



THE CASTLE ROCK SCHOOL

Lionheart Educational Trust

YOUR WELCOME BOOKLET

Name:

From primary to secondary school

Moving to a new school is an exciting time. We are really looking forward to you joining us at The Castle Rock School in a few months and we cannot wait to get to know you and educate you throughout your time with us. This booklet is for you to work through, to feel a little more 'ready' to start with us. At the start of the school year we aim to:

- Introduce your new teachers and support staff.
- Have assemblies with all the new year 7s
- Introduce your pastoral team, your tutor and your tutor group
- Give you a tour of the school
- Show you how the canteen works at break and lunch times.

We hope you are feeling excited about starting at The Castle Rock School - here you will begin a brand new journey where you will continue to build on skills that you have learned at primary school.

WE LOOK FORWARD TO MEETING YOU



Welcome

It is with great pleasure that I welcome you to The Castle Rock School. As the headteacher, I am excited to start this 7 year journey with you in which we will be encouraging you to live our Castle Rock Slogan, 'Be The Best You Can Be' each day so you leave us confident, kind, independent and ambitious young people.

At The Castle Rock School, we are committed to providing a nurturing and stimulating environment where every student can thrive. Our dedicated staff work tirelessly to ensure that each student receives a high-quality education that not only meets academic standards but also develops young people personally through our Personal Development curriculum.

We believe in the importance of a well-rounded education, and our curriculum is designed to offer a balance of academic rigor, creative expression, and physical activity. We encourage our students to explore their interests, develop their talents, and become active, responsible members of our school community.

I am proud to lead Castle Rock School, a school that has a thriving student and staff body who are here for a collective goal, to 'Be The Best They Can Be', every single day. I am confident that we will achieve great things together.

Warm regards,

Roma Dhameja
Associate Principal

Meet our staff

When you join us, you'll find a dedicated team of staff ready to support you every step of the way. Take a moment to get to know the friendly faces who are here to help you succeed.



Julia Patrick
Executive Principal



Roma Dhameja
Associate Principal



Kerry Mace
Vice Principal
(Pastoral)



Aimee Elderton
Assistant Principal



Sarah Brady
Transition Lead



Amy Bowles
SENDCo

Our school motto

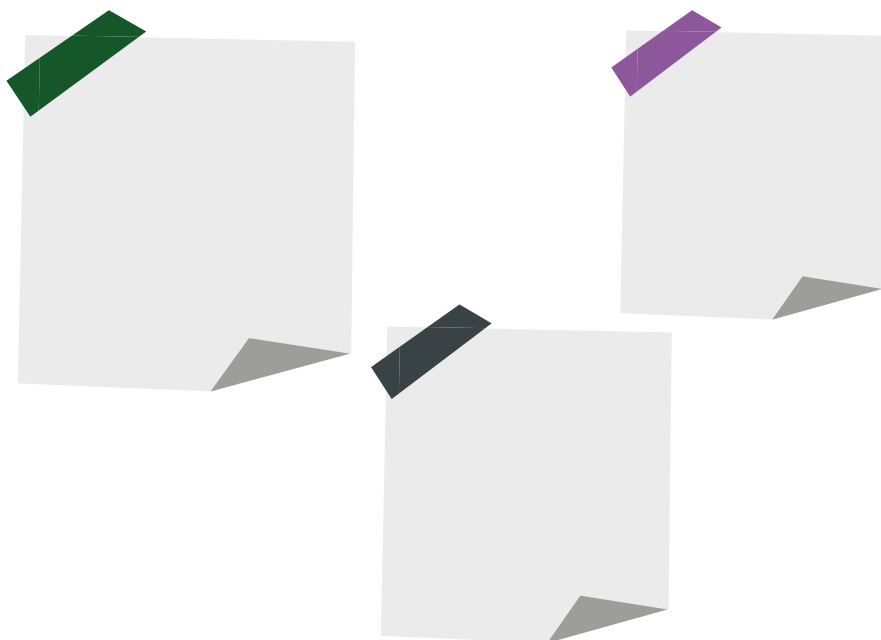
BE THE BEST YOU CAN BE

At The Castle Rock School, we believe in creating a welcoming and supportive environment where everyone feels valued. Our school is a community where we all work together to ensure it's a safe and happy place for learning.

Each of you is unique, and we celebrate that. Our focus is on community, development, and learning, helping you grow into a proud and respectful individual.

We have high expectations because we believe in your potential. Our students excel academically and grow as individuals, learning to value themselves and their community.

What do you think these values might look like in action?



The 4Rs

At the heart of our educational philosophy are the '4Rs'. These core values shape everything we do and believe in at our school. On this page, you'll find each of the 4Rs explained in detail.

RESILIENCE

Determination • Ability to bounce back • Persistence • Positivity • Effort •

RESOURCEFULNESS

Self-motivated • Proactive • Organised • Curious • Problem-solver

REFLECTIVENESS

Thoughtful • Reasoning • Questioning • Critical • Imaginative

RECIPROCITY

Collaborative • Supportive • Respectful • Communicative • Approachable

Once you've read through the descriptions, can you match the word to its description?

RECIPROCITY

To have the ability to recover quickly when the going gets tough.

REFLECTIVE

Learning to work together and show care and understanding for each other.

RESILIENT

Considering what needs to be done to take the next steps

RESOURCEFUL

Having the confidence to ask for help and to find answers in new ways.

Times of the school day

To help you get ready to start with us, take a look at the timings of the school day.

TIME	ACTIVITY
8.40am - 9.10am	Tutor
9.10am - 10.00am	Period 1
10.00am - 10.50am	Period 2
10.50am - 11.10am	Break
11.10am - 12.00pm	Period 3
12.00pm - 12.50pm	Period 4
12.50pm - 1.20pm	Lunch
1.20pm - 2.10pm	Period 5
2.10pm - 2.55pm	Period 6

Staggered finish times

Year 7 & 8 - 2.55pm

Year 9 & 10 - 3.00pm

Year 11 & Sixth Form - 3.05pm



Food and drink

How will I pay for my food and drink?

We run a cashless system where you can pay with your ID card, which your parent/carer can top up on Beehive.

What are the options for breakfast and break time?

Breakfast is served from 7:30am, offering a variety of options such as fresh fruit, bacon rolls, and croissants.

During break time, students can purchase sausage rolls, pizza, pain au chocolat, and vegetable samosas.

Can I bring a packed lunch?

Yes, and there are lots of spaces around the school site where you can eat your lunch and catch up with friends.

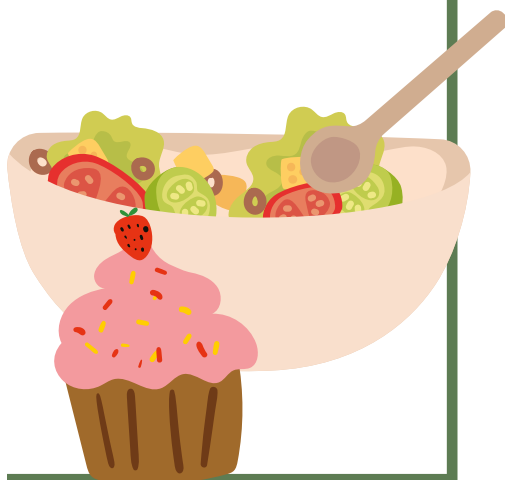
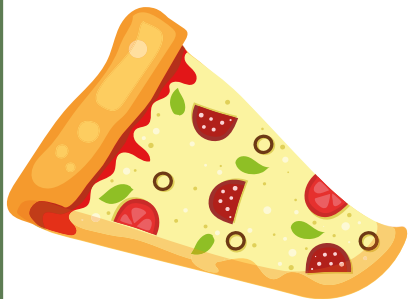
What about Dietary Requirements?

We cater to various dietary needs, including halal, gluten-free, vegan, and dairy-free options.

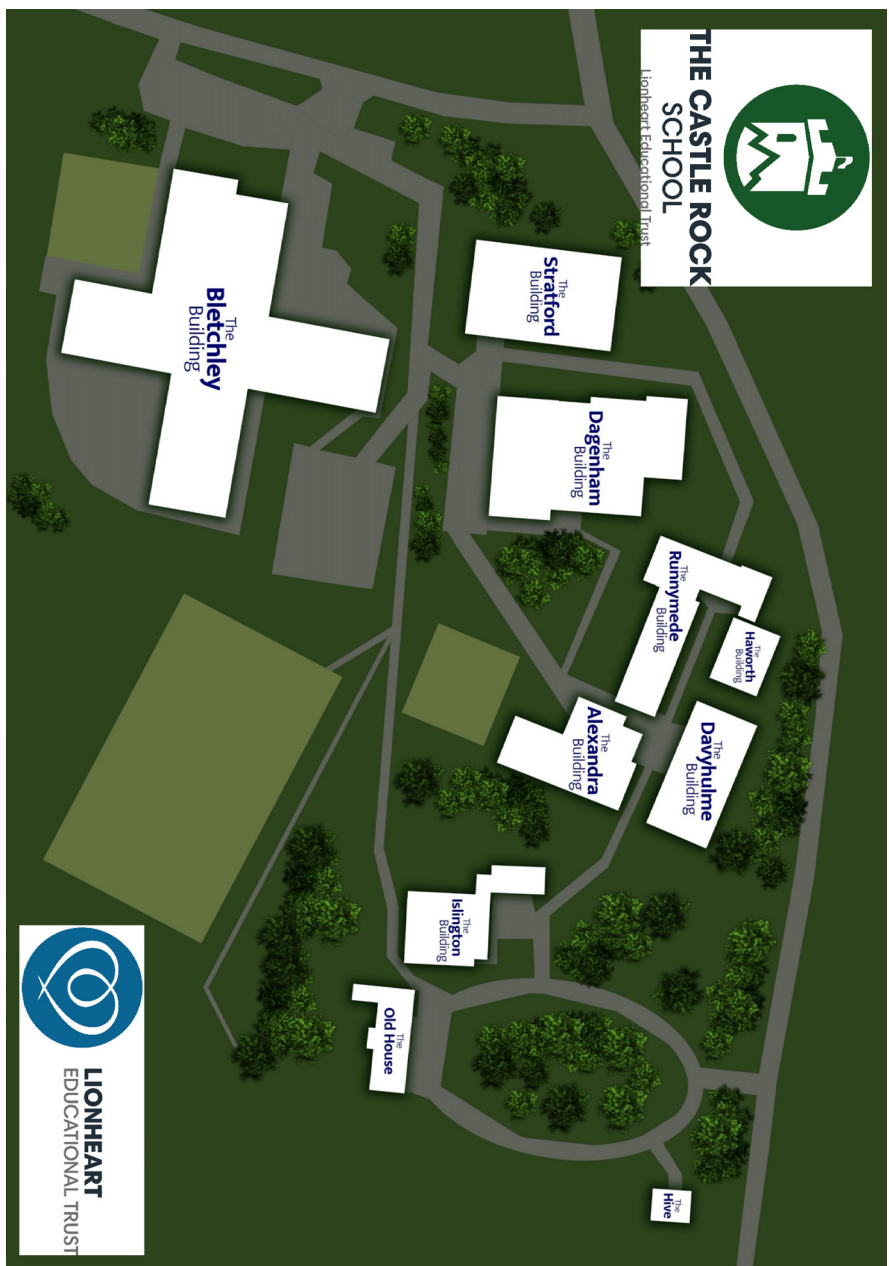
What's on the menu?



Scan the QR code to have a look at an example menu to see what might be on the menu when you start.



School map



Extra Curricular

We offer a wide range of extra-curricular clubs for students to get involved with. From creative opportunities like the Art and Textiles Club and the Crochet Club, to musical activities such as the Vocal Group and Singing and Songwriting, there's something for everyone.

Students can also become part of a Dungeons and Dragons team, stay active with sports like Rugby, Badminton, and Box Fit, or dive into literature with the Year 7 Book Club.

When you start with us you will be able to see all the afterschool clubs and book your place on them via Beehive.

Scan to discover more clubs on offer, are there any you can't see that you would like?



My school bag

When you start The Castle Rock School one of the main differences is that you will be responsible for all of your equipment and you will take it home each night.

What things do you think you should bring to school each day?



Poetry

At The Castle Rock School we believe in learning poetry by heart. Poetry is wonderful because it broadens our horizons, teaches us about life and can turn words into emotions. And when you learn poetry off by heart it becomes a part of you. Below is a poem about resilience. Resilience is the ability to recover from something difficult and keep going. We would like you to spend some time learning this poem off by heart before you start at The Castle Rock School. When you join us, we will say it together.

STILL I RISE BY MAYA ANGELOU

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Moving up

Here are a few activities that you can complete to help you get ready to start secondary school.

- ☐ Visit the school website and have a browse to find out as much useful information as possible. You can find the website on (www.castlerock.org.uk)
- ☐ Practice packing all the things you will need to take to your new school. Get in the habit of packing the night before.
- ☐ Plan the route to your new school and have a few trial runs when it's safe to do so.
- ☐ Have a look at the school map and familiarise yourself with the layout ready for your first day
- ☐ Get in the habit of going to bed early and getting up early in time to eat breakfast.
- ☐ Leave plenty of time to find out about your school uniform and order it. Make yourself aware of school policies on things like jewellery, piercings and mobile phones.
- ☐ Take some time to learn the names and faces of important people like the headteacher, your head of year, and your tutor. This way, you'll know exactly who to look for if you need assistance or guidance.

Making new friends

You will meet lots of new people at your new school. It's normal to feel excited, nervous or a mixture of both; here are some ideas that might help:

Get involved

Spend time with others at lunch and break times. Joining a club is a great way to meet new people.

Get to know your friends' friends.

You can meet up in the canteen, on the walk home or you could ask your friend to introduce you to them.

Take the first step

Say 'Hi' or ask how someone's day has been. Giving someone a compliment is a good way to start a conversation.

Be a good supporter

Help people where you can. Just offering a smile or saying 'Hi' could help someone to feel better.

Positive friendships

Real friends encourage you to be the best that you can be. Think about the qualities you would look for in a good friend and what might warn you that a friendship was unhelpful.

Write them in the boxes below.

Positive friendship

Examples:

- Respects my opinions
- Listens to me

Trips

Our students get the opportunity to experience a variety of activities in school. These help you to develop crucial life skills such as leadership, teamwork, communication and creativity, allowing you to explore interests, build confidence, and enhance your social network, ultimately contributing to a well-rounded education and personal growth. We offer a variety of trips, access to academic intervention including period 7 and Purple ruler, and wide range of drop-in sessions for homework, reading and well-being.

- Beaumanor Team building
- Rome
- France
- Skiing
- Curve Theatre
- Duke of Edinburgh
- University visits
- Lionheart PRIDE
- Drayton Manor
- Alton Towers





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