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AYLESBURY HIGH SCHOOL



**Information for
Year 7 Students
2020**

Who's Who in Year 7



Ms J Quesne
Head of Year 7
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Mrs N Prickett
Pastoral Support
Assistant for KS3
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Mrs S Nix
Matron
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Student Welfare
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Receptionists
Mrs M Kendall and Mrs C
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Mrs J Wanstall
Uniform
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Welcome to AHS!

We look forward to seeing you at our
TRANSITION DAYS
on Tuesday 7 and Wednesday 8 July 2020

The Induction Days are a great opportunity to visit Aylesbury High School, and to get a feel of what school life will be like when you join us in September.

Both days start at **9.00 am**. Please be aware that traffic is very busy around the school in the morning so do leave home early enough to get here on time.

On the first day, please wear your current school uniform. You will be met in Reception by a Sixth Former and then welcomed by the Headteacher, Mr Scoble, in the Main Hall. You will find out which House you are in and your new Form Tutor will take you and your new form to your form room where you will have the chance to get to know each other and to begin to make new friendships. During the day you will have some sample lessons, visit the Library and go on a Treasure Hunt around the school. Do **bring a pen and a pencil** as you might need to write things down. If you would like to buy an AHS T shirt in your house colour, please bring £5 in a named envelope.

On the second day, please wear your primary school PE kit or tracksuit bottoms and your House T shirt if you bought one. You will meet the Head Girl and her deputies, and the House Captains. Feel free to ask them any questions, as most of these girls have been at Aylesbury High School for six years - they should have all the answers! On this day you will also have the opportunity to take part in some team building activities to help you to get to know the people in your new form. If you would be happy to swap phone numbers or email addresses with some girls in your class, then remember to bring yours with you.

Lunch will be provided on both days, kindly paid for by our caterers, Harrison's, in the Dining Room.

Both days will end at **3.00 pm** in the Main Hall. At this time, on either day, you can collect any outstanding uniform before meeting your parents outside Reception.

Over the holidays we'd like to hear from you! If you can, please send us a postcard representative of your summer holidays, with a list of three things that you hope to achieve at AHS by the end of the first term.

We are also pleased to let you know that we will be running a team-building trip to Green Park in Aston Clinton during the autumn term, and will send you details closer to the time.

I hope you are looking forward to joining the school - we are really looking forward to meeting you.

Ms Quesne (Head of Year 7)

WHERE ARE THE CLASSROOMS AT AHS?

This list tells you where the classrooms are located, and where important places are in school. Remember...if you are ever lost, just ask someone and they will help you find the way. There is an aerial photo of the school at the back of this booklet so that you can see how the various buildings are arranged.

TOWER BLOCK

Ground Floor	ICT (T1) Medical Room Toilets
First Floor	Maths (T11, T12) Staff Room
Second Floor	Maths (T21, T22, T23, T24) Toilets
Third Floor	Geography (T31, T32, T34) Maths (T33) Toilets



ENGLISH and DRAMA

Ground Floor	English (E1, E2, E3) Drama Studio Toilets Drama Changing Room
First Floor	English (E11, E13, E14, E15) ICT (E12)



SCIENCE

Ground Floor	Biology and Science (S1, S2, S3, S4, S5, S6) Toilets
First Floor	Chemistry, Physics and Science (S11, S12, S13, S14, S15, S16, S17)



TECHNOLOGY BLOCK

Textiles	(TC1)
Food Technology	(TC3)
Electronic Products	(TC4)
Computing	(TC5)
Resistant Materials	(TC6, TC7)



GYM

Gym
Changing Room
Toilets



MUSIC BLOCK & HARDING HALL

Music Cupboard (instrument store)
Music (M1, M2, M11)
Harding Hall
Toilets



SPORTS HALL, PE & RS

Ground Floor Sports Hall, Changing Rooms and Toilets
First Floor PE and Religious Studies (P1, P2, P3)



NEW BLOCK

Ground Floor Library & Information Centre (L1, L2, L3, L4, L5)
Art (N1, N2, N3, N5)
Psychology (N6, N7)
Toilets
First Floor Business & Economics (L10, L11)
Languages (L12, L13, L14, L15, L16, L17, L18, L19)
Toilets



SIXTH FORM & HISTORY BLOCK

Ground Floor Sixth Form Study Centre
Meeting Room (H1)
Toilets
First Floor History & Politics (H11, H12, H13, H14)



HOW IS MY SCHOOL DAY ORGANISED?

REGISTRATION

Registration is in the morning at 8:45 am.

If you are absent, your parents should contact the school using email or the absence line on 01296 388230.

If you arrive in school late or leave early, you must sign in and sign out on the lists n the rack outside Reception in the front foyer.

THIS IS VERY IMPORTANT FOR FIRE SAFETY

ASSEMBLIES

Main Hall assemblies are once a week for Years 7, 8 and 9. Every fortnight there will be a Year 7 assembly.

There are also House assemblies where everyone in your House (from Year 7 to Year 13) meets.

Assemblies can be fun and are always informative! Many of them are run by students.

8:45 am	REGISTRATION (ASSEMBLY OR FORM TIME)
9:10 am	LESSON 1
10:10 am	LESSON 2
11:10 am	BREAK
11:30 am	LESSON 3
12:30 pm	LESSON 4
1:30 pm	LUNCH
2:30 pm	LESSON 5
3:30 pm	END OF SCHOOL

TIMETABLE

Starting at AHS - FAQs

These are some of the areas that students often have questions about.

What are the Uniform Rules?

- One earring in each ear lobe - must be plain studs, no gems or sparkles!
- No make up
- Hair must be a natural colour
- Shoes must be plain black or navy and not trainers
- Coats should not be worn during the school day
- No extreme hairstyles
- Headbands and hair ties should be black, navy or dark brown
- No flowers, sparkly clips or bandanas

How much homework will I have?

Homework is designed to help you to develop your skills whilst also being manageable; it is important that you also have time to relax!

You will be given a homework timetable at the beginning of the year. There are 2-3 pieces set each day and each should take no longer than 30 minutes to complete. Sometimes homework might be due in the next week, but sometimes it might be due in the next day - so it's important to be organised!

What should I do if I am ill or have an appointment during school time?

Your parents should call or email into school on every day of illness and the number is on the school website. You should bring any letters for appointments to the front office. You do not need to show this to your tutor or subject teachers.

What are the mobile phone rules?

You are allowed to bring your mobile phone to school, as we know that you may need to use it on your way to and from school, but it must be turned off and out of sight in school from 8:45-15:30.

The only exception to this is if a teacher has given you permission to use your phone as a learning aid in a lesson.

If you need to contact a parent urgently during the school day, you should speak to your tutor, Head of Year or the front office to ask for permission to contact home.

What if I feel unwell during school time?

Mrs Nix is our school matron and you will find out where her office is during your L4L lessons. She is the person you would go to with any medical concerns. You can visit her during break or lunchtimes.

You should try and stay in your lessons if possible. However, if you become very unwell during a lesson talk to your class teacher. If they feel you need to go to the matron then they will ask another member of the class to take you.

You must not ring home and ask to be collected if you feel unwell - you MUST see Mrs Nix first.

What should I do if I need to go to the toilet during a lesson?

You should try to limit your toilet trips to break and lunchtime. However, if you do need the toilet during the lesson then you should ask your teacher if you can go. Although we want you to be in as much of the lesson as possible, we don't want you to feel uncomfortable so it is important that you do ask if needed!

What might I get a detention for and how long do they last?

This can be an area that Year 7 students often worry about. The rules below are designed to be as clear and as fair as possible. It is important that if you have concerns about your organisation that you talk with us about strategies that can help you; this should mean that we can help you to avoid homework and equipment detentions!

There is a homework detention for 2 missed pieces of homework in a 4 week period. The detention will be held every Wednesday Lunchtime in S4 from 1.45-2.25pm

There is also a Year Head detention, where you will need to go and speak to Ms Quesne if you have been given behaviour marks for talking in lessons, using your mobile phone when not allowed, for wearing the wrong uniform or forgetting equipment.

How does the 1:1 device scheme work?

All students now use their own Chromebook in school. Details about purchasing these are on the website, and there is more information on the next page of this booklet. This will mean that you will have your own Chromebook to bring in each day as part of your daily equipment requirements. You will also need a pair of earphones. You may decorate your Chromebook to make it distinctive and you will be given training on how to use it efficiently. You will be using it in lots, but not all, lessons to help aid your learning.

To help you get ready for school, you might find this **Equipment Checklist** useful: -

Pencil case with:

- Suitable pen (no biros)
- Pencils and rubber
- Black fine liner pens
- B, 2B and 4B drawing pencils for Art
- 30 cm ruler
- Small pair of scissors
- Felt tip pens and/or coloured pencils
- Glue stick
- Pencil sharpener

- Scientific calculator (Casio fx-GT X Classwiz preferred)
- Compass and protractor
- Art A4 sketchbook
- PE kit
- School uniform
- Chromebook and earphones

Chromebooks @AHS

Last year, we introduced a 1:1 scheme at AHS so that every student has their own Chromebook. These are used a lot in lessons as well as for doing homework at home.

Your parents will get information about how to buy a Chromebook through the school, as we like all our students to have the same model and we can also offer a better price than through the high street.

We will introduce you to Chromebooks as part of your induction days and we will also do some introductory lessons in September.

ART

At AHS we aim to make art fun and enjoyable. In Year 7, you will explore drawing using a range of media to understand line, form, composition and tone.

You will develop two projects over the year, being marked on your ability to write about artists and develop ideas, explore and refine media and processes, record through drawing and photography and produce an outcome.

You will complete an introduction to art in the first half term then begin a Collections project and then a Flower project.

Equipment:

You will need:

- ❖ drawing pencils including B, 2B, 4B
- ❖ A4 sketchbook (purchased from the school)
- ❖ black fine liner or black biro pens
- ❖ a soft rubber
- ❖ a pencil sharpener
- ❖ a glue stick
- ❖ a 30 cm ruler
- ❖ a pair of scissors
- ❖ colouring pencils and felt tip pens
- ❖ paints eg watercolours*
- ❖ paintbrushes*

** You will be advised what is recommended when you start your lessons as these items are for use at home.*



COMPUTING

The fast speed of gradual change

Travel back in time to 20 years ago. If someone had a mobile phone, it was only used to make phone calls, and if you wanted a number, you had to reach for the phone book or Yellow Pages. There were four terrestrial TV channels. You booked your holidays at a travel agent and holiday snaps had to be developed in a shop. Now think how fast the world you live in has changed since then.



The Computing syllabus is designed for the future

An understanding of Computing is essential in dealing with the UK's dominant and developing industries. It helps you to be digitally literate, able to use IT confidently and responsibly, and understand both its potential and its limitations. It equips you for the jobs of your future.

Use the web with safety

You will learn how to be responsible for keeping yourself safe on-line.

Basic Programming with Scratch

During this unit, you will learn how to tackle problems in a logical and systematic way using a familiar educational programming tool, to understand principles such as using variables and constants, and creating simple physics models, such as gravity and inertia.

Python

You will learn the foundations of computer programming using Python. This will extend your logical thinking through the creation of text based algorithms.

3D programming and animation

You will learn how to create 3D models in Blender, create animations and use simple control procedures.

Understanding the wider principles of Computing

You will learn about the wider concepts used in Computing, from understanding networks to general programming skills and computational thinking.

DESIGN, TECHNOLOGY and ENGINEERING

“Design and Technology is about making things that people want and that work well. Creating these things is hugely exciting: it is an inventive, fun activity.”

James Dyson

In our fantastic Technology Block, the different 'material areas' are:

Electronics - Food - Product Design - Textiles

Electronic Products will allow you to understand how a circuit and electronic components can be used to control how something works.

Food Technology is about learning a variety of cooking skills; food preparation techniques; diet and nutrition, hygiene and safety; and designing your own recipes. *Product Design* covers the knowledge of the various materials (metals, woods, plastics) and processes you will use for designing, manufacturing and packaging products.

Textile Art and Design enables you build up a good skill base both on machines and by hand embroidery in order to explore a range of decorative techniques.

During your time in DT, you will do projects in each topic area. You'll learn about all of the subjects listed above, using a range of tools, machines and processes. In these lessons you will make things that will develop your practical skills. You will do three 13-week projects in Food/Textiles, Electronic Products and Product Design.

We have some really exciting resources, including a Laser Cutter, a 3D printer and a sublimation printer, as well as other machines that can help you make high quality outcomes in your projects.. Come along to the KS3 DT Club at lunchtime and learn how to make other items!

Extra information: You will be asked to make a **small contribution** towards the cost of certain materials in Product design if you want to take your finished designs home. In Food Technology, you will also be asked to **provide the ingredients** if you want to take home the food you have prepared. In Textiles you will be asked to **provide fabric** and chosen component features for your final makes.



DRAMA



You may well have been involved in dramatic productions at your primary school. At AHS, we build on the dramatic skills you've already acquired and introduce you to exciting new skills and techniques. Drama really helps your self-confidence and creativity.

In Year 7, our topics are 'Silent Movies', 'Wolves', 'Harriet Tubman' and 'An introduction to scripts'. Some of the activities you might do include:

- ❖ Role play in character
- ❖ Creating a drama yourself
- ❖ Using a script
- ❖ Movement drama (no words, just actions)
- ❖ Soundscapes

For your drama lessons, you wear PE leggings or shorts and bare feet.



ENGLISH

The study of English at Key Stage 3 is interesting, challenging - and enjoyable! We aim to inspire you with current and past examples of excellent literature, and to help you to become skilled writers.

You will:

- ❖ Read and learn to critically analyse texts from different eras and genres, including works by Ovid, Homer and Shakespeare, examples of classic 19th century fiction, poetry and biographies.
- ❖ Enjoy reading for pleasure and discussing the books you have read with classmates and your teacher.
- ❖ Write essays, stories, poems, reviews, articles and speeches.
- ❖ Take part in presentations and debates.
- ❖ Act out scenes from Shakespeare's plays.
- ❖ Possibly join the Creative Writing club all year or feature in our ever popular House Quidditch!
- ❖ Have the chance to enter into Poetry and Public Speaking Competitions, as well as inter-class competitions like the Speakers' Corner Challenge

Equipment needed: A reading book for pleasure and a pencil case including highlighters



GEOGRAPHY

Geography is all around us; it is about studying the world in which we live. At AHS, you will learn about a range of cultures, countries at different levels of economic development, the formation of diverse landscapes and how humans damage the environment but can also protect it.

Have you ever wondered...

- ❖ How you read the contours on a map?
- ❖ What climate change is all about?
- ❖ Why it rains so much in the UK?
- ❖ If you can visit Antarctica on holiday?
- ❖ How rocks differ and why?
- ❖ Whether online maps are better than paper ones?

You will discover the answers to these questions during your Geography lessons in Year 7. We will study the following topics:

- ❖ Tools of the trade (including map skills)
- ❖ Weather and climate
- ❖ Antarctica
- ❖ Resources
- ❖ Fieldwork & geographical information systems (GIS)

Equipment needed:

- ❖ Pencil case including long ruler



HISTORY

In History, you focus on a key theme: Rulers and Ruled. By uncovering the fragile power of Monarchs, you will explore how different groups and even ordinary people challenged absolute power.

In the second part of the year, you will explore Medieval and Early Modern Society by examining issues such as the Black Death and Medieval crime and punishment.

You will also study Ancient Islamic Empires to compare with life in Medieval Britain.

Equipment needed:

- ❖ Pencil case



LANGUAGES

As of September 2019, we decided to change the structure of language teaching at AHS. Parity has now been given to our 3 main languages, French, German and Spanish, and at the end of the year students will be able to choose, numbers permitting, the 2 that they would like to continue to study in Years 8&9.

Students will spend about 11 weeks studying each language at a time, for 4 lessons a week, before swapping over to the next language. Successful language learners are immersed as much as possible in the language, and we feel that greater exposure to each language will ultimately benefit them all.

However, we also realise that students don't want to be learning precisely the same things in each language, so each will have a different focus.

In French, the focus will be on clothing and fashion and the final product will be a narrated "Paris fashion week show" in the Main Hall.

In German, you learn about sport and fitness, learn how to play handball on our handball court and film and edit your own videos of yourselves being sporty.

In Spanish, you learn how to communicate on holiday in Spain, try tasty Spanish food, investigate the history and geography of Spain and film a video postcard.





LEARNING FOR LIFE



You may have been studying Citizenship and PSHE (Personal, Social and Health Education) at your current school. But don't worry if you aren't completely sure what these subjects are, you soon will be, as you'll be learning about them in a fun and interactive way at Aylesbury High School. We join the subjects together and call it Learning for Life (L4L).

In Year 7 L4L you will be covering topics such as:

- ❖ Friendships and Anti-Bullying
- ❖ Healthy Bodies (including puberty)
- ❖ How to organise your homework
- ❖ Internet Safety
- ❖ Human Rights
- ❖ The Resilience Programme

The Resilience Programme aims to develop resilient thinking habits, help you deal with setbacks and reduce anxiety. The PRP lessons are delivered by specialist teachers.

You will be taught in your tutor groups for all these sessions. During the sessions you will:

- ✓ Discuss and debate in pairs or larger groups
- ✓ Analyse your opinions and points of view, as well as those of others
- ✓ Create role-plays
- ✓ Learn ways to be more assertive and confident, and how to make great presentations
- ✓ Identify ways that will help you be more organised in terms of your equipment and time

If parents have any questions about Relationships and Sex Education in Year 7, please contact Ms Quesne.

MATHEMATICS

In Year 7 we aim to provide you with a wide ranging and balanced Mathematical experience focused on Number, Algebra, Shape & Space and Data Handling. You will be expected to work both independently and co-operatively, making the subject exciting and interesting.

Some of your lessons will be teacher-led using the Interactive Whiteboard whilst others may be of an investigative nature, perhaps working in pairs or small groups. You will do a variety of activities which will help you learn Mathematics in a fun way, for example surveys, outdoor mathematics, class presentations and work on your device. To enhance your learning, ICT will be widely used, including the Mathematics Google Sites and the setting of online homework.

Lessons are arranged in short topics, covered in your online text book, and will be assessed every half-term, with a final examination at the end of the year, but it will be an advantage for you to know up to your 12 times tables, squares and square roots thoroughly before you arrive. We will also be improving your numeracy skills throughout the year. For some girls we offer a 'buddy' scheme where girls from Year 12 are available to help on an individual basis, mainly during lunchtimes. All girls will have the opportunity to take part in the Junior Maths Challenge in the Summer Term. Students are taught in form groups until the end of Year 7.

You will obviously need to be prepared for your lessons, so don't forget to bring all your equipment to lessons including a ruler, a pair of compasses, protractor and a calculator.

In Maths we teach you how to use **scientific calculators**. Clearly, it is best if you all have the same model and we therefore arrange for the school shop to sell the recommended model, which we can offer at a good price. This is the Casio fx-GT X Classwiz. As with all personal property, please ensure it is labelled with your name.

Mathematics is a great subject - come and enjoy it with us.



MUSIC

Your Music lessons in Year 7 cover a wide range of practical projects which will give you a well—rounded, exciting musical experience. Project activities will encourage you to perform and compose your own music, as well as listen to lots of different styles from around the world, developing your ability to appraise and discuss what you hear.



During KS3 you will be introduced to the music technology suite and will learn how to use sequencing software to create and produce music.

There are plenty of extra-curricular groups to get involved in, whether you want to take part in groups just for fun or are serious about furthering your musicianship. Groups include choirs, orchestras, jazz groups, instrument-specific groups (eg flute, choir or guitar) steel pans and more.

You will have lots of performing opportunities throughout the year, including the Christmas Concerts, a joint concert with the Grammar School and, of course, House Music.

You can learn an instrument at AHS or continue with an instrument you already play. We have a team of private music teachers who teach here and lessons with them should be arranged directly. Details of music lessons available are enclosed in the Parent Information Booklet.



You will meet your instrumental teacher during the first couple of weeks of term. Music lessons are rotated during the school day so that you don't always miss the same subject lesson.

PHYSICAL EDUCATION

All Year 7's begin the year with an introduction to a number of physical challenges from around the world. Students will work individually, in pairs, groups and teams to recognise their strengths and areas for development. After this introduction you will cover the following activities: dance, swimming, orienteering, netball, hockey, badminton, basketball, athletics and tennis. You are assessed using a Bronze/Silver/ Gold/ Platinum in the following areas: **Physical ME** - Fundamental Movement Skills, **Think ME** - Knowledge and Understanding, **Social ME** - Active Listening and **This is ME** - Resilience .



Physical Outcomes: Through PE students will develop their confidence and competence in applying techniques to a breadth of sports and physical activities. Students will understand what makes an effective performance and will learn through physically and intellectually challenging activities.

Personal Outcomes: Through PE students will develop resilience and interpersonal behaviours to make informed choices. Students will continue to develop a growth mindset through seizing new opportunities to learn and having a desire to succeed. Students will support others in their learning and contribute and provide ideas.



Make sure you bring your PE kit on the first day of term in case you have a PE lesson!

***Please check the AHS website regularly for our termly clubs**

RELIGIOUS STUDIES

In Religious Studies we begin by looking at religious and philosophical questions about the world and the self. We examine the nature and structure of religious and non-religious views and reflect on ultimate questions and meaning. We examine myth, sacred writings and scientific explanations of the origin of the universe and study themes and aspects of religions from Buddhism, Christianity, Hinduism, Islam, Judaism and Sikhism

Areas of inquiry:

- ❖ What is religion
- ❖ How do we respond to ultimate questions?
- ❖ How do religions respond to ultimate questions?
- ❖ What do different people believe about God?
- ❖ What should we value most in life?

Skills:

- ❖ Investigation — asking questions, examining views
- ❖ Interpretation — drawing meaning from artefacts, art and understanding symbolism
- ❖ Reflection — thoughtful consideration of feelings, beliefs, values and ultimate questions
- ❖ Evaluation—debate, use of evidence and argument
- ❖ Expression—articulating personal ideas, beliefs and values

Equipment needed:

- ❖ Pencil case



SCIENCE

What we do

KS3 Science at AHS has two main objectives: the first is to give you a firm foundation in the scientific skills and knowledge needed so that you can become effective scientists. The second, equally important, objective is to do all this whilst having fun. It is our aim to use Science to show you just how wonderful the world around us is.

Lessons

Subjects are covered in rotation between the three Sciences: Biology, Chemistry and Physics, plus the additional topic of Experimental Skills. We explore Science through a variety of activities, eg experiments, research exercises, computer animations and student presentations.

Units in Year 7

- Experimental Skills 1: Introduction to Science
- Biology Unit 1: What am I? Cells, Tissues and Organ systems
- Chemistry Unit 1: Particles and Energy
- Physics Unit 1: Space
- Biology Unit 2: Digestion
- Chemistry Unit 2: Solutions and Acids
- Physics Unit 2: Electricity and Energy
- Experimental Skills 2: Graphs



Equipment

You will be given booklets for each topic which have to be brought to every lesson. In addition, you will be required to bring your normal pencil case and a calculator. In experimental work, you will have to tie your hair back, which means you will need to bring a hair band.

Extras

All the equipment you will need for the first few weeks has been listed above but there are two more things that are essential to the study of Science: an enquiring mind, and a sense of fun. For anything else that you may need, school will supply it or your teacher will inform you.

ACTIVITIES AVAILABLE

HOUSE EVENTS

When you first arrive at Aylesbury High School, everyone in Year 7 will be allocated forms and Houses; you will belong to your House for the whole of your time at school. Everyone in your form is also in your House. The Houses at AHS are named after famous local country houses:

**Ascott, Claydon, Hughenden,
Missenden, Stowe and Waddesdon**

In your House you can take part in lots of activities that are always really fun, such as Dance, Drama, Music, a range of sports, and plenty more. Winning for your House is a great thing to do, but taking part in House events is also an effective way to make friends in your class and with other House members in all year groups.

You will also have House Assemblies in which you and your class can take an active role. In these assemblies you will meet your House representatives who are girls from Year 13.

Unfortunately, it is not possible to ensure that siblings are put in the same House.



CLUBS

At AHS there are always lunchtime and after-school activities to join; these will be advertised to you when you start at school. This is a great way to make friends and get more involved in things that interest you. Some of the clubs at AHS include:

- ❖ Year 7 Buddy Club
- ❖ Basketball
- ❖ Chess
- ❖ Choir
- ❖ Cross Country
- ❖ Dance
- ❖ History Club
- ❖ Hockey
- ❖ Football
- ❖ Drama
- ❖ Science Club
- ❖ Design Technology
- ❖ Swimming
- ❖ Junior Strings
- ❖ Wind Band
- ❖ Steel Pans

But new clubs spring up every year, so keep an eye out!

PE TEAMS AND ACTIVITIES

There are various sports teams at AHS which compete in friendly, league, district, county, regional and national competitions.

Lunchtime and after-school sports may include:

- | | | |
|---------------|--------------|----------|
| Athletics | Badminton | Hockey |
| Cross Country | Dance | Football |
| Hockey | Netball | Squash |
| Basketball | Trampolining | Tennis |
| Swimming | Triathlon | Aerofit |
| | Fencing | |

You will have the opportunity to participate in a variety of House sports events throughout the year:

- | | | |
|-----------|----------|----------|
| Athletics | Dance | Football |
| Netball | Rounders | Swimming |

Look out for notices about netball and hockey trials in the first week of term.



FACILITIES AT AHS

ICT RESOURCES

ICT is a really important part of your learning at AHS. Last year, we introduced a 1:1 scheme at AHS so that every student has their own Chromebook. These are used a lot in lessons as well as for doing homework at home. Your teachers will also have access to ipads that they can book out for specific lessons for you to use.

When you first arrive at AHS, you will be given a USERNAME to give you your own access to the school network. You can then add your private PASSWORD to this so that no one else can get to your work.

From the AHS network you can access the Internet, Microsoft Office programs, reference programs and lots more to help you with the production, presentation and content of your school work.

You will also be given an email address and password for our RealSmart and Google systems. This enables you to save work and use email from both school and home. Lots of your teachers will use the Google Drive and Google Classroom where you will be able to access resources from lessons and homework tasks. Google also gives you the opportunity to work on tasks with other students - but we will explain all of this to you in September!

It is really important that you do not share your password with anyone, not even your best friend! Using the ICT facilities responsibly is very important; make sure you read the pages on ICT and e-safety in the Parents' Information Booklet.



THE LIBRARY AND INFORMATION CENTRE

We look forward to seeing you and hope that you will enjoy using the resources here in the Library. As well as being able to take out books and DVDs, you can come to use the computers and internet, and find somewhere quiet to work. We can also help you find information for school projects and homework, as well as recommending books for you to read.

Opening Hours are:

Monday: 9.00 - 4.30

Tuesday: 8.30 - 4.30

Wednesday: 8.30 - 4.30

Thursday: 8.30 - 4.30

Friday: 8.30 - 3.30



Homework After School is from 3.30 - 4.30 Monday to Thursday. You book in when you arrive and sign out when you leave.

In Year 7, you can borrow seven items from the Library and the usual loan period is two weeks ... but you do need to return them on time, renew them, or pay 2p per item per day in Library charges.

The Library also issues your textbooks. You keep these until the summer and then they need to be returned or paid for. It is important that you write your name in your textbooks as soon as you get them and look after them.



We regularly celebrate Literary and World Festivals and have events in the Library that you can enjoy.



Love to read? Then join us at lunchtime on the last Friday of every month for "a Group not (just) about Books!". This is a fun opportunity to talk about the books you are reading and current affairs. Bring your lunch and get involved - be warned it can get noisy!

The Library also has a shadowing group that reads the entries for the Carnegie Medal shortlist when it is announced every year. See how many you can read and vote for your favourite at the end to see if it wins!

You can keep up to date with all the latest Library news by following us on Twitter @AHSlibrary2.

Come and see us on one of the Transition Days!

THE DINING ROOM ... What's Cooking?

The catering in the Dining Room is run by Harrison Catering Services, who provide a service at Breakfast, Break and Lunchtime. The sample menu below will give you an idea of what is available daily at lunchtimes. In addition to this, every day you will also find:

- Freshly made sandwiches, rolls, baguettes, wraps with a selection of fillings including ham, chicken and beef that are prepared and cooked on site
- Jacket potatoes with a variety of fillings
- A Salad Bar where the choice changes daily
- A selection of drinks, dessert and fruit pots and homemade cakes and biscuits

For full details of what is available at Breakfast, Break and Lunchtime and information on current prices, please look at the school website.

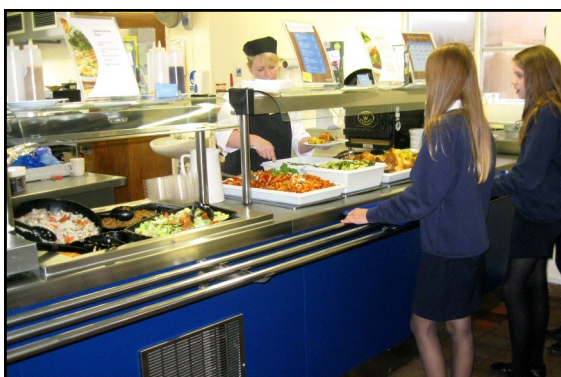
If you have a food allergy, please speak to the Catering Manager and they will be more than happy to help you if you are unsure what you can eat from the menu.

GRAB BAGS

You can "grab" these at Lunchtimes - there is no need to queue, ideal if you have an activity. Items available for pre-ordering include sandwiches, pizza wraps, paninis and drinks.

To place your order, please use the pre-order kiosk at the back corner of the Dining Room.

To collect it at Lunchtime, take your receipt from the pre-order kiosk to the pick-up point, which is also in the Dining Room.



OPENING TIMES

Breakfast: 8:15 to 8:45 am

Break: 11:10 to 11:30 am

Lunch: 1:30 to 2:15 pm

Please remember:

No hot or opened food can be taken out of the Dining Room

SAMPLE MENU

Monday

BBQ Chicken Thighs

Vegetable Biryani

Risotto

Tuesday

Sweet & Sour Pork

Three Cheese & Onion Tart

Roasted Vegetable Pasta

Wednesday

Lasagne

Vegetarian Chilli

Tuna Pasta

Thursday

Roast Turkey

Cauliflower & Broccoli Bake

Pasta & Meatballs

Friday

Breaded Fish

Vegetarian Pizza

Pasta with Spicy Meat Sauce

PACKED LUNCHES

If you do not want to eat lunch from the Dining Room, then you can bring a packed lunch from home. These can be eaten in form rooms or on the picnic tables outside.

TRAVEL

How will I get to School?

TRAVELLING BY BUS

Travelling by bus takes a little getting used to but it soon gets easy.

Before you start your first day at AHS, it's a good idea to find out where your bus stop is in your village or town. This will make it much easier on the day. Also find out what time the bus will arrive at your stop so you have plenty of time to walk there on your first day.

At the end of the day you will catch your bus from the Coach Park, unless you are told otherwise. The coach park is outside the school, but lots of students will be walking in that direction so you will find it easily! You will be told which lane of the coach park your bus will arrive at, and sent a map with your bus pass.

Travelling by bus can be fun. You are bound to make lots of friends on your bus, and you may already know people on it anyway.

Don't worry if you miss a bus, as there are staff from the Council's Transport Department at the Coach Park who will help you. AHS staff will also be there to help you in the first week.

OTHER FORMS OF TRANSPORT

The roads outside school, especially Turnfurlong, are extremely busy, with little space to manoeuvre, both in the mornings and afternoons.

If you come by car, why don't you suggest that your parents pick you up or drop you off further along the road in a safer area?

You could then walk the rest of the way.



Parents must not drive into school to drop off or pick you up. Outside the school entrances there are road markings to show that stopping there is not allowed.

If you live close enough, you may cycle to school. However, it is recommended that you do so only when you have passed the Cycling Proficiency Test, as the traffic in

Aylesbury is very busy in the mornings and evenings. You should wear a safety helmet.

AHS cannot be responsible for bicycles on school property, so be sure to lock yours securely and consider having it code-marked.



We have a shelter where your bicycle can be locked up under cover from the elements.

If you walk to school, be careful crossing the roads as Aylesbury has a lot of traffic in the mornings. Even close to school and with friends, you need to be awake and do remember that walking with headphones on significantly reduces your awareness of traffic.

MAKING FRIENDS



Whilst it is scary to leave your old school and your friends behind, coming to a new school is a great opportunity to meet lots of new people and make really good new friends.

So if you are feeling nervous, don't worry - remember that everyone else in your new class will be feeling the same way! In a few weeks you will wonder what you were worried about!

But don't take our word for it - read on for some wise words from past Year 7s.



I have gone from having 120 children in the school and a handful of teachers to 180 girls in Year 7 alone and 120 or so staff. It was rather a daunting change at first, but I am perfectly at home with it now.

My favourite subject is Science. It is wonderful to be able to do proper experiments in a proper lab. I have learnt so much, besides being able to use a Bunsen burner and other things. I also love Geography and History. Overall, AHS is wonderful and it is surely the right school for me.

AHS is so much bigger than primary school and it took me a while to find my way around, but I know my way around now. I have also made lots of new friends.



I didn't know anyone when I first started but this really hasn't been a problem. You do lots of icebreaking activities to get to know people and joining clubs is a great way to make friends. I really liked the Buddy Club run by Year 9s as I met friends in other forms too.

I enjoy most lessons such as Art, French and ICT. I also like Science, which is weird for me. I do German twice a week and at the moment we're learning how to play handball (a mixture between football and netball!) while having a conversation in German. Next term I'm doing Spanish, which will be fun!

When it was arranged that I was coming to AHS, I was only 50% happy and sure I didn't want to leave my primary school. I kept thinking about how terrible it would be; how I wouldn't make any friends; how I would not keep in touch with my old friends; would I catch the wrong bus?

But actually it's been entirely different. I've made many new friends and kept in contact with all my other friends.

All the teachers are really nice and I have joined the History Club and Creative Writing Club so far. I have tried my best in every subject and it has really worked.



I was quite nervous about my first day at AHS, as even though I had been to see it on Induction Day, I still wasn't really sure I knew my way around. However, it was fine because everyone was in the same situation as me, and I would never be the only one who didn't know where to go! The older girls were really helpful too, telling us where all our classrooms were. I thought the teachers would be strict, but most of them are really nice.

I do have to wake up early to catch the bus, but I actually enjoy the bus journey more than I thought I would! I was worried about having too much homework to keep up with, but we don't actually get more than 2 or 3 pieces a day. I'm enjoying some lessons that I had never done before coming here: L4L, which is a bit like PSHE; and Spanish, where we are filming a Spanish cafe scene. So far, I like AHS, and I have no more worries!

YEAR 7 BUDDIES



Each Year 7 form is assigned three Buddies. The Buddies are Year 9 students and are there to discuss any questions, problems or worries you might have. You will meet your Buddies on your transition days; they will be wearing badges to make them easy to spot!

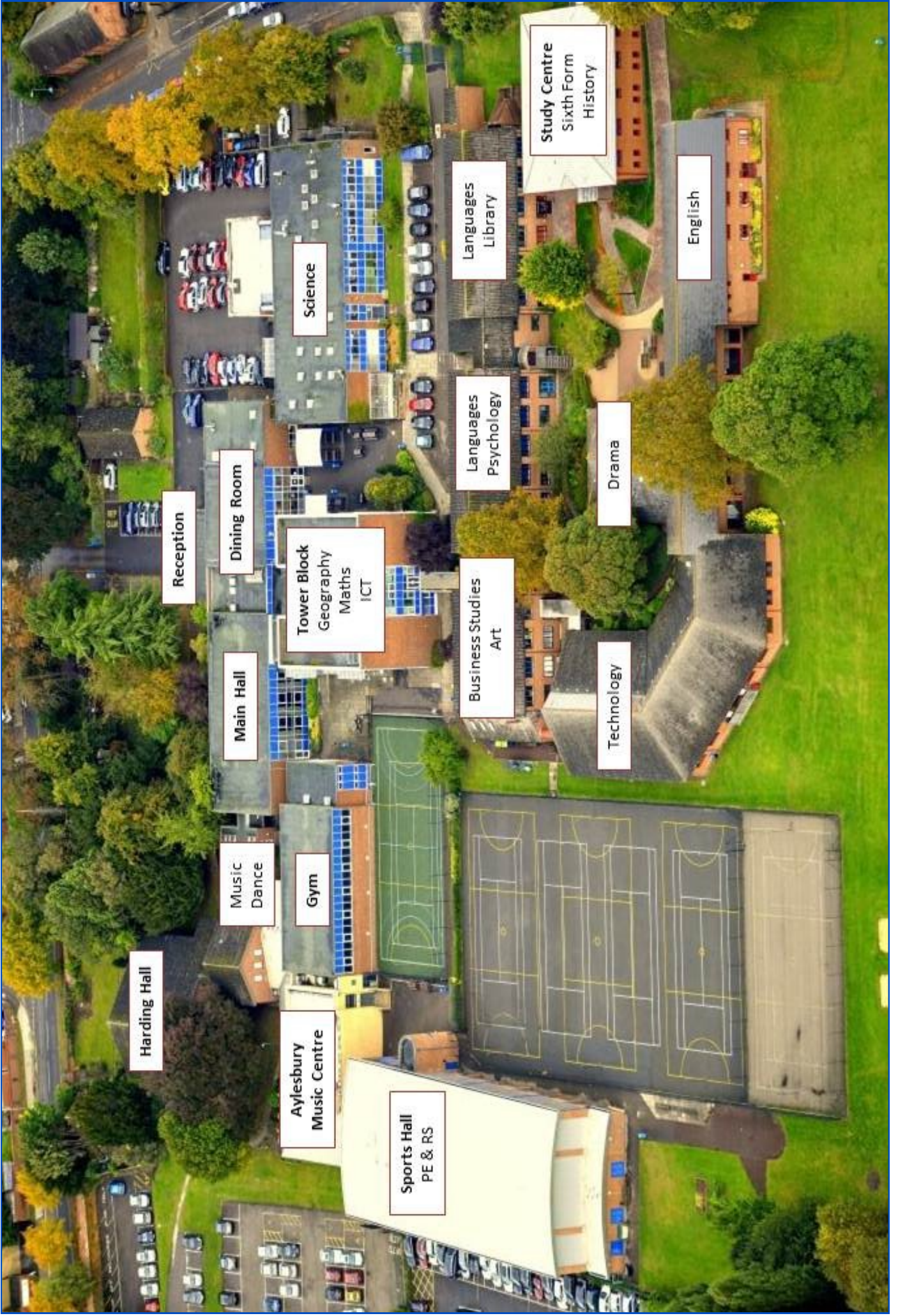
In September, the Buddies will be coming in to form rooms during some registration sessions to offer help and support. They were new to the school once, so will have plenty of tips!

They also run a special lunchtime club to help you to make new friends with different form groups.



NOTES

Please use this page to jot down any questions
you may have or things you want to remember



Harding Hall

Aylesbury Music Centre

Sports Hall
PE & RS

Music
Dance

Gym

Main Hall

Reception

Dining Room

Tower Block
Geography
Maths
ICT

Science

Business Studies
Art

Languages
Psychology

Languages
Library

Technology

Drama

Study Centre
Sixth Form
History

English