



**WESTBOURNE** Sports College



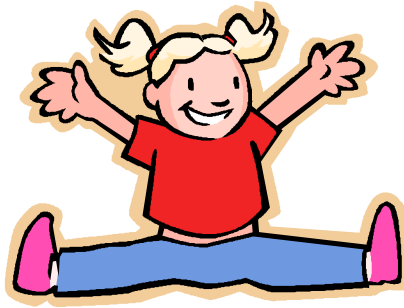
**WELCOME**

**to**



**Year 7**

**September 2010**



# **Welcome TO WESTBOURNE Sports College**

Here at last! All the waiting is over, and you are a student at WESTBOURNE Sports College.

This booklet will help you in your first year at Westbourne. Please read it and keep it safely. It contains lots of important information for you to remember.

We all hope that your time at Westbourne will be happy and successful and that you will take advantage of all the opportunities we can provide for you. We expect that you will work hard and do your very best in all of your lessons.

**Good Luck!**

**See you on  
THURSDAY 2ND SEPTEMBER**

# UNIFORM

We believe the smartness of our pupils adds to Westbourne's prestige and encourages a positive attitude to work.

## GIRLS

Blue polo shirt with College logo  
Black College zip up top with College logo or plain black v-neck jumper or cardigan

## BOYS

Blue polo shirt with College logo  
Black College zip up top with College logo or plain black v-neck jumper or cardigan

*Above available from PMG Schoolwear Shop, Westgate Street, Ipswich*

Full length standard cut black trousers (traditional style full length – no cords, jeans style, tracksuit, leggings or fashion trousers)

Full length standard cut black trousers (traditional style full length – no cords, jeans style, tracksuit, leggings or fashion trousers)

Black standard cut skirt (no slits or extremes in length)

## GAMES KIT

Gold PE polo shirt with College logo  
Plain black tracksuit bottoms or shorts  
White socks  
Trainers

## GAMES KIT

Gold PE polo shirt with College logo  
Plain black tracksuit bottoms or shorts  
White socks/black football socks  
Trainers

**Practical Lessons:** An apron or old shirt is essential if clothing is not to be soiled or damaged.

**Jewellery:** Jewellery is discouraged and only the following are allowed: A wristwatch, one ring per hand, one bracelet, one pair of earrings, one small nose stud (no eyebrow or other body piercing allowed).

If you are wearing jewellery which is not allowed you will be asked to remove it. If you wear it again it will be confiscated.

**Make up and Hair:** Excessive make up and haircuts/styles/colour are not allowed.

## WHO'S WHO IN YEAR 7

Mr A Dyer - Head of Year  
Ms P Joseph - Assistant Head of Year  
Ms S Clarke - Form Tutor 7T  
Mr A Hailstone - Form Tutor 7H  
Miss K Blaymire - Form Tutor 7N  
Miss L Thorpe - Form Tutor 7K  
Miss L Cichy - Form Tutor 7W  
Miss P Joseph - Form Tutor 7R  
Ms M Graziani - Form Tutor 7L



## OTHER PEOPLE YOU WILL MEET

Mr Edwards - Headteacher  
Mr Lee-Allan - Deputy Headteacher  
Mrs Cook - Assistant Headteacher  
Mr Herbert - Assistant Headteacher  
Mrs M Woodhouse - Assistant Headteacher  
Mrs S Everett - Assistant Headteacher  
Ms C Salter - Assistant Headteacher & Head of Year 11  
Mr R Hawkes - Assistant Headteacher & Head of Year 8  
Mr K Roche - Assistant Headteacher & Head of Year 9  
Mr N Allan—Assistant Headteacher & Team Leader, Science  
Mr S Moore—Assistant Headteacher & Partnership Development Manager  
Mrs Anderson - Student Manager

And of course, all your SUBJECT TEACHERS.

We hope that you won't have any problems at Westbourne, but if you do, you should ask your FORM TUTOR for help, or if the problem is more serious you should see Mr Dyer, Miss Joseph or Mrs Anderson

If your parents need to contact Westbourne about you they should speak or write to your FORM TUTOR.

# WHAT SHALL I BRING?

At Westbourne you will have to walk from lesson to lesson. You will need to carry all of your books and things you need for each lesson with you. Make sure that your school bag is packed with all of the things that you need for the next day before you go to bed -you will need to check your planner which you will be issued with during your first week at Westbourne.

## ESSENTIAL ITEMS

School bag—this should be hardwearing and large enough to hold all your equipment and books

Black and blue pens [2]

Pencil [2 -at least one 2B]

Ruler

Pencil sharpener

Eraser

Pencil case

Calculator

Coloured pencils

Pocket English Dictionary

Old shirt or apron [for Art lessons]

Work journal [for Art lessons -available for purchase from Art dept]

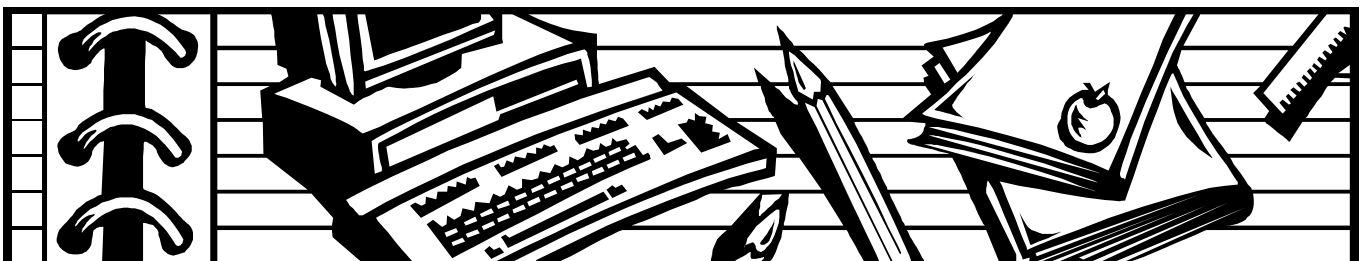
PE kit

## Recommended items

Pocket French Dictionary

Angle measurer / protractor

Compass



# YOUR PUPIL PLANNER

During the first week in College, you will be given a PUPIL PLANNER.

ALWAYS CARRY IT WITH YOU: it should be used for.....

- Writing down INFORMATION like your personal timetable and the names of your teachers.
- Recording what HOMEWORK you have been given.
- ABSENCE NOTES written by your parents.
- PERMISSION to leave your classroom during lesson time.
- Keeping important papers and letters from school SAFE.

Your FORM TUTOR will check your planner at least every two weeks.

You will need to ask your PARENTS to sign it each week.

## WATER BOTTLES

Students are allowed to drink fresh water (but not squash, juice or fizzy drinks) from an opaque sports bottle or other bottle with a sports cap, at any time (screw top bottles are not acceptable).



Water bottles, either printed with Westbourne Sports College or plain can be purchased from the Student Payments Office for £1.

# THE COLLEGE DAY

## The day is divided up like this:

|               |                                   |
|---------------|-----------------------------------|
| 8.30          | College opens                     |
| 8.45          | Registration with your Form Tutor |
| 8.50-9.50     | Lesson 1                          |
| 9.50-10.50    | Lesson 2                          |
| 10.50-11.10   | BREAK                             |
| 11.10-12.10   | Lesson 3                          |
| 12.10- 13.10  | Lesson 4                          |
| 13. 10- 14.00 | Lunchtime                         |
| 14.00- 14.15  | Tutor time /Assembly              |
| 14.15- 15.15  | Lesson 5                          |
| 15.15         | End of day                        |



### **ASSEMBLIES:**

On one afternoon a week you will have an assembly.  
This will be in the Main Hall.

# YEAR 7

## YOUR DAY

### Registration

You will see your form tutor at morning and afternoon registration. You will complete a range of activities including dilemma based learning activities, teambuilding, chatter topics, maths work, PSHE activities, learning spellings, silent reading, your planners, uniform and equipment will be checked. There will also be form competitions from time to time.

## What lessons will I have? What will I learn about?

### Core Humanities

You will have 6 lessons a fortnight. Core Humanities covers Geography, RE and History .

What you will learn:

#### Term 1

What is Geography? Looking at Map skills

What is History?

#### Term 2

The Norman Conquest

Christianity

#### Term 3

Medieval Lives

Settlement, Transport and Communication

Judaism

### English

You will have 6 lessons a fortnight

#### Term 1

People

Myths & Legends

#### Term 2

Novel

Time Travel

#### Term 3

Titanic

Media

# Maths

You will have 6 lessons a fortnight.

| Week Commencing   | Topic   |
|-------------------|---|
| 06 September 2010 | <b>KS2 Setting Tests + Number</b>               |
| 13 September 2010 | <b>A1 Sequences and functions</b>               |
| 20 September 2010 | As above  |
| 27 September 2010 | <b>N1 Number calculations</b>                   |
| 04 October 2010   | <b>S1 perimeter and area</b>                    |
| 11 October 2010   | As above  |
| 18 October 2010   | <b>N2 Fractions, decimals &amp; percentages</b> |
| 25 October 2010   | <b>Half term</b>                                |
| 01 November 2010  | <b>D1 Statistics and probability</b>            |
| 08 November 2010  | As above  |
| 15 November 2010  | <b>A2 expressions &amp; formulas</b>            |
| 22 November 2010  | <b>S2 Angles and shapes</b>                     |
| 29 November 2010  | As above  |
| 06 December 2010  | <b>End of Term Test + Investigation</b>         |
| 13 December 2010  | Investigation                                   |
| 20 December 2010  | <b>Christmas</b>                                |
| 27 December 2010  | <b>Christmas</b>                                |
| 04 January 2011   | <b>D5 handling data</b>                         |
| 11 January 2011   | As above  |
| 18 January 2011   | <b>N3 Multiplication and division</b>           |
| 25 January 2011   | As above  |
| 31 January 2011   | <b>A3 functions and graphs</b>                  |
| 07 February 2011  | As Above  |
| 14 February 2011  | As above + Half Term Test                       |
| 21 February 2011  | Half Term                                       |
| 28 February 2011  | <b>S3 triangles &amp; quadrilaterals</b>        |
| 07 March 2011     | As above  |
| 14 March 2011     | <b>N4 Percentages, ratio and proportion</b>     |
| 21 March 2011     | <b>A4 linear equations</b>                      |
| 28 March 2011     | <b>End of Term Test + Investigation</b>         |
| 04 April 2011     | Investigation                                   |
| 11 April 2011     | <b>Easter Holiday</b>                           |
| 18 April 2011     | <b>Easter Holiday</b>                           |
| 27 April 2011     | <b>S4 transformations</b>                       |
| 02 May 2011       | As above  |
| 09 May 2011       | <b>N5 more number calculations</b>              |
| 16 May 2011       | As above  |
| 23 May 2011       | <b>D3 analysing statistics+ Half Term Test</b>  |
| 30 May 2011       | Half Term                                       |
| 06 June 2011      | <b>D4 probability experiments</b>               |
| 13 June 2011      | As above  |
| 20 June 2011      | <b>A5 equations and graphs</b>                  |
| 27 June 2011      | As above  |
| 04 July 2011      | <b>S5 polygons</b>                              |
| 11 July 2011      | As above  |
| 18 July 2011      | <b>End of Term Test + Investigation</b>         |

# Science

You will have 6 lessons a fortnight, learning about topics from Physics, Biology and Chemistry.

## Term 1

Tissues and Transplants

Sex and Science

Acids and Alkalis

## Term 2

Ecology Matters

Bubbles, Bangs, Burnings

## Term 3

Classified

Materials from Earth

Forces and their Effects

The Solar System and Beyond

# Music

You will have 2 lessons a fortnight and will learn about various instruments and music technology.

The following topics are covered throughout the school year:

Singing Dancing Queen

Rhythm Grids

Elements of Music

African Drumming

Music Compositions on Computer

Rock Band Project

# Drama

You will have 2 lessons a fortnight

## **Term 1**

Teambuilding exercises, building up trust, drama games, basic techniques

## **2nd Part of Autumn Term**

A performance piece to show to parents as a production based on a West End Show.

## **Term 2**

'Beowulf' - story telling with abstract ideas and an introduction to Physical Theatre. Historical text.

## **Term 3-**

The Swallowing Drum - traditional story telling, narration mime and dance drama. Also a text from another culture.

# Art

You will have 3 lessons a fortnight. Focuses on learning basic art skills such as drawing and painting

## **Term 1**

Portraits developing drawing skills

## **Term 2**

Landscape painting Skills

## **Term 3**

Still life responding to themes

# **Technology**

## **includes Design Technology & ICT**

You will have 4 lessons a fortnight of DT and 2 lessons a fortnight for ICT. DT is taught on a carousel, with you spending a number of lessons with one teacher before moving on. The topics that are covered are:

Graphics where students design items such as sunglasses and flying toys

Resistant Materials where students make things such as a ball bearing game

Food Technology Looks at health and safety, storage of food, using equipment, healthy eating, as well as preparation of recipe's. Please be aware that in food technology, you are expected to bring in your own ingredients.

Control- Where you look at using computers to move items

CAD/CAM Computer Aided Design/Computer Aided manufacture using laser technology to design and make a novelty pen. This also includes some woodwork.

Use of Electronics and control technology to support problem solving exercises.

## **ICT**

You will have 2 lessons a fortnight, and will use a wide range of computer packages

### **Term 1**

PowerPoint – Animal Magic - produce a presentation about animals at Colchester Zoo

Movie and Podcast combing images and soundtracks

### **Term 2**

Publisher - A magazine for the school or a fan club.

Excel - Hogwharts Harry Potter Spreadsheets

### **Term 3**

Excel/Access database Superheroes theme

Scratch - using control software to make a game.

## PE

You will have 4 lessons a fortnight.

During the school year you will follow a 'Sport Education' approach to the curriculum and compete in 'inter form' activities in the following terms.

Autumn : Football and Netball

Spring : Basketball

Summer : Rounders, Cricket and Athletics (Sports Day)

Formal teacher assessments are completed at the end of each block of work (approximately 10 lessons)

## Modern Foreign Languages

You will have up to 5 lessons a fortnight. You will learn French in Year 7.

### Term 1

French speaking and Spanish speaking countries-people, names of countries, nationalities and climate

### Term 2

Harry Potter-School, uniform, buildings, myths

### Term 3

Songs and stories

## Licence To Cook

You will have 1 lesson per fortnight. This is a new subject where students will gain experience of basic cooking skills such as cutting, chopping, slicing and peeling. They will be producing a variety of food products from smoothies, to salads to casseroles and a range of desserts. Ingredients will be provided for this subject, but not for food technology.

# WHAT HAPPENS AT...

## ...BEFORE SCHOOL ?

Breakfast Club in the Youth Club

## ...BREAK TIME ?

Healthy snacks and drinks are available from the CANTEEN.

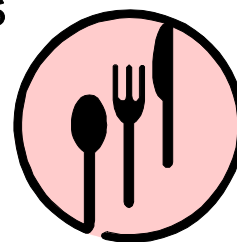
You SHOULD go outside during break time. The Hall is available during wet weather.

You are NOT allowed in classrooms or to wander the corridors.

Food should be eaten outside.

PLEASE PUT ALL OF YOUR LITTER IN THE MANY BINS PROVIDED

No pupil may leave the school grounds during break time.



## ...LUNCH TIME ?

The CANTEEN is open during lunchtime. You can choose from a wide selection of different foods and pay at the till.

If you bring a PACKED LUNCH you should eat it either outside in the designated Food Zones, or in the canteen.

You could take part in lunchtime activities such as:

- Go to a club or sports practice
- Use a PC in the ICT room near the library
- Use the library
- Or go to the Hall when it is open to watch a DVD

It is not usual for Year 7 Students to go home for lunch.

However, if your parents would like you to go home for lunch they will need to apply for a Lunch Pass for you. Please ask your Head of Year for a Lunch Pass application form.

# CLUBS

We have a breakfast club that starts at 8am for those of you who get to school early.

The following are clubs that have been run during this year. More information on these will be available in September, including when they are on:

- Humanities club
- Reading club
- School Newspaper
- Film club
- Environment club
- Science club
- Keyboard Club
- Music Technology Club
- Jazz Band
- String group
- Choir
- Salsa Dancing
- Football
- Rugby
- Cricket
- Skate boarding
- Netball
- Basketball
- Judo
- French Club
- Hip Hop Dance
- Rapping and MC Club with Ms G

If there are any clubs that you would be interested in that are not on the list, speak to your Form Tutor, Class teacher or Mr Dyer, and we will look into it for you.

# HOMEWORK

HOMEWORK is a very important part of your work at Westbourne.

The amount of time you will need to do it will vary from pupil to pupil.

You will be given your Homework timetable which will tell you which subjects will give you homework each day.

You should get about 20 to 30 minutes homework for each subject each week. You can do more homework if you wish !

## HINTS ON HOMEWORK...

- Always WRITE DOWN your homework in your planner
- CHECK your planner when you get home to make sure that you don't forget to do your homework.
- Find somewhere QUIET to work [Your bedroom, the kitchen or dining room table are good places].
- Doing homework on your lap, with the TV on is NOT a good idea !
- Give yourself PLENTY OF TIME to do your homework.
- Doing your homework at the last minute, or copying it from someone else is NOT a good idea !
- Always TRY YOUR BEST with your homework.



# **HELP ! WHAT DO I DO IF...?**

## **...I get lost?**

Ask someone to take you to your next lesson, or to the Student Services office, they will be able to tell you where you should be or get someone to help you.

## **...I lose something?**

All of your belongings should be named. Check at the Student Services office to see if it has been handed in. Check the classrooms where you have had your lessons that day. It may have been handed in to your Form Tutor. If something is lost for a long time, or is very valuable, report it to your Form Tutor.

## **...I forget my money for lunch or the bus?**

Ask at the Payments office at break time for help. Money can be lent, but IT MUST BE REPAYED.

## **...I don't understand my homework?**

Ask your teacher for help at the end of the lesson. They can often explain it again more clearly, or in a different way.

## **...I tried to do my homework, but couldn't finish it?**

Ask you parents to write a note in your planner to explain why your homework isn't done yet. You will need to agree a new deadline with the teacher who set the work.

## **...something is making me unhappy?**

Talk to your Form Tutor, Mr Dyer, Miss Joseph or your family. They can all help. You can also talk to any of the WASPS or Mrs Anderson (Student Manger).

## **...I am late?**

You should always try to get to College on time, but if you are late you must sign in at the Student Services office .

### **...I am too ill to come to school?**

Missing lessons will affect your progress, but if you are too ill to come to College ask your family to phone the Attendance Officer on **466145** by 10.00am to explain your absence, and bring a note when you come back to school. If you are going to be away ill for a long time, we can send work home for you so that you don't get too far behind with your work.

### **...I have to stay late and have forgotten to tell my parents?**

Go to the Student Services office who should be able to phone home for you.

### **...I feel ill or hurt myself at school?**

If you are in a lesson, tell the teacher. You may be sent to the Student Services office with a note from your teacher. The Receptionist who is a qualified First Aider will look after you. The school CANNOT give you tablets for headaches and tummy aches. If you are taking medicine for some reason, for example an Asthma inhaler, remember to bring it to school. The Student Services office can look after medicines that you might need, for example, tablets for Migraine headaches or regular medication. These MUST BE CLEARLY LABELLED WITH YOUR NAME, and the correct form completed and returned to the Student Services office.

### **...someone is being unkind to me?**

Talk to your Form Tutor, Mr Dyer, Miss Joseph, Mrs Anderson or a student member of WASPS (student support group).



## **Westbourne Advising on School Pressures Squad**

*"You are not alone, we are here to listen and help"*

## REMINDERS

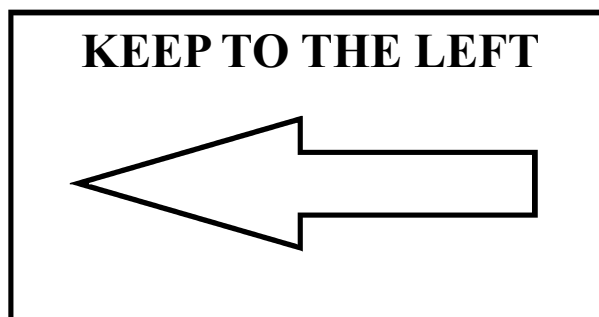
Your reputation, and Westbourne's reputation depends on **YOU**. We expect that you will:

- Work hard as you can in lessons and with your homework.
- Behave well and treat others with respect.
- Always wear full uniform.
- Be on time for College and lessons.
- Notify the College immediately of any absence with the reason.
- Only leave the College during the day if you have been given permission to do so. You **MUST** sign out at the Student Services Office .
- Look after the college buildings and property. Put **ALL** litter in the bins provided.

## SAFETY

For safety reasons you should:

- **WALK ON THE LEFT** in College buildings.
- Keep ball games **AWAY** from buildings and cars in the car parks.
- **WALK** with bikes in the College grounds.
- Use a bike lock at all times, bike insurance is advised. Make sure it is roadworthy.
- Leave valuables at home.



# HOME / COLLEGE AGREEMENT

## THE PARENTS/GUARDIANS

### *I/We shall try to:*

- See that my daughter/son goes to College regularly, on time and properly equipped
- Make the College aware of any concerns, or problems that may affect my daughter/sons work or behaviour
- Support the College's policies and guidelines for behaviour
- Support my daughter/son in homework and other opportunities for home learning
- Attend parents' evenings and discussions about my daughter/son's progress
- Get to know about my daughter/son's life at the school

## WESTBOURNE Sports College

### *The College will try to:*

- Care for your daughter/son's safety and happiness
- Ensure that your daughter/son achieves her/his potential as a valued member of the college community
- Provide a balanced curriculum and meet the individual needs of your daughter/son
- Achieve high standards of work and behaviour through building good relationships and developing a sense of responsibility
- Keep you informed about general College matters and about your daughter/son's progress in particular
- Be open and welcoming at all times and offer opportunities for you to become involved in the daily life of the College

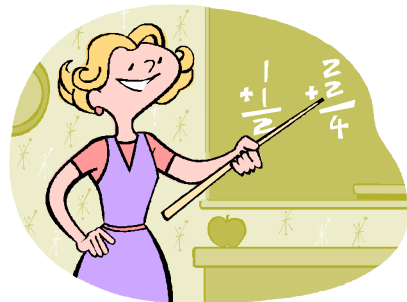
## THE STUDENT

### *I shall try to:*

- Attend College regularly and on time
- Bring all the equipment I need every day
- Wear the correct uniform and be tidy in appearance
- Do all my class work and homework as well as I can
- Be polite and helpful to others
- Keep the College free from litter and graffiti



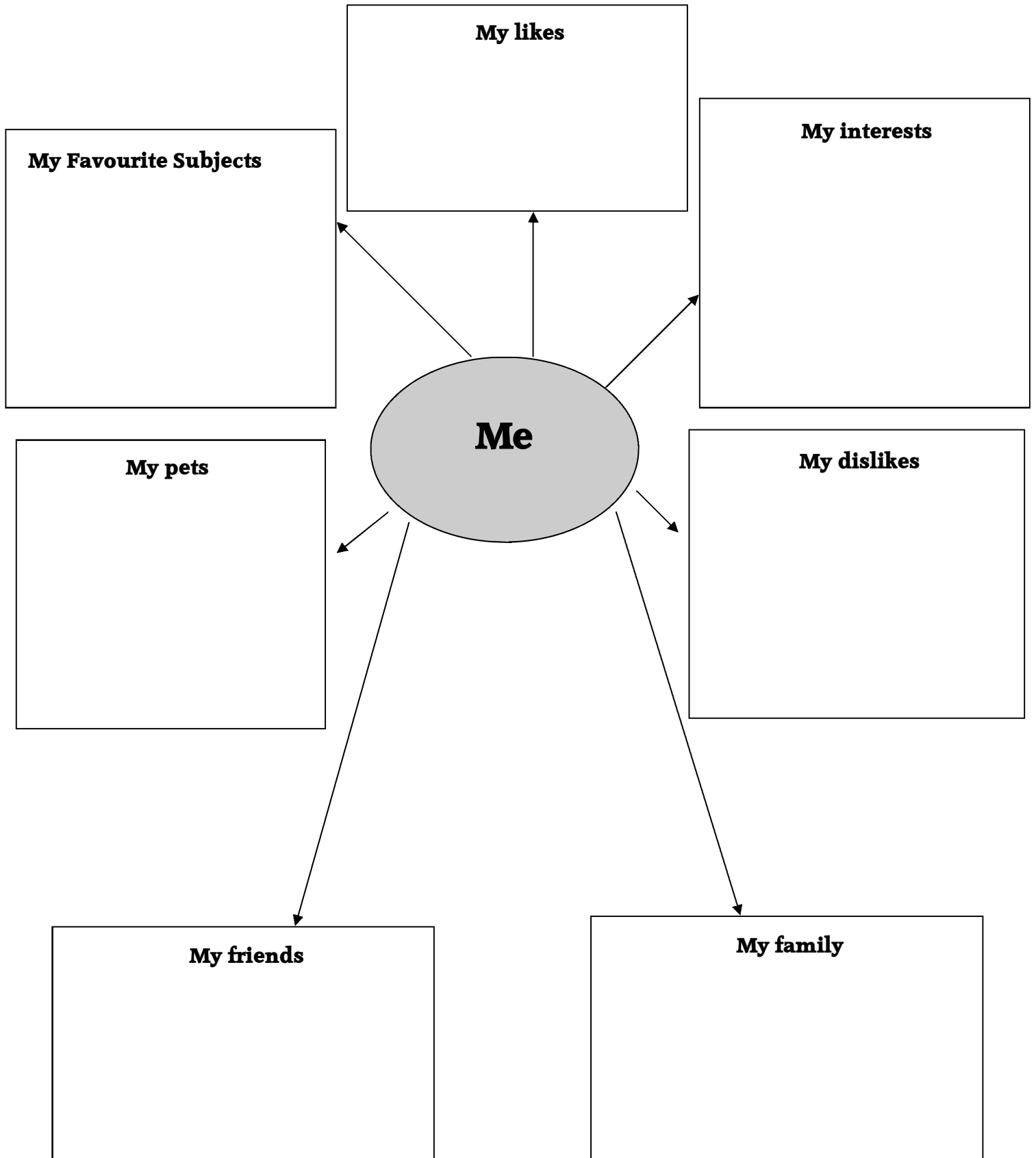
# TRANSITION WORK BOOK



# About Me...

To be completed with form tutors and handed to them at the end of Wednesday.

First test—can you organise yourself?



**Write an acrostic poem about Westbourne after your first induction day...**

**W**

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**E**

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**S**

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**T**

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**U**

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**R**

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**N**

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**E**

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# Skills Passport

**What are you good at?**

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**What would you like to be good at?**

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## **SELF REVIEW**

**Which subjects have you enjoyed?**

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**Why?**

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**Which subjects have you disliked?**

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**Why?**

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**What else have you enjoyed about Westbourne?**

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**How do you feel about joining Westbourne?**

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**In Maths I learnt.....**

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**In English I learnt.....**

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**In Science I learnt.....**

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**In ICT I learnt.....**

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**In PE I learnt.....**

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**I also learnt the following in other subjects:**

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# QUIZ

- 1. What time does school start?**
- 2. How long are lessons?**
- 3. When is break?**
- 4. Draw the correct uniform below:**
- 5. What items of clothing must you not wear?**
- 6. What does LRC stand for?**
- 7. What can you do in the LRC?**
- 8. What subjects are taught in C Block?**
- 9. What subjects are taught in S Block?**
- 10. When is lunchtime?**

## **Quiz (continued..)**

**11. Where can you go at lunchtime?**

**12. Name a healthy meal you can get from the canteen?**

**13. What equipment must you have in your school bag?**

**14. Where are the toilets?**

**15. Who is Mrs Anderson?**

**16. What can you do in the Youth Club?**

**17. Which subjects are taught in B Block?**

**18. Where can you go if you have a problem?**

**19. When does school finish?**

**20. Finally, think of a slogan for Westbourne.**

**Westbourne is.....**

**Draw the outline of your hand.**

**Go around your form group and ask other people to write something about you.**

**For example, something which you have done well during the two days.**