



# **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](mailto:info@castlerock.org.uk)

# WELCOME FROM THE 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.



**Roma Dhameja**  
Principal

# 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?**

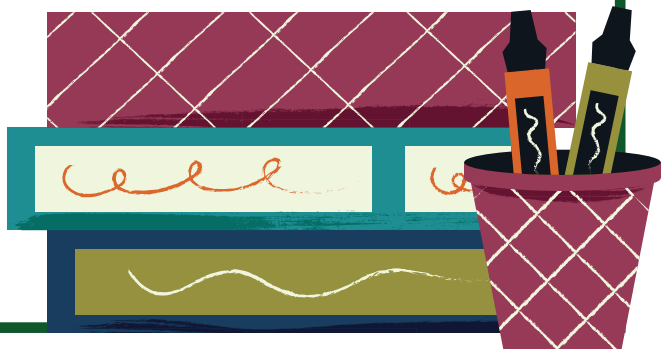
**What is the best book you have ever read?**

**What is your favourite song and why?**

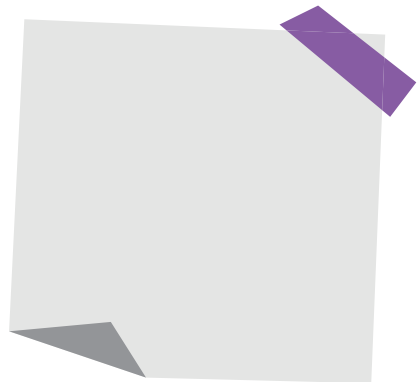
# WHAT AM I LOOKING FORWARD TO?



# 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<br>BMI<br>BY16 | MENTORING<br>BMI<br>BY16              | MENTORING<br>BMI<br>BY16            | MENTORING<br>BMI<br>BY16 | MENTORING<br>BMI<br>BY16 |
| 1  | MATHS<br>PCG<br>BY06     | MATHS<br>PCG<br>BY06                  | GEOGRAPHY<br>RHO<br>RE18            | FRENCH<br>GVE<br>BY30    | CORE PE<br>SBR           |
| 2  | GEOGRAPHY<br>RHO<br>RE18 | MATHS<br>PCG<br>BY06                  | MATHS<br>PCG<br>BY06                | ENGLISH<br>KEM<br>HH03   | CORE PE<br>SBR           |
| 3  | DRAMA<br>BMI<br>BY16     | MUSIC<br>MSC<br>BY17                  | CREATIVE<br>ROTATION<br>CKI<br>DM07 | SCIENCE<br>RDI<br>DE04   | SCIENCE<br>RDI<br>DE04   |
| 4  | FRENCH<br>GVE<br>BY30    | RELIGIOUS<br>EDUCATION<br>CCO<br>RE11 | CREATIVE<br>ROTATION<br>CKI<br>DM07 | SCIENCE<br>RDI<br>DE04   | SCIENCE<br>RDI<br>DE04   |
| 5  | ENGLISH<br>KEM<br>HH03   | ENGLISH<br>KEM<br>HH03                | FRENCH<br>GVE<br>BY30               | HISTORY<br>RHO<br>RE18   | COMPUTING<br>MPO<br>BY12 |
| 6  | ENGLISH<br>KEM<br>HH03   | ENGLISH<br>KEM<br>HH03                | SCIENCE<br>RDI<br>DE04              | HISTORY<br>RHO<br>RE18   | MATHS<br>PCG<br>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:

## MAIN SCHOOL UNIFORM

Items shown in Bold are school branded and can only be purchased from Schoolwear Solutions. All other items can also be purchased from a variety of suppliers.

- Lanyard and Student Card (These are provided for free by the school on their first day. Replacements will be charged at a cost of £1 per item)
- **Green Castle Rock blazer**
- **School tie**
- White shirt
- Grey trousers / Grey pleated skirt or Checked skirt (£23.99 - £27.50) or Tailored grey shorts or grey pinafore
- Optional plain grey knit V neck jumper under blazer (this cannot be worn instead of a blazer)
- Black tights/socks (Students must not wear white socks over tights)
- Black footwear

## PE KIT:

- **PE T-shirt with Logo**
- **PE Midlayer with Logo**
- Black shorts or tracksuit bottoms
- Black sock
- Shorts and tracksuit bottoms can also be purchased from a variety of suppliers

Visit the website for more information on where to buy

# 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**

.....

**L**

.....

**A**

.....

**N**

.....

**T**

.....

# 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

.....

H

.....

A

.....

P

.....

E

.....

# 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** .....

# 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.

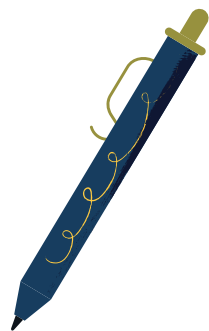
\*subject to change and availability of places.



**LIONHEART**  
EDUCATIONAL TRUST

# NOTES

Extra space for you to make any notes





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