



Year 8 Information Evening

Welcome to Aylesbury High School



Prepare, Challenge &
Inspire



Welcome

- Mrs Forster Deputy Headteacher
- Mrs Saunders Head of Year 8
- Mrs Queralt Assistant Head and DSL





Our Vision

‘To **Inspire** every student to seek **Challenge**, fulfil their potential and **Prepare** for a world of today and tomorrow’





Our Values

Through our curricular and co-curricular activities we want everyone in our community to share these values:

Confidence

Respect

Engagement

Aspiration

Teamwork

Enjoyment





Our rules/expectations



“RESPECT IS
A TWO-WAY
STREET, IF
YOU WANT TO
GET IT,
YOU’VE GOT
TO GIVE IT”

-R.G. Risch

GROWTH MINDSET



Prepare, Challenge &
Inspire



Mrs Queralt

Assistant Headteacher
Oversight of Key Stage 3
Designated Safeguarding Lead





Aylesbury High School

Prepare, Challenge & Inspire



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'My daughters have been so happy here. I know it was the right school for them.' Parent

All the latest...

[News](#)[Events](#)[Twitter](#)

Twitter @Aylesbury



Aylesbury High @AylesburyHigh · Sep 3

Welcome Year 7s! It's lovely to see you all. Happy first day! 🌟

[#aylesburyhighschool](#) [#school](#) [#education](#) [#firstday](#) [#2021](#) [#year7](#)
[#welcome](#)



Prepare, Challenge &
Inspire



Aylesbury High School

Prepare, Challenge & Inspire

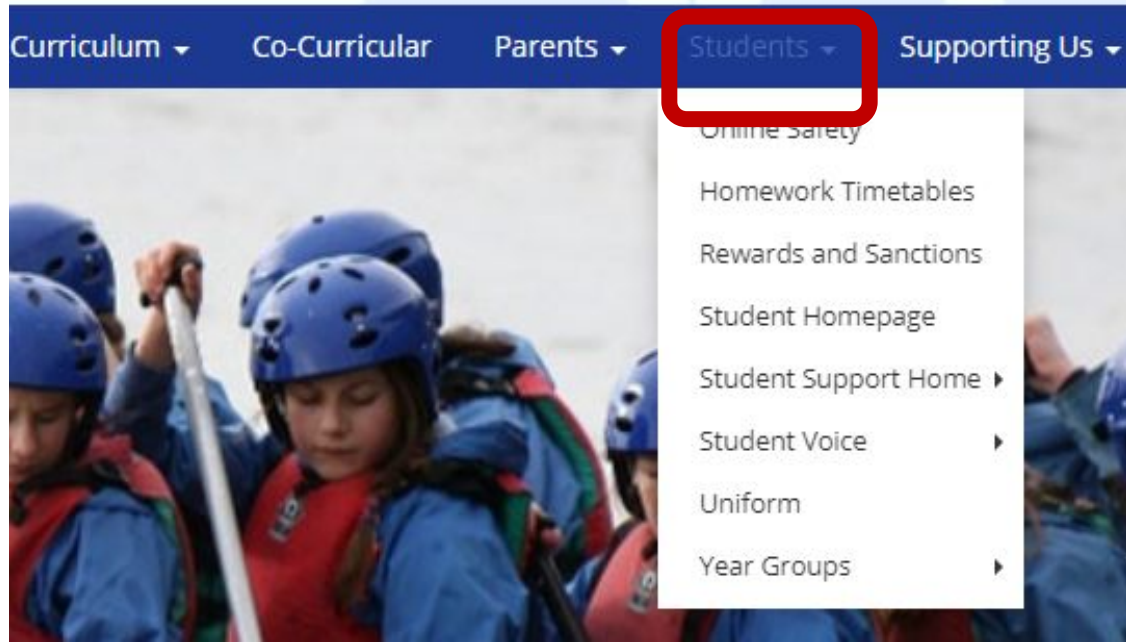
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- AHSA
- Consultation Evenings
- The AHS School Fund
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- Leave Of Absence Requests
- ParentMail
- Request for financial assistance
- Uniform Shop
- What's Cooking?



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Year 8

Welcome to the Year 8 area of the website

The Head of Year 8 is Mrs Saunders ssaunders@ahs.bucks.sch.uk

Year 8's form tutors are as follows:

8A Mrs A Aston

8C Mrs K Knight

8H Mrs R Johnson and Mrs A Carey

8M Mrs K Medley

8S Miss S Sheppard

8W Mr C Braniff

inspire



Student Support Home

SUPPORT CENTRAL



Inclusion and Diversity



Medical



Online Safety



Special Educational Needs and Disability



Student Wellbeing



Young Carers

Prepare, Challenge & Inspire



Calendar

Below is the Aylesbury High School calendar, showing many of the important dates for your diary. If you are looking for a specific event, you may find these links useful:

[Yr 7](#) [Yr 8](#) [Yr 9](#) [Yr 10](#) [Yr 11](#) [Yr 12](#) [Yr 13](#) [Music Events](#) [Sport Events](#) [House Events](#)

The screenshot shows a calendar for September 2021. The calendar is viewed in a 'Month' view. The days of the week are labeled at the top: Mon, Tue, Wed, Thu, Fri, Sat, Sun. The dates are numbered 1 through 31. Key events and holidays are highlighted in purple boxes:

- Monday 30: Summer Holiday
- Wednesday 1: Week A, INSET Day (staff in)
- Thursday 2: INSET Day (staff in)
- Friday 3: Start of autumn term
- Sunday 5: Greenpower F24 Race
- Monday 6: Week B
- Tuesday 7: All students back in
- Tuesday 7: 6:30pm Y12 Informat
- Thursday 9: 6:30pm Y7 Informat

Year 8 Events

 19th October 2015  Mr M Simpson

Y8 Information Evening

September 14, 2021

Y8 Consultation Evening

November 9, 2021

Prepare, Challenge &
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Curriculum Implementation

Key Stage 3

Key Stage 3

In Years 7, 8 and 9 we aim for a broad curriculum. We want our students to have the opportunity to experience many of the subjects on offer to them in KS4. We value the skills obtained from creative subjects and nearly a third of a Key Stage 3 student timetable is made up of the creatives – Art, Computing, Dance, Drama, Music, PE and Technology. All students have swimming lessons throughout KS3 and we have the benefit of a shared pool with AGS to facilitate this. Our Year 7 students learn three languages – French, German and Spanish and choose two of these to continue with in Year 8 and Year 9. In Science, our students will start learning GCSE material just before Christmas of Year 9 as this ensures they can cover the content to an appropriate depth by the end of Year 11. It also gives them an opportunity to appreciate the three separate sciences before starting Y10. Because of this, Y9 Science is taught as Biology, Chemistry and Physics with specialist teachers.

Our Learning for Life (L4L) programme delivers areas of the curriculum that are not covered by academic subjects as well as complementing some of the skills they will learn in their other lessons. It allows us to cover Relationships and Sex Education (RSE), Spiritual, Moral, Social and Cultural development, British Values and Careers education. Throughout our L4L curriculum we aim to create confident, resilient individuals capable of making informed decisions and making the most of opportunities that will help them to live happy, healthy lives.





Year 8

- **Risk Avert** lessons on why teenagers take risks and how to keep themselves safe.
- Followed by advice on **drugs and alcohol** and County Lines
- Follow up on **digital safety** with a focus on sexting and cyber bullying
- **Body image** and the media
- **Mental Health** - how to talk about MH, reducing the stigma around MH, causes, symptoms, treatments, positive coping strategies such as the Five Ways to Wellbeing
- **Relationships and Sex** education including: different kinds of relationships, consent and control, contraception, safe sex





Before you

THINK

Is it **T** rue?
Is it **H** elpful?
Is it **I** nspiring?
Is it **N** ecessary?
Is it **K** ind?

www.ahs.org



Prepare, Challenge &
Inspire



Childnet
International



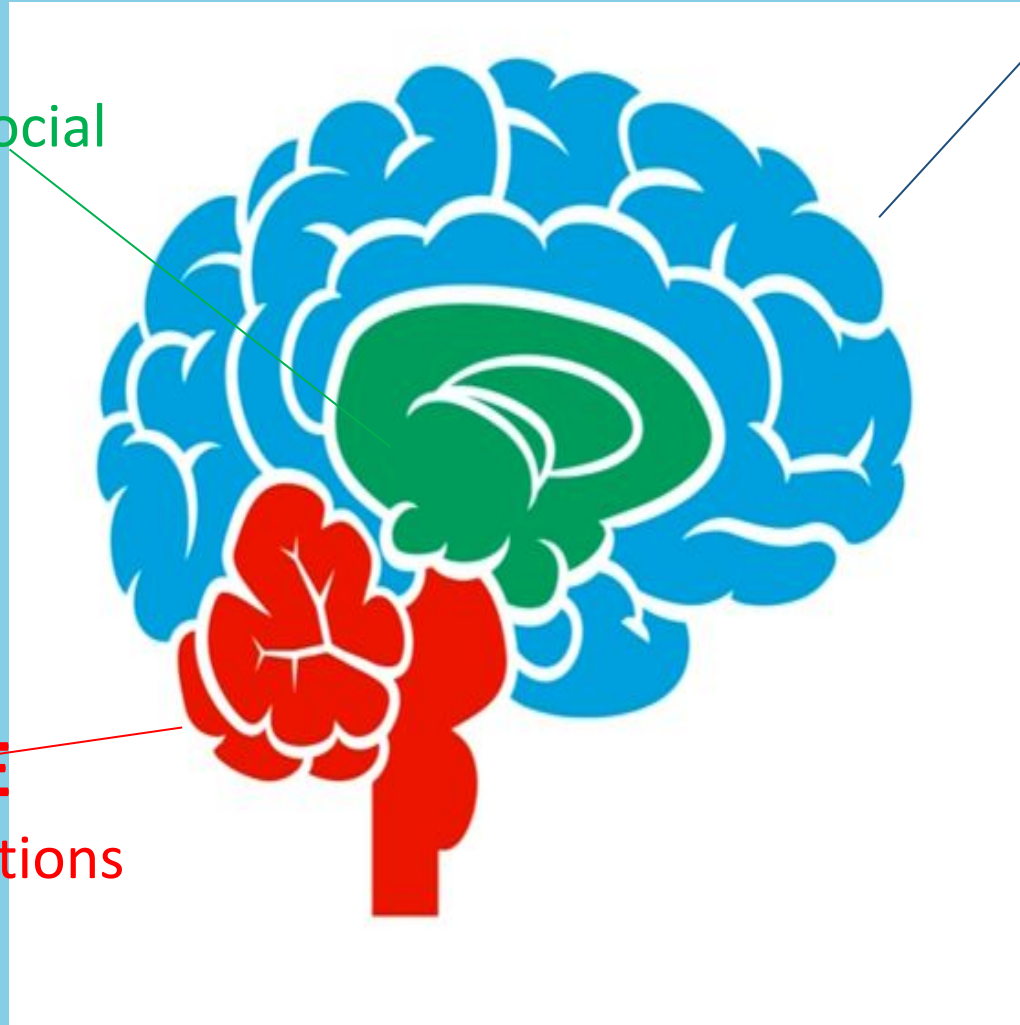
CROSSING THE LINE

"Just send it"

Sexting lesson plan

FEELING

Emotions & social
Experiences
Anger
Fear
Pleasure



PRIMITIVE

Basic life functions
Breathing
Moving
Scans the environment for
threats

THINKING

Stores memories
Thinks
Plans
Communication
Decision making
(overriding the
primitive brain
responses)

ACTUATING
A
EVENT

- Fact
- Who, what, when, where



B

BELIEFS

- The thoughts in our mind in that moment
- Explaining the causes and implications
- Often tough on ourselves and others



C

CONSEQUENCE
E

- What we feel (emotions)
- How we act (behaviour)



Mrs Saunders
Head of Year



Mrs
Prickett
KS3
Support

8A
Mrs Aston

8C
Mrs
Knight
Mrs
Skordi

8H
Mrs
Johnson
Mrs Carey

8M
Mrs
Medley

8S
Miss
Sheppard

8W
Mr Braniff



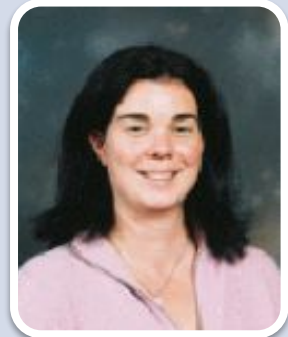
Mrs Queralt
Assistant Head



Mrs Westcott
**Wellbeing,
Young Carer &
Safeguarding
Manager**



Mrs Nix
Matron



Mrs Crafts
SENDCo

Advice for Year 8 (from Y8)



Try to do the homework the night you get it but don't get too stressed over things because it makes everything a lot harder. Afterwards you will realise you were probably over-thinking things.

Join as many clubs as you can and grab every opportunity thrown at you. Year 8 is one of the best years you will ever have.

Make the most out of Aberdyfi. If your parents are not sure - persuade them! You not only make more friends with other forms but you get to know more about yourself.

Work hard and have fun. Join in activities (such as House Events) and get to know other people in different forms and year groups.

Do your best, try hard and ask for help and advice when struggling with schoolwork or with friendships. There is always someone to help you.

Definitely go to Aberdyfi - one of the best experiences of my life!

Attendance



- Clear correlation between attendance and success
- Holidays in term time are not authorised
- Ring absence line by 8.30 am
- Leave of Absence form on website
- Access to work when self isolating through Google Classroom



**THE
OUTWARD
BOUND TRUST**



26th year!

AYLESBURY HIGH SCHOOL & THE OUTWARD BOUND TRUST



**10 – 14 January 2022
8A 8C 8H**

**17 – 21 January 2022
8M 8S 8W**

WHY OUTWARD BOUND®?



A STUDENT'S PERSPECTIVE

- Exciting activities
- Amazing places
- Make new friends *and* get to know my classmates better
- Build my skills, boost my confidence



WHY OUTWARD BOUND®?



A PARENT'S PERSPECTIVE

- New places
- Away from home but supervised
- Confidence and new skills
- OB is the industry benchmark for good safety practice
- Highly qualified instructors
- No hidden extras



WHY OUTWARD BOUND®?



THE AHS PERSPECTIVE

- Can't do everything in the classroom
- Personal Development
- Year 8 is a good time
- Highly qualified instructors who understand young people!
- Safety standards
- Location, location, location



Aberdyfi


Aylesbury





Aberdovey, Gwynedd, UK

Wales

A satellite-style aerial photograph of a coastal region. A large river delta flows from the top right towards the bottom left, emptying into a body of water. The river's path is marked by a winding, light-colored channel. To the left of the river, a wide, sandy beach stretches along the coast. In the upper right, a small cluster of buildings is visible, with a red location pin and the text "Outward Bound" placed above it. Another red location pin is visible on the beach to the left. The surrounding land is a mix of green fields and brownish terrain.

Outward Bound





Aylesbury, UK

Saturday 10:00

Mostly cloudy



Precipitation: 2%

Humidity: 73%

Wind: 10 mph

Temperature

Precipitation

Wind

Aberdyfi, UK

Saturday 10:00

Mostly cloudy



Precipitation: 3%

Humidity: 72%

Wind: 14 mph

Temperature

Precipitation

Wind









**FOOD
GLORIO
FOOD**

**WANT TO KNOW
OUR SECRET....**



**FOOD
GLORIOUS
FOOD**

All food freshly prepared on site

Caters for all dietary requirements
vegetarian/vegan and Halal

Plenty of choice and variety

FOOD GLORIOUS FOOD



Breakfast

Cereal selection
Fresh porridge
Baked beans
Grilled tomatoes
Hash Brown
Poached eggs
Toast

Lunch

Bread rolls, with
a selection of
fillings

Flapjack and
brownies

Crisps

Evening meal (+veg)

Chicken &
mushroom pie
Traditional cottage pie
Tuna & pasta bake
Hotpot

Chilli con carne
Homemade pizza
Chicken/veg curry
with rice
Jacket potato



WHAT TO BRING



All specialist clothing/equipment provided,
including waterproofs and walking boots

Kit list sent home in November

Parents: don't get involved in the packing

TOP TIPS



Notify us of any/all medical conditions

Bring clothes suitable for the outdoors!

Bring a second pair of trainers that will get wet

Playing cards etc OK for evenings, but no electronic gadgets

Come with lots of PMA



AHS ARRANGEMENTS



MONDAY MORNING

0745 or earlier in the coach park



MONDAY → FRIDAY: NO COMMUNICATIONS

FRIDAY EVENING ~1830

01296 388239 after 3.30 pm – don't leave home until you know ETA

Use school car parks if possible
– don't block Turnfurlong





THE
OUTWARD
BOUND TRUST

OUR COURSE



COURSE OUTCOMES



THE
OUTWARD
BOUND TRUST

Have FUN!

Develop
respect,
responsibility
and awareness
of yourself,
others & the
environment

Increased
independence
and resilience

Leadership
and
followership

Genuine
adventure in
the outdoors

A TYPICAL DAY



- 0715 Wake up
- 0730 Breakfast
- 0830 Room inspection
- 0900 Activities
- 1730 Evening meal
- 1930 Evening activity
- 2100 Free time
- 2200 Lights out

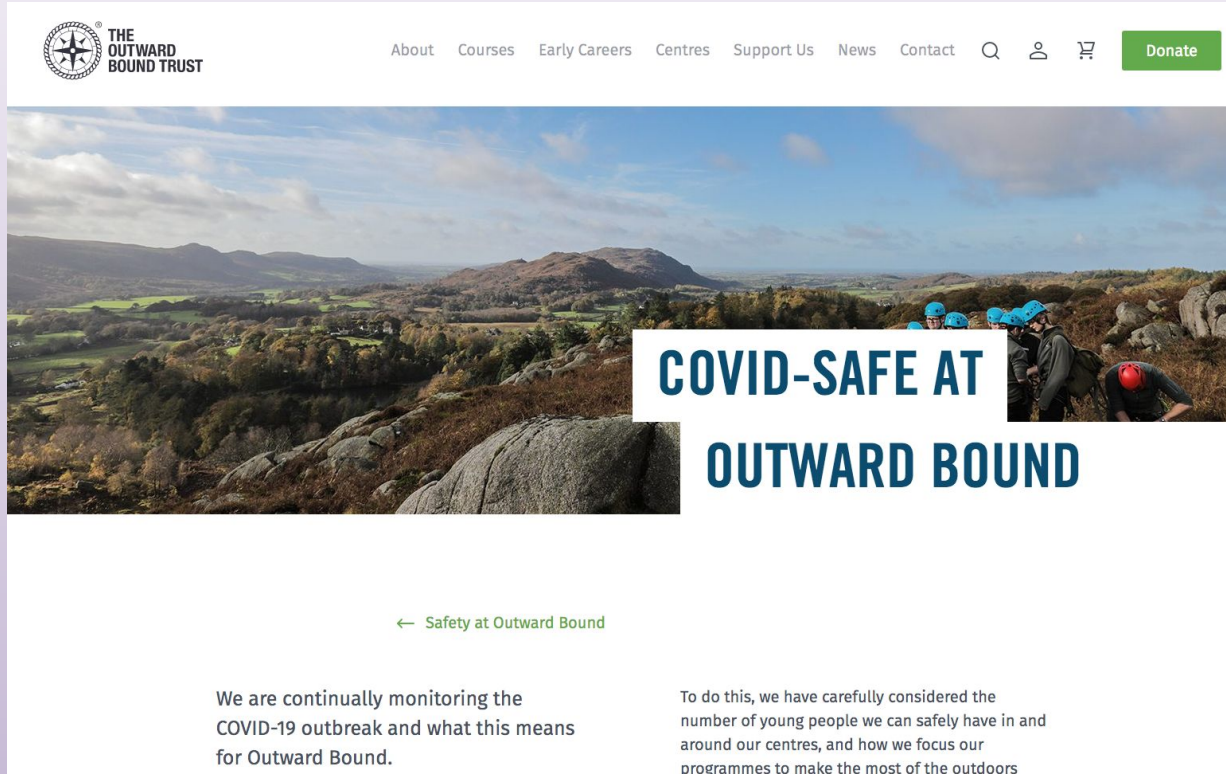


SAMPLE PROGRAMME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

COVID-SAFE AT OUTWARD BOUND



The screenshot shows the website for The Outward Bound Trust. At the top left is the logo, which is a compass rose with the text 'THE OUTWARD BOUND TRUST' next to it. To the right of the logo is a navigation menu with links for 'About', 'Courses', 'Early Careers', 'Centres', 'Support Us', 'News', and 'Contact'. There are also icons for a search function, a user profile, and a shopping cart, followed by a green 'Donate' button. Below the navigation is a large banner image of a group of people in blue and red helmets on a rocky hillside. Overlaid on the right side of the banner is a white box with the text 'COVID-SAFE AT OUTWARD BOUND' in bold, dark blue letters. Below the banner is a breadcrumb trail: '← Safety at Outward Bound'. The main content area has two columns of text. The left column reads: 'We are continually monitoring the COVID-19 outbreak and what this means for Outward Bound.' The right column reads: 'To do this, we have carefully considered the number of young people we can safely have in and around our centres, and how we focus our programmes to make the most of the outdoors'.

To find out more information, follow this link:

<https://www.outwardbound.org.uk/covid-safe-at-outward-bound>



























The Bernard Sunley
Charitable Foundation
Hafotty Cabin

























WHY COME

ON AN

OUTWARD BOUND

ADVENTURE?

“There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less.”

Kurt Hahn