and are really nice, just like all the other teachers! It is quiet, and rather calm. So, if you're having a bit of a bad day, I would really recommend the LSB as a really good place to go and just read a book, do some school work, or chat with friends.

It's even open before school, and is even quieter then, so you can stay there until the first bell goes!

# What should I know about homework?

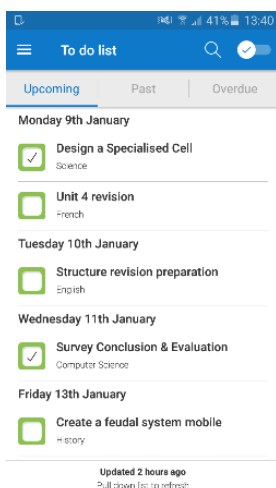
You probably know that you will be doing homework regularly.

You can check your homework tasks on 'Show My Homework'. We will give you and your parents/carers log-on access when you start in September.

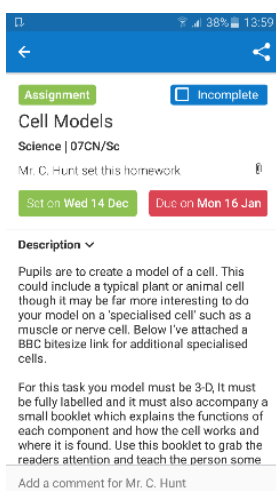
We recommend you complete your homework on the day it is set as failure to hand it in on time will result in a detention.

We expect homework to be completed to the best standard you can achieve.

## Show My Homework

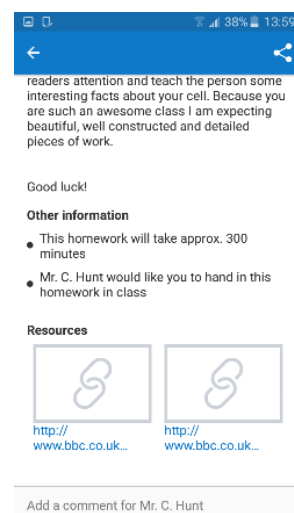
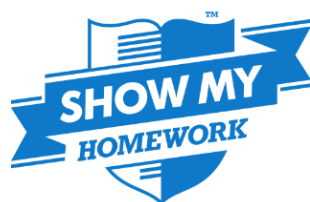


This is an example of the app version of Show my Homework. You can view any piece of homework that has been set and can tick it off when necessary. All students have their own individual code to log on for the first time, and then have the ability to set a password. Parents have the exact same! On their account, the only thing they can't do/access is ticking the homework off when completed. Both will receive frequent notifications if there are still tasks to be done for the current day.



If you view a piece of homework it will give you all the information you need, such as when to hand the homework in, how long it will approximately take to do, and if necessary, links to recommended websites to help out!

It's easy!





# Things to Remember

Each day, you will need to have all the books and equipment for that day's classes with you. We strongly recommend that you hire a locker, so you don't need to carry everything around with you all day. Our lockers are quite large so you can even store your PE kit in it.

Your parents can complete a form and we will give you a key. Make sure you keep it safe! It is best to access your locker at the beginning of the day. You can also use it during the first 5 minutes of break and lunchtime.

## Break Times



At 10.40am you get a 15-minute break and lunch is at 1pm for 45 minutes. You can buy food and drink from the canteen at both times. The snacks are between 60p-£1.80 and the main lunches are around £2.20. The canteen operates a cash less system so your parents pay money into your account and then you can buy food and drinks. There is a daily 'spend limit' of £5.

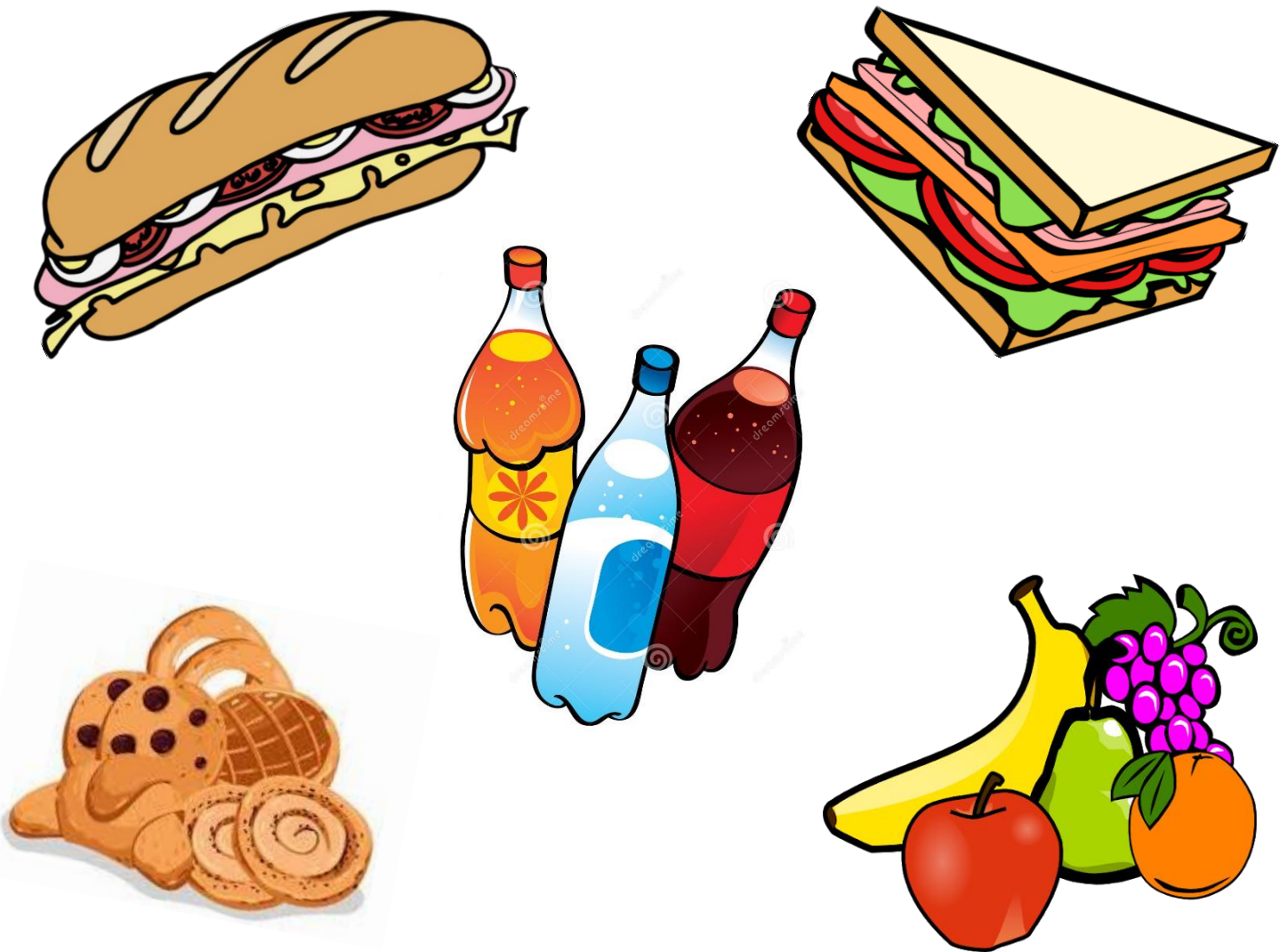
A meal deal costs £2.65 and includes a main meal a pudding and a bottle of water

## Lunchtimes

At lunchtime you can get a hot meal from the canteen, or you can pick up a baguette or sandwich from the *Grab & Go*. There is a range of drinks for you to keep hydrated in school, and there are pots of fruit as well.

If you bring a packed lunch, make sure it is healthy. Don't bring too many packets of crisps or chocolates because, as you know, too much sugar or fats are *not* good for you.

At Break times, there are hot snacks at the canteen, or chilled food at the Grab & Go available.



## RECIPES FOR YOUR LUNCHBOX

### **Chicken Tikka Wraps**

#### **Ingredients:**

- 1/4 cucumber, halved and sliced,
- 1/4 iceberg lettuce, shredded,
- 2 spring onions, sliced,
- 4 plain small naan breads,
- 140g pack cooked chicken tikka pieces,



#### **Method:**

Toss all the salad vegetables together. Heat the naan breads in the microwave on Medium for 1 min until puffed up. Remove the breads. Tip the tikka pieces into a bowl and give them a quick blast in the microwave to heat through. Split the breads in half and stuff with the salad.





## Salsa Chicken & Cheese Tortillas

### Ingredients:

4 tbsp hot salsa

2 large flour tortilla

215g canned kidney bean, mashed

1 spring onion, chopped

50g leftover roast chicken, shredded

85g grated mature cheddar

½ a 20g pack coriander

oil, for brushing



### Method:

1. Spread 2 tbsp salsa onto each tortilla, then evenly top one of them with the beans, spring onion, chicken and cheddar. Scatter with coriander, if you have it. Sandwich with the other tortilla, then brush with oil.
2. Heat a large non-stick frying pan, then cook the tortilla, oil-side down, for 4 mins. Carefully turn over with a palette knife (or by turning it out onto a plate, sliding it



back into the pan), then cook for 2 mins on the other side until golden. Serve cut into wedges.

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# Student Voice

Benjamin Franklin wrote, 'Tell me and I forget. Teach me and I remember. Involve me and I learn.' The purpose of student voice, therefore, is to offer you opportunities to engage with and influence school life positively.

At Langtree, we have a vibrant student council. You will vote on a student to represent your tutor group and this person will meet with Ms Burman, Deputy Headteacher, once a term. Here you can express your views about life at Langtree and offer solutions to create positive change.

In Year 11 (which seems a long way away!), students apply to become Student Leaders. You can easily spot the Student Leaders as they wear a red jumper and a school tie. They are there to act as role models, assist anyone, and help you settle in amongst other things.

This year, the student council has introduced the following:

- recycling food containers
- Friday Friends club to help you meet more friends
- a Student Open Forum / Debate club
- a Computer Club
- a student friendly anti bullying policy



# The Library

The library is a nice place to go and relax; you can study there and read books! In year 7 you have a library lesson where you can get books out and read. You can go there at break time and lunchtime and the librarian has a bell which she rings when break or lunch is over!

These are the opening times for the library:

Monday 2pm – 7.30pm

Tuesday 2pm – 5.00pm

Wednesday Closed

Thursday 9.30am – 12.30pm

Friday 9.30am – 12.30pm

Saturday 9.30am – 12.30pm

The library is closed on Wednesday and Sunday. On Monday you can't go because it is not open during school times! In the library you can also access the internet to send emails or use the internet in the Library.

When you have borrowed a book you will have three weeks to read it. If it goes overdue you will have to pay a fine! So make sure that it doesn't go overdue!! When you have your library lessons (which is once a week) you can hand in the books.

When you have your first library lesson you might get a library card so you can borrow books. The library is a lovely place!



# Merits

**Merits are awarded for good behaviour and extra effort.  
There are five levels you can aim for.**

Bronze requires 25 merits

Silver requires 70 merits

Gold requires 120 merits

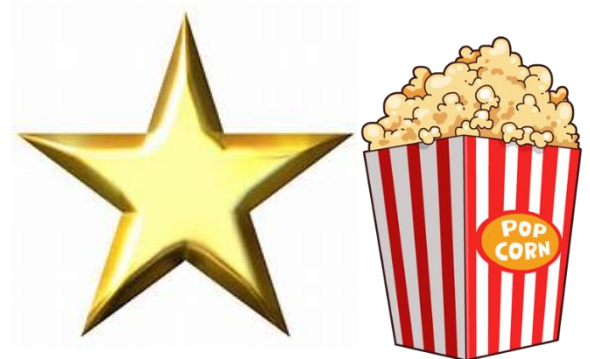
Platinum requires 180 merits

Diamond requires 250 merits

Once you have achieved an award, your merits don't go back to zero so you can just aim for the next level!

A *merit assembly* is the occasion where you receive the reward for your merit count in front of the whole key stage!

Also, there is a *merit party* for 6 students from each tutor group who have achieved the highest number of merits that term! You will get to wear your own clothes, eat delicious food and even miss two whole periods! So, you want to try hard and be the best you can be.... because you'll be rewarded!





# Clubs

Clubs are a great way of getting to know people and making new friends. We recommend that you jump in and try something new. You may discover an activity that you love and will carry on doing for the rest of your life. There are lots of curricular and extra-curricular clubs to get involved in during lunch and after school. If we don't have a club you want – why not talk to someone and start one.

For year 7's there are a lot of sport clubs and other clubs to take part in. Football and Rugby for boys are popular, as well as Hockey for girls. There are school teams for this which go out to play in competitions. There is also badminton at lunchtimes.

Drama club is popular for performances and concerts. Bezerk Productions come in once a week and offer students the opportunity to study for LAMDA qualifications. Linked to that, there is a school orchestra, and choir to also take part in if you wish.

There are regular inter-tutor sport competitions such as Rugby and Hockey.

Lego and Chess club are on as well at certain lunch breaks, with Christian Union and a young carer's drop-in.

We also offer activities like:

Year 7 Camp, Year 8 French Cultural trip, Year 9 Spanish Cultural trip, Year 9 Battlefields/Berlin Trip, Year 10 Ski trip, KS3 surfing weekend, D of E, School productions, Talent shows, Christmas/Easter/Summer concert, Theatre trips, Individual music instrument tuition, Activities week.



# Buses and bus passes at Langtree

Before you first come to Langtree you will receive a bus pass which tells you what bus you need to get; and if you look on the Langtree website on the Admissions page there is a link to the OCC bus timetables and routes.

At the end of the day the buses wait in the school car park for students. All the buses have a number on the screen to let you know which bus number and route they are. There is also lots of staff to help you should you not be sure which bus is yours. At the end of the day when you get on the bus usually a member of staff will come and check for bus passes and that seat belts are on.

A VERY important tip for a year 7 is to sit in the front of the bus because the older years sit at or near the back of the bus and can get annoyed if you come into their space. And if you have a crowded bus it's good to come out near the front. Another tip is not to try and be the first on the bus because there are usually enough seats even if you're the last person on the bus and there is a risk that you can be squashed by other people trying to get onto the bus.

If you lose your bus pass don't stress but tell an adult or a trusted person so they can get you another one.



# 12 New School Year Resolutions

## Make mornings a breeze

- Use a checklist to help you remember everything
- Eat a healthy breakfast

## Pack a healthy 'green' lunch

- Try to include fruit and vegetables in your lunch
- Drink lots of water

## Be independent

- Try to be organised – pack your bag the night before

## Help out at school

- Help out with fund raising or charity events

## Stick to an after-school routine

- Include snack time, playtime and homework time

## Make homework time painless

- Try to have a quiet space
- Make sure you have all the necessary information/equipment
- Leave TV, games, mobiles till later

## Manage your time

- Try to join clubs and do sports but don't wear yourself out.

## Talk to your teacher

- If you have any worries or concerns
- If you are stuck or need help with your homework

## Fit in physical activity

- Try to get some time for outside play

## Spend time with your friends or family

- Take time to catch up with friends, you may be in a different class or school now

## Have limits on the amount of computer/TV/phone time used

- Try to limit the amount of time you spend on computers, TV etc. especially before bedtime

## Have a good bedtime routine

- Try to go to bed at the same time each night
- Get enough sleep



You're off to great  
places! Today is your  
day! Your mountain  
is waiting, So get  
on your way!

- Dr. Seuss, *Oh the Places*

*You'll Go!*





## Your worries and concerns

Of course you will have worries and concerns! You are starting a new school, are in a new environment, and are with loads of new people. It is completely natural to be nervous or worried. There are lots of people you can go to if you are extra worried over something: your tutor, the student leaders (the older students in the red jumpers!), or Mrs Belcher. You can also ask any member of staff; any student or your Primary School teacher may be able to help.

### We asked our classmates how they felt before coming to Langtree:

*'I was excited and scared at the same time!'*

*'I was really looking forward to it, and I felt happy that I would be out of my Primary and somewhere different for a change'*

*'I wasn't really sure about what to expect'*

*'I was super worried about making friends!'*

### We also asked them how they felt on taster day:

*'I was kind of uncomfortable, and it was a bit awkward at the start'*

*'Really, really, really excited!'*

*'Overwhelmed'*



## **And how they felt after 2 weeks:**

*'I felt comfortable and at home'*

*'I completely knew my way by then'*

*'The teachers were all really nice'*

*'I found out that making friends was actually easy'*

## **We asked them how they felt about homework:**

*'I worried too much. It was not as bad as I thought it would be'*

*'At the start I was completely overwhelmed but I got myself organised and it was fine'*

*'I felt like there was no time to do anything else; but then I made a routine'*

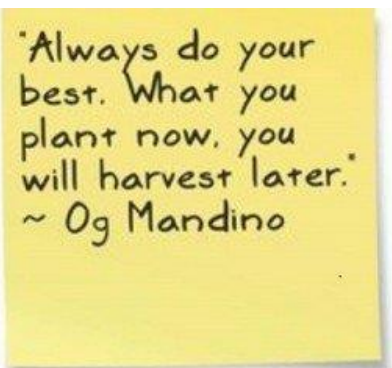
*I was worried about how much homework I would get. There is definitely more than I got at primary school but I am managing to cope.*

## **We asked our classmates if they had found any similarities between Langtree and their Primary School:**

*'The lessons are in the same structure as the ones in my Primary, and the subjects are pretty much the same'*

*'The teachers are really nice and welcoming'*

You will probably be feeling a variety of emotions about Langtree: anxiousness, excitement and apprehensiveness are just a few. But always remember that you are not alone. Everyone in Year 7 will be going through the same things- so if you are feeling nervous, guaranteed someone else will be too! All you need to do if you are confused, scared or don't know where to go, is ask! Everyone will be happy to help.



# TIPS FOR TRANSITION!

**TRY TO MAKE  
A GOOD FIRST  
IMPRESSION  
ON YOUR  
TEACHERS!**

**If you have a problem  
with/don't have a printer or  
computer, you can always ask  
at resources (just ask if you  
don't know where that is!)**

Try to stick with  
someone so you can  
find the rooms  
together

Try and get to bed at  
a good time because  
it's horrible when  
you're tired at school.

*Try to go and talk to new  
people. Really try to come  
out of your shell!  
Remember that you don't  
have to stick in your  
Primary School Groups...*

Whenever you go to a new  
classroom, just take a  
moment to think about where  
it is. This will help you  
build a visual map.

If you don't understand  
the homework, ask or  
email the teacher before  
the lesson

Take every  
opportunity  
and join a club

Always pack  
your bag the  
night before!

Don't be afraid to  
ask people where  
your classroom is!

Make a timetable for organising  
your homework and make sure  
you know who you can talk to if  
you are stressed about  
school/homework. - Rosie Gillion

Just be yourself and  
don't turn down any  
opportunities - Evie  
Gainsford

Do your homework the  
night it is set, to avoid  
any build up. It might  
feel hard at first but  
gets easier. Jimmy  
Archibald- Green.

Don't be afraid to ask for  
help and don't worry  
about getting lost - you  
will get used to the school  
really quickly. - Emma  
Parker

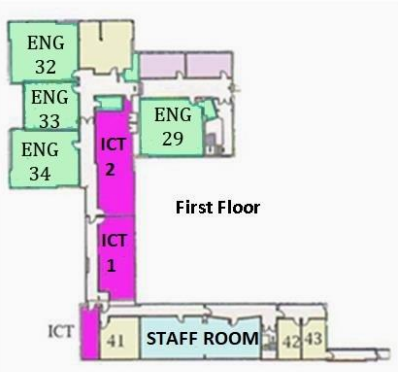
Don't be scared –  
you will make  
friends on your  
first day. Tommy  
Hiscott

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*Good luck! See you in September!*

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Tennis Courts  
(Evacuation Assembly Point)



Art and Design	Drama / Stage	Humanities	Kitchen	Main & Sports Hall	MFL	Offices	PE Store / Changing	Science	Toilets
Caretakers/ Boiler Rm	English	ICT	Learning Support	Maths	Music	Outside Courtyards	Res Mats/ Food	Staff Room	