



THE CASTLE ROCK SCHOOL

Lionheart Educational Trust

WELCOME TO THE CASTLE ROCK SCHOOL

TRANSITION WORKBOOK

Name:

WELCOME FROM YOUR HEAD OF YEAR 7

Hello, I am Miss Brady, Head of Year 7 at The Castle Rock School and I am extremely excited to welcome you and for you to start with us in September 2023.

You have an exciting journey ahead of you with a wide range of opportunities available to help you grow and develop, not just in the classroom, but also as part of our wider school community.

If you approach every day with kindness, respect, determination and hard work, you will really enjoy being part of our Year 7 team. The Castle Rock School has a strong community ethos where each student is part of a caring school community. You will be able to access appropriate support for both your academic and pastoral needs, through our Year 7 team.

I recognise that starting a new school can be both exciting and a little daunting, so our transition programme ensures that you will feel confident in your new school environment at the start of the academic year. As Head of Year, I am always proud of the welcome that our Year 7 students receive from other students, and the ease with which they settle in to school life. As you read this guide I hope you will gain an understanding of the rich experience The Castle Rock School provides and the high expectations we have of all our students.

Welcome to The Castle Rock School.



Sarah Brady
Head of Year

Email any questions and for more info to
info@castlerock.org.uk

WELCOME FROM THE EXECUTIVE HEAD

We are delighted that you are joining us at The Castle Rock School. As part of the Lionheart Educational Trust we set high standards and have high expectations. Our culture is founded on hard work, outstanding care, guidance and support and inspiring teaching.

We will encourage you to strive to be the best you can be, to take personal responsibility and to enjoy learning in a wide range of academic, cultural, social and sporting opportunities.

We are passionate about learning. We want you to enjoy school and with our new seamless 7 year curriculum, we know that you will be prepared for your next step. We also value your personal, social and emotional development.

Our committed staff know the importance of nurturing ambition and creativity. They will expect the best from you in your attitude to learning, your exemplary behaviour and uniform.

We want you to achieve the highest standards in a safe, secure and positive environment within our school community.

I am proud to lead The Castle Rock School and I look forward to getting to know you more.



Julia Patrick
Executive Headteacher

GETTING READY TO MAKE NEW FRIENDS

We are a big school and you will become part of The Castle Rock Family. We would like you to answer the following questions so that we can get to know you!

1. What is your favourite colour or food?
2. Do you support a football team and which one?
3. What is your absolute dream job?
4. What sport would you compete in if you were in the Olympics?
5. What is your favourite time of the day and why?
6. What is the most recent book you've read, or movie you've seen that you would recommend and why?
7. If you could hang out with any cartoon character, who would you choose and why?
8. If you could be any superhero, Marvel or DC, who would it be and why?

Please try and find out what other pupils and form tutors have given as their answers.

ALL ABOUT ME

Be reflective and tell us about you, what do you like to do?

Who do you live with?

What are your favourite foods?

What are your favourite subjects?

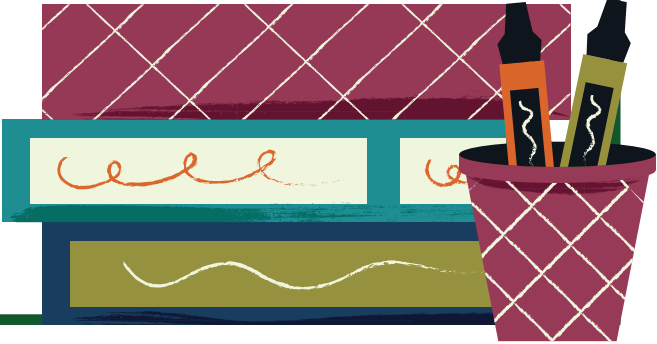
What is the best book you have ever read?

What is your favourite song and why?

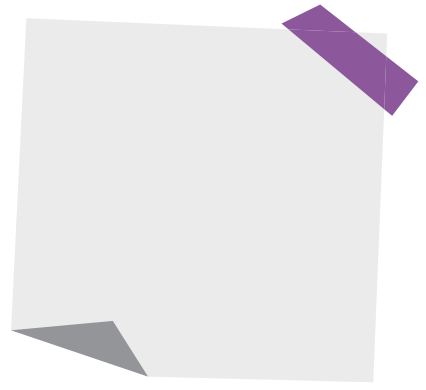
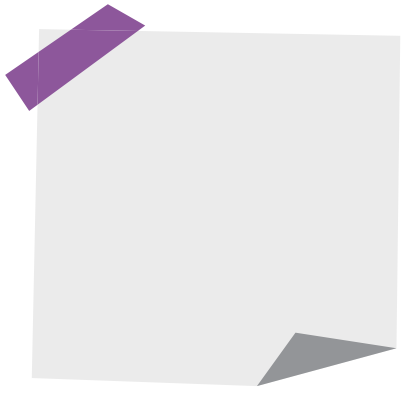
WHAT AM I LOOKING FORWARD TO?



HOBBIES AND INTERESTS



WHAT WORRIES ME ABOUT MOVING SCHOOL?



INTERVIEWS WITH PREVIOUS YEAR 7s



"I was nervous at first but there are so many people you can talk to. My Head of Year, Pastoral Mentor, and form tutor are so helpful."

"I was worried about getting lost but all the staff are really kind and friendly and helped me. I am really settled now and don't even need my timetable."



"I love being at The Castle Rock School. The school dinners are amazing!"



"My biggest worry coming into Year 7 was not fitting in. When I came here, my biggest happiness was fitting in."

SCHOOL TIMES

Your tutor will tell you more about the times of the school day.
Write them below.

TIME	ACTIVITY
	Line up on the playground
	Tutor time or assembly
	Lesson 1
	Lesson 2
	Break
	Lesson 3
	Lesson 4
	Lunch
	Lesson 5
	Lesson 6
	End of day



TIMETABLE

This is an example of what a timetable might look like

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	MENTORING BMI BY16	MENTORING BMI BY16	MENTORING BMI BY16	MENTORING BMI BY16	MENTORING BMI BY16
1	MATHS PCG BY06	MATHS PCG BY06	GEOGRAPHY RHO RE18	FRENCH GVE BY30	CORE PE SBR
2	GEOGRAPHY RHO RE18	MATHS PCG BY06	MATHS PCG BY06	ENGLISH KEM HH03	CORE PE SBR
3	DRAMA BMI BY16	MUSIC MSC BY17	CREATIVE ROTATION CKI DM07	SCIENCE RDI DE04	SCIENCE RDI DE04
4	FRENCH GVE BY30	RELIGIOUS EDUCATION CCO RE11	CREATIVE ROTATION CKI DM07	SCIENCE RDI DE04	SCIENCE RDI DE04
5	ENGLISH KEM HH03	ENGLISH KEM HH03	FRENCH GVE BY30	HISTORY RHO RE18	COMPUTING MPO BY12
6	ENGLISH KEM HH03	ENGLISH KEM HH03	SCIENCE RDI DE04	HISTORY RHO RE18	MATHS PCG BY06

WHAT HAPPENS AT BREAK TIME?

WHAT CAN WE BUY FOR BREAK?

HOW MUCH ARE THINGS TO BUY?

WHAT HAPPENS AT LUNCH TIME?

WHAT CAN WE BUY FOR LUNCH?

HOW MUCH IS AN AVERAGE MEAL DEAL?

MY SCHOOL BAG

When you start at 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?



Equipment I need:

STUDENT UNIFORM

You must wear all of these items of clothing:

- . Lanyard and Student Card – This will be provided to you on your first day
- . Green blazer with Castle Rock Logo
- . School tie
- . White shirt
- . Black tights or socks (Students must not wear white socks over tights)
- . Black footwear

You must wear one of the following items of clothing:

- . Grey trousers
- . Grey pleated skirt
- . School Checked skirt
- . Tailored grey shorts
- . Grey pinafore

Optional: You can also wear a plain grey knit V neck jumper under your blazer (this cannot be worn instead of a blazer).

PE Kit

On days you have PE. You must bring the following options with you:

- . Green PE t-shirt with School Logo
- . Green PE midlayer with School Logo
- . Black shorts or tracksuit bottoms
- . Black socks
- . Trainers

GETTING TO SCHOOL

HOW WILL I GET TO SCHOOL?

WHO WILL I COME WITH?

HOW LONG WILL IT TAKE?

OUR VALUES

We can be the best we can be by:

1. Being kind and respectful
2. Working hard
3. Taking personal responsibility
4. Persevering

“Who will be ambitious on our behalf if we are not ambitious for ourselves?”

How will you be the best that you can be at The Castle Rock School?

INTRODUCTION INTO SLANT

At The Castle Rock School we explicitly teach respectful behaviour in lessons using **SLANT**. Find out what each letter in **SLANT** stands for and fill in the blanks on this page.

S

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L

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A

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N

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T

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INTRODUCTION INTO SHAPE

At The Castle Rock School we expect pupils to present themselves in a professional and “polished” manner. We explicitly teach presentation skills using **SHAPE**. Find out what each letter in **SHAPE** stands for and fill in the blanks on this page.

S

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H

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A

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P

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E

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INTRODUCTION INTO PROUD

At The Castle Rock School we take pride in our written work and presentation in all of our subjects.

P

R

O

U

D

RESILIENCE AND 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. When you join us, we will say it together.

If by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

LETTER TO YOUR FUTURE SELF

Write a letter to your future self about what you will have achieved.

REWARDS

100 reward points

Bronze reward badge, email home to parents / carers

200 reward points

Silver reward badge, email home to parents / carers

300 reward points

Gold reward badge, email home to parents / carers

400 reward points

Platinum reward badge and an invite to our end of year celebration event

50 reward points in English, Maths or Science earns you Faculty Colours

100% Attendance badges and certificates for each half term

Rewards Trips & our end of year celebration trips to a theme park



LIONHEART

The Castle Rock School is part of the Lionheart Educational Trust, a wider network of 14 schools across Leicester and Leicestershire, which will bring further opportunities throughout your time with us.

Being part of Lionheart means exploring together ALL aspects of your education. Your academic subjects like mathematics and English are incredibly important. What is EQUALLY important is your personal development, your health and well-being and your understanding of our core British Values.

Together, Lionheart students take opportunities to learn about these values and explore what respect, tolerance and equality mean. You can get involved in Trust-wide events that celebrate culture, difference, inclusion and everyone's right to express themselves. Some examples, where you may also get to meet students from other Lionheart schools, are*:

Lionheart Speaks

Workshop support in speech writing and public speaking/performance on topical global issues, culminating in a show at a Leicester theatre.

Lionheart Pride

A festival for Lionheart schools' LGBTQ+ community and allies, jam packed with guest speakers, educational resources, music and a feel-good vibe where students can meet new, like-minded friends.

Lionheart Games

An athletics competition at the Saffron Lane Stadium involving a number of keystage 3 and 4 students from all Lionheart secondary schools.

*subject to change and availability of places.



LIONHEART
EDUCATIONAL TRUST



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