

Gleniffer High School Welcomes Primary Seven



MOVING TO SECONDARY SCHOOL

Introduction

For some pupils, moving to a secondary school can be an anxious time. This year is particularly difficult, where there will be very little, if any, time for you to visit, find your way around, meet new teachers and just generally figure stuff out.

In this booklet there are a few tasks which will help you to understand how some of the more basic things work: getting lunch, how the school day works, what is expected of you, what subjects will be on your timetable etc.

The Basics

The biggest changes for you will be how far you must travel to get there and home each day, and that instead of being with one teacher all day, you will be moving from class to class throughout the day. And this will be exhausting!!

The other thing to remember is that instead of having only one teacher, you will have lots, and the most important thing you will need to know is who to see if you have a problem. At Gleniffer High School, pupils are divided into four 'houses' - groups of pupils with a common identity - Brodie, Glen, Moredun and Thornly. Each house has its own Depute Head Teacher, Principal Teacher of Pastoral Support and Teacher of Pupil Support. Nearer the time of your move, you will be told what class/ house you will be in, and who your main contact teachers will be.

Brodie House	Glen House	Moredun House	Thornly House
Mrs Prentice DHT	Mrs Futamata DHT	Mrs Sangster DHT	Miss Feggans DHT
Mrs Foley PT Pastoral	Mrs Denny PT Pastoral	Miss Cameron PT Pastoral	Mrs Harris PT Pastoral
Miss Doherty PS Teacher	Mrs McBride PS Teacher	Mrs Niven PS Teacher	Mrs Allan PS Teacher

The School Day

This is what an S1 timetable looks like

	1	2	3	4	5	6	7
Monday	C&PE Physical Activity and Sport C&PE Miss Robb GamesHal	Geography C&PE Miss Lambie F034	English C&PE Ms Smith G011	Drama C&PE Mrs Keay G032	Mathematics C&PE Mr Madden F010	Spanish C&PE Mrs Bryan G038	Information Technology C&PE Mr Thompson S011
Tuesday	Mathematics C&PE Mr Madden F010	English C&PE Dr Finnigan G004	Geography C&PE Miss Lambie F034	Personal & Social Education School Mrs Sangster G028	Religious Studies C&PE Miss Stewart G037	Science C&PE Mr Downie F067	Art C&PE Mrs Frew S002
	1	2	3	4	5	6	7
Wednesday	Technological Studies C&PE Mr Allely G065	Science C&PE Mr Downie F067	English C&PE Dr Finnigan G004	Spanish C&PE Mrs Bryan G038	Art C&PE Mrs Frew S002	Mathematics C&PE Mr Madden F010	
	1	2	3	4	5	6	7
Thursday	History C&PE Mrs Graham F036	Music C&PE Miss Collins G054	Information Technology C&PE Mr Thompson S011	Spanish C&PE Mrs Bryan G038	Mathematics C&PE Mr Madden F010	Home Economics C&PE Miss Martin F027	Home Economics C&PE Miss Martin F027
	1	2	3	4	5	6	7
Friday	English C&PE Dr Finnigan G004	Music C&PE Miss Collins G054	Science C&PE Mr Downie F067	Technological Studies C&PE Mr Jagger G072	C&PE Physical Activity and Sport C&PE Miss Robb GamesHal	C&PE Physical Activity and Sport C&PE Miss Robb GamesHal	
	01	02					

Monday, Tuesday and Thursday

Period	Times
1	8.50-9.40
2	9.40-10.30
Interval	10.30-10.45
3	10.45-11.35
4	11.35-12.25
5	12.25-1.15
Lunch	1.15-2.00
6	2.00-2.50
7	2.50-3.40

Wednesday and Friday

Period	Times
1	8.50-9.40
2	9.40-10.30
Break	10.30-10.45
3	10.45-11.35
4	11.35-12.25
Lunch	12.25-1.10
5	1.10-2.00
6	2.00-2.50

**Things to note: Geography is on this timetable, but History and Modern Studies will all be available. You will spend a block of time in each one (History, Geography & Modern Studies) in your first year.

All together, these subjects are known as Humanities.

Working It Out

Use the timetable and school day information to answer the following questions.

1. If it takes you 25 minutes to walk to school each morning, what is the latest time you can leave to get to school on time?
2. If your pupil support teacher wants to see you at 10.55 on Tuesday, what period will you meet with her? Which subject will you miss?
3. You have a dentist appointment on Wednesday at 3pm, but your mum will pick you up 30 minutes before that. What subject(s) will you be missing?
4. You are absent on a Wednesday - when is the next day you will be able to catch up with work missed in a) English? b) Maths?
5. What day(s) will you need to bring your PE kit?
6. You will need a box to take home anything you make in Home Economics - what day should you bring it?
7. Why do you think you might need two periods in Home Economics?
8. The pupil council meeting is at 2pm on Wednesday - when do you think would be the best time to pass information to the class rep?
9. How long is lunch time?
10. If it takes 25 minutes for you to walk home, what time should you arrive home on Thursday?

Finding Your Way Around

Have a look at the map opposite. Pay careful attention to which floor particular subjects are found on. On which floor will you find:

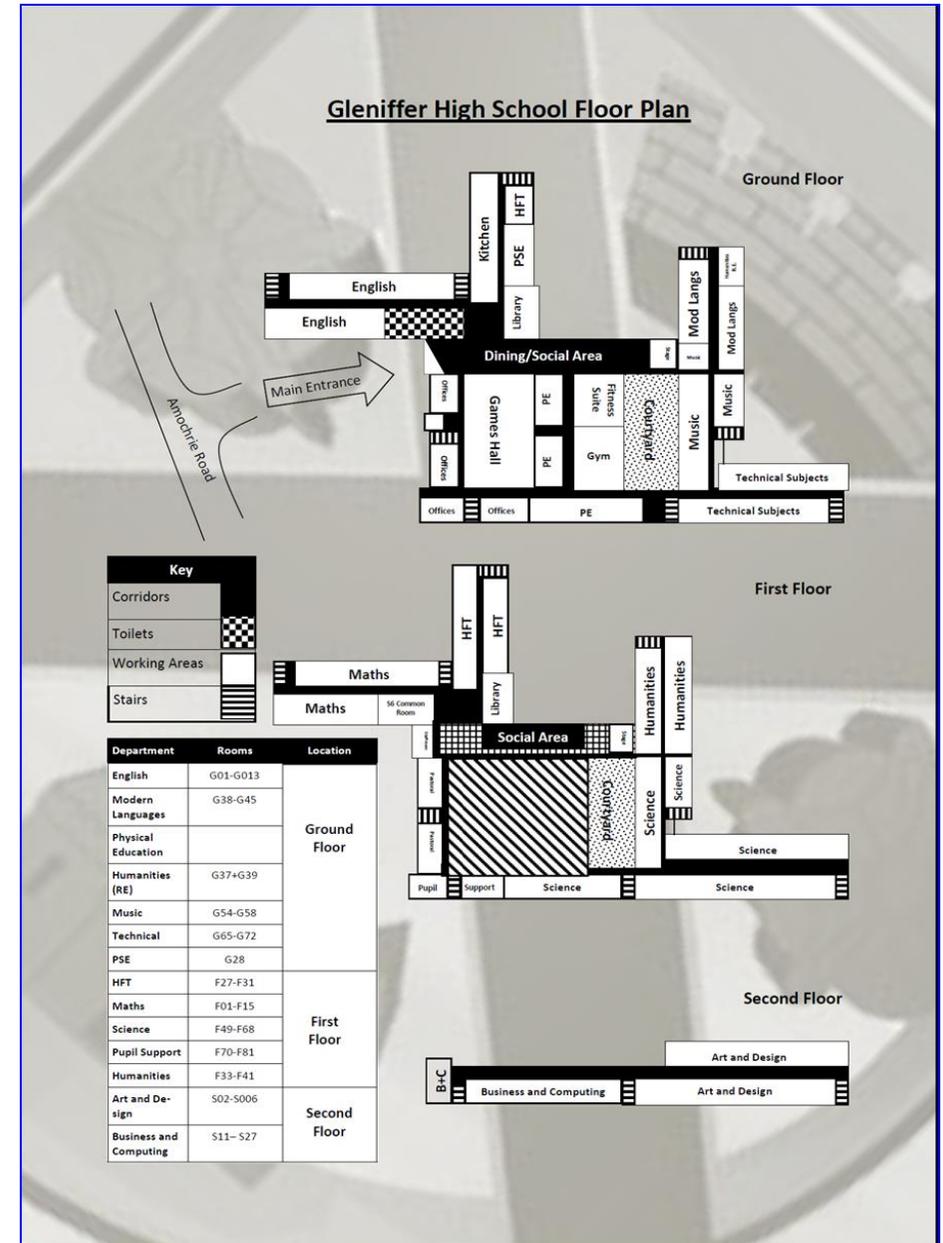
1. Modern Languages
2. Art
3. Science
4. History (tricky - look back in your workbook)
5. Computing
6. The school office
7. Maths
8. The dining and social area

Now look at where the stairs are located.

How would you get from

9. Maths to English?
10. English to Science?
11. The school office to Spanish (THINK about it!)
12. Computing to the social area for lunch?
13. Now choose one day from the timetable shown and use a coloured pen to plot how you would move around the school.

Point to Note:
Classrooms are numbered with G (ground floor), F (first floor) and S (second floor) and a number to help you find your way around. These are the numbers on the timetable.



Lunchtimes

1. What do you normally do for lunch at primary school? Where do you go to eat your packed lunch/ school dinner? What is your favourite school dinner?
2. What do you think you will do for lunch when you get to Gleniffer High?
3. Look at the map on the previous page and decide: where do you think would be a sensible place to eat lunch on a a) sunny day? b) wet day?
4. Look at the menu and price list on the next page. The menu covers one week of lunches at secondary school and it runs on a three-week rotation. How much would it cost for soup, a cheese sandwich and a yoghurt pot on Tuesday?
5. What day would you choose a meal deal? What would you choose?
6. Can you plan out a healthy menu for the week?

Mon

Tue

Wed

Thur

Fri

Lunch Menu - Week 1

Soup of the Day <small>served with Brown Bread</small>	LENTIL & CARROT	CHICKEN	GREEN PEA	LEEK & POTATO	MINESTRONE
Daily Special	Sweet & Sour Chicken with Noodles or Vegetable Bean Curry with Rice (v)	Chilli Con Carne with Brown Rice or Vegetable Chilli (v)	Chicken Pie with Roast Potatoes & Veg or Vegetable Bolognese (v)	Beef Lasagne with Wedges & Veg or Vegetable Lasagne (v)	Battered Haddock, Chips & Peas or Vegetable Bean Curry & Rice (v)
Hot & Cold Snacks	EVERY DAY YOU CAN CHOOSE FROM: Baked Potato with Assorted Hot & Cold Fillings or Hot Pasta Pot or Selection of Sandwiches, Wraps, Baguettes with Assorted Fillings or Salad/Pasta salad selection				
	Margherita Pizza (1/2) (v)	Panini with Assorted Hot Fillings	Spicy Vegetable Burger (v) or Chicken Burger in a Roll	Panini with Assorted Hot Fillings	Hot Dog in a Roll
Desserts	EVERY DAY YOU CAN CHOOSE FROM: Fruit Yoghurt // Frozen Yoghurt // Selection of Fresh Fruit				
	Apple Muffin	Empire Biscuit	Fruity Flapjack	Apple Muffin	Empire Biscuit

Price List

BREAKFAST

- 2 Slice Toast & Fruit Juice Cuplet £0.70
- Assorted Cereal £0.70
- Pancake X 2 £0.70
- Muesli With Yoghurt £0.70

MORNING BREAK

Toast x 2	£0.45
Hot Filled Rolls	
Sausage	£0.90
Bacon	£0.95
Omelette	£0.90
Potato Scone	£0.75
Sandwiches	
Cheese	£1.45
Ham	£1.45
Tuna	£1.45
Home Baking	
Muffin	£0.40
Empire Biscuit	£0.70
Flapjack	£0.70
Pancake x 2	£0.70

HOT FOOD

Soup	£0.70
Panini/ Baked Potato with filling	
Cheese	£1.45
Cheese & Ham	£1.65
Tuna Melt	£1.65
Chicken Tikka	£1.65
Baked Beans	£1.45
Daily Special	£1.75
Hot Pasta Pot	£1.45
Pizza (1/2)	£1.20
Burger	£1.60
Hot Dog	£1.60

HOT DRINKS

Tea	£0.70
Coffee	£1.10
Hot Chocolate	£0.80

COLD FOOD

Wraps, Baguettes & Sandwiches <small>All served with salad</small>	
Cheese	£1.45
Cheese & Ham	£1.65
Tuna	£1.45
Chicken Tikka	£1.65
Salad Bowls	
Cheese	£1.45
Tuna	£1.45
Chicken Tikka	£1.65
Ham Salad	£1.45
Pasta Salad Bowls	
Cheese	£1.45
Tuna	£1.45
Chicken Tikka	£1.65
Sweet Chilli Chicken	£1.65

COLD DRINKS

Suzo	£0.75
Small Water	£0.45
Large Water	£0.65
OMJ Carton	£0.65
OMJ Can	£0.75
Milk	£0.45
Fruit Juice Cuplet	£0.30

MEAL DEALS £2.60

MEAL DEAL 1

SOUP
DAILY SPECIAL
MILK / WATER

MEAL DEAL 2

DAILY SPECIAL
YOGHURT / FRUIT POT
MILK / WATER

MEAL DEAL 3

SOUP
SANDWICH / WRAP / BAGUETTE
OR
FILLED BAKED POTATO
MILK / WATER

MEAL DEAL 4

SANDWICH / WRAP / BAGUETTE
OR
FILLED BAKED POTATO
FRUIT POT / HOME BAKING
MILK / WATER

FRESH FRUIT AVAILABLE ALL DAY

1 PIECE
WHOLE FRUIT
£0.35

SMALL
FRUIT POT
£0.65

LARGE
FRUIT POT
£1.10

YOGHURT
POT
£0.45

SCRUMPTIOUS SANDWICHES

HOT TEA

FRESH FRUIT

SUPER SOUP

You can pay by cash when you buy your lunch, so if you have forgotten your packed lunch, you will still be able to buy something. You can also use a prepaid card so that you don't have to remember to bring cash. S1 pupils are NOT PERMITTED to leave school grounds at any time.

Homework

Myth	Reality
There will be loads of homework for every subject. I'll never be able to manage it all.	Teachers will never ask you to do a lot at home, and you will always be given a reasonable deadline.
The homework will be too hard - I'll never be able to do it all!	Teachers will never ask you to do something you haven't been taught.
Once I have it at home, there's no-one to help me.	If someone at home can't help you, you can ask a classmate by text. You will be able to ask your teacher the next day, or send a message via "Show My Homework" (see below).

Gleniffer High School manages homework through an online programme called **"Show My Homework"**.

At the beginning of the year you will be issued with a username and password (so will your parents/ carers) and you will be shown how to use it. All your homework will be issued here, with all the resources that you need, and you can access it from school and home, and via an app on your phone whenever you need to. You can also use this programme to contact your teacher from home if you get stuck (just remember that sometimes teachers stop working and have time with their families, so they may not reply right away!).

Write down below what homework you are expected to complete each week from primary school. (Think about reading, spelling, maths, sentences, research topics, work towards big projects...)

Have a look at the organisation task on the next page. This is an illustration of a VERY busy day... BUT DON'T PANIC!!!

Planning How to Use Your Time

Imagine you are given the following homework on a Monday. Use the grid below to help you to plan and organise your time.

Geography - one page of the homework booklet which includes answering three questions based on work done in class, drawing a diagram that you went over in class and researching three facts online. To be handed in next MONDAY.

English - Reading three chapters of your class novel for FRIDAY.

Drama - Come in next MONDAY prepared to storyboard a three minute mime, as you discussed in your group today.

Maths - one page of the homework booklet due to be submitted each day this week, to prepare for a test. There are five questions on each page and each page should take no longer than 20 minutes.

Spanish - Revise days of the week and months of the year for a quick vocabulary quiz at the beginning of the period on WEDNESDAY.

IT - There is a big project using all of the skills you have learned in this unit due to be submitted in 4 weeks. You are expected to complete at least one task per week.

Day	After school-tea time	6 - 7.15pm	7.45 - 9pm
Mon			
Tue			Karate Training
Wed	Games Club in library		
Thur			Football / Netball Training
Fri			

Day	Late AM	Early Afternoon	Late Afternoon	Evening
Sat	Football Match		Watching Football	Favourite TV Programmes
Sun			Going to Dancing Display	

Expectations

Like your primary school, *Gleniffer High School* has high expectations of all the people who attend the school and work in the school.

Here is what you should expect:

Pupils should expect:

- To have a clean and welcoming school
- To be safe in school
- To be treated fairly and consistently
- To enjoy classes and be well taught
- To have achievements rewarded

Can you give examples of what behaviour and attitude you expect to see from pupils to earn this from school staff and other pupils?

Staff will expect from you:

- To arrive on time for school and classes
- To accept responsibility and work to the best of your ability
- To come to school with all the necessary equipment for learning
- To respect teachers, other pupils and the school community
- To be well behaved, well-mannered and self-disciplined
- To participate fully in the life of the school

Can you give examples of what behaviour and attitude you should demonstrate in order to earn the respect of school staff?