



### **Sacred Heart of Mary Girls' School: FAQs!**

Welcome to year 7! We know you have lots of questions and hopefully some of them will be covered below:

QUESTION	RESPONSE
<b>Will I get lost around the school?</b>	Sacred Heart of Mary Girls' School is probably a much larger school than your primary school, however we do everything we can to make sure that you don't get lost. We have put a map on the website and also made a video so you can see the different parts of the school. On your first day you will spend some time with your form tutor getting to know the layout of the school and completing a treasure hunt to help you find different places. You can ask anyone if you get lost and you will not get told off if you are a bit late in the first couple of weeks. By the end of the second week you will have a good idea where everything is.
<b>Will I make friends?</b>	Sacred Heart of Mary Girls' School is a very friendly school and there will be lots of other girls who will be in the same position, so please don't be worried. We will make sure that everyone has someone that they can be friends with and from our experience the majority of pupils have friends by the end of the first week. If this does not happen and you are feeling alone please let us know and we can help you. Be smiley and kind to everyone around you – you are all in the same boat!
<b>Is Sacred Heart a strict school?</b>	Discipline and clear boundaries are an important part of our school so that all pupils have the opportunity to learn and develop safely. Our rules are very simple to follow and we apply them consistently and fairly so you should have no problem in getting used to new routines.
<b>Am I allowed a mobile phone at Sacred Heart?</b>	We do allow you to bring mobile phones to school with you but we have strict rules around their use. Your phones must be switched off before you come into school. At morning registration you will put your phone in your locker if you have one and you will not have access to it again until 3.15pm at which time it may be switched back on. If you do not have a locker, your phone will be kept in your blazer pocket. If you need to make a telephone call during the day, you will go to the main office and ask if they can ring home for you.
<b>What subjects will I study?</b>	At Key Stage 3 you will study a wide range of exciting subjects, some of which will be new to you while others will be a continuation of your learning. Here are the subjects that you will be studying: <ul style="list-style-type: none"> <li>● Religious Education</li> <li>● Maths</li> <li>● English</li> <li>● Science</li> </ul>

	<ul style="list-style-type: none"> <li>• History</li> <li>• Geography</li> <li>• French/Italian</li> <li>• PE</li> <li>• Design and Technology</li> <li>• Art</li> <li>• Music</li> <li>• Food and Nutrition</li> <li>• Drama</li> <li>• Computing</li> </ul> <p>As you can see we have a lot of subjects to get through so for this reason we have a two week timetable.</p>
<b>What is a typical day like at Sacred Heart?</b>	<p>Our day at Sacred Heart of Mary consists of six lessons that last 50 minutes each. You should aim to get to school no later than 8.30am. You will need to be sitting down reading a book in your form room (having been to your locker) by 8.45am which is when registration starts. During the week there will be different assemblies between 8.45am - 9.05am. Lesson 1 starts at 9.05. We then have two lessons followed by a 20 minute morning break at 10.45 am, then another two lessons, then lunch which is 45 minutes long. There are two further lessons in the afternoon and we finish the day at 3.15pm.</p>
<b>Do you get any rewards for doing good work at Sacred Heart?</b>	<p>We love it when pupils do good work at Sacred Heart of Mary and we will always reward our pupils. Our system is to award achievement points which are recorded on the system and sent home to your parents. We run rewards trips each term for the top achievers in each form. Some examples of our trips are afternoon tea, a visit to Southend and bowling and a burger at the O2! You can also receive a 'Headteacher's Award' if you are nominated.</p>
<b>Is there bullying at Sacred Heart?</b>	<p>Sacred Heart of Mary has a zero tolerance approach to bullying. If you experience any issues or problems bring this straight to the attention of a member of staff and we will deal with it. We do not tolerate bullies. We will also give you the personal strategies to cope with bullying and build your confidence so this does not happen to you.</p>
<b>Who do I turn to if I have a problem?</b>	<p>All members of staff are happy to help and support you. Your form tutor is the person that you will see each morning so they are an excellent point of contact. Your Head of Year, Ms Presland, will also be keeping a close eye on your progress and supporting you all the way. You will also be allocated a mentor from the 6<sup>th</sup> form. This is another person you can chat to about any concerns or worries you might have.</p>
<b>How much homework will I get?</b>	<p>In the first two weeks you will not receive any homework (apart from covering your exercise books). After the first two weeks you will receive English, Maths and Science homework up until half term. After October half term you will receive homework in all subjects and you will be given a homework timetable which tells you what to expect each evening. As a general guide you should receive 2 or 3 subjects per evening and each subject should take you about 30 minutes.</p>
<b>What are the rules about jewellery and hair?</b>	<p>Hair: If you wear hairbands, wraps or hair accessories they must be in navy blue, black or white. Hair can be worn down but must be tied back for practical subjects.</p> <p>Jewellery: You can wear one pair of small plain gold or silver stud earrings. A small cross and chain may be worn inside the blouse. No other jewellery may be worn. We</p>

	have adopted the Halo Code at Sacred Heart.
<b>What does it mean to be part of the Sacred Heart family?</b>	<p>We're proud to say that our school has an excellent reputation in the local community. It's not just good academic performance that we aspire to. We also want you to develop as young women who are caring and thoughtful towards others, who look out for one another and who are prepared to go that extra mile to support and help others. Many of our pupils make friends at Sacred Heart that they keep for the rest of their lives. Welcome to our family!</p>