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### Nervous?? Anxious??

### Worried??

To be honest, it would be a bit worrying if you weren't! Moving on to something new is always a bit scary...



But please be assured there are <u>lots</u> of people, staff and senior pupils, who will be only too happy to help make this transition a smooth, easy and positive one for you.

In this booklet you'll find answers to most of the questions people usually ask us at this time – along with some handy hints and tips from last year's first year pupils. (And one or two extra things to keep you busy as well – just for fun!)

Well, let's get the big question, the one that's on everyone's mind, over with first.....

# What about Covid19? Will I be safe?



The situation around Coronavirus and the need for social distancing is a constantly changing one, and how things look now may well have **c**hanged significantly by the time school is due to open in August. However we can guarantee that when school resumes after the holidays **every precaution** will be taken to ensure that we are complying at every step with the government's up-to-the-minute social distancing and hygiene recommendations – in the school building, during break times and also on the school buses.

So don't worry. There will be signs and clear guidance to help you with this. This is a steep learning curve for all of us, but we will work together, as a whole school community, to make sure that everyone is safe.

### When does school start, and when should I arrive?



The school day is made up of seven 45-minute periods, and begins with Registration at 8.55am. After periods 1 & 2, at 10.35, there is a morning break. Then at 10.55 there follows 3 periods, which run until lunchtime at 1.10pm. The afternoon begins at 2pm (with a warning bell at 1.55pm) and after the last two periods of the day the bell will ring at 3.30pm to end the school day.

You should aim to be at the school in time to hear the bell ring for Registration at 8.55am.

### What do I do if I'm late?



If you arrive late, make sure you go first to the General Office and sign in. This will stop a call going home asking where you are.

## Where do I go if I'm coming to Breakfast Club?



If you are coming to **Breakfast Club**, you can come straight into the Dining Hall when you arrive. You don't have to wait outside.

### What about lunches?

There is a wide range of food available in the Dining Hall: hot meals, sandwiches, pasta, pizza and much more. Or you can bring a packed lunch if you prefer. For the first two weeks of term, you will come down to the Dining Hall 10 minutes before everyone else, to give you time to get used to the system and the choices.

"There's a great variety of different selections of food and you can bring a packed lunch as well." (Morgan McGhee, 2M1)

"Make sure you have money on your MyFife card for your lunch – and let your parents know if you're running low so they can top it up!" (Daniel Bell, 2C1)

"The lunches are always busy, but after you get your lunch you can eat outside or inside." (Emma Wallace, 2C3)

# What happens at break and lunchtimes?



At these times you are not allowed to go out of the school grounds, but you are welcome to explore our school's extensive grounds, including the grass behind the school. If you prefer, there are lots of lunchtime activity clubs, such as Chess, ICT, Table Tennis, Badminton, etc. You will hear about all these clubs when you start in S1.

"At break & lunch you can go inside or outside. At lunch there are clubs like boxing, dancing, etc."

(Jake Berchtenbreiter, 2C2)

"There are lots of lunch clubs, and some are really fun like chess club, movie club and badminton club." (Gabriel McIntyre, 2C1)

"Also if it's raining the library is quite nice and they have movies on, on a Wednesday." (Emma Wallace, 2C3)

### Where can I buy a school tie?



School ties are for sale at the General Office. If you haven't managed to get one beforehand, they will be on sale on your first of day of school.

#### And can I wear trainers to school?

Yes, you can – so long as they are black trainers, and quite plain. We don't want students to be comparing brand names, etc, so the simpler the better – black shoes or plain black trainers, please.

### Can first years get lockers?

Yes, if you would like one. Ask Mr Wood or your Guidance Teacher for a locker form. You pay a deposit at the General Office, and in return are given your locker key. If you wish, you can keep that locker throughout your time at the school. Your deposit will be returned to you when you hand your locker key back in.

### Will I need a MyFife card?

You will be given a MyFife card the first morning you come to school. This can be used both for buying lunches, and as a library ticket in the school library. Your card can be topped up with money online.

### But what if I forget my MyFife card?

Don't worry! If you forget your card one day, you can get a 4-digit code from the General Office to give to the dinner ladies. This will allow them to deduct the cost of your meal from your MyFife balance.

### What about using the bus? And a Bus Pass?



Your Bus Pass and a bus timetable will be sent out to you during the school holidays. They usually arrive close to the time that school is due to start. For the first two weeks of term, until you get used to things, you will get out of class 10 minutes early at the end of each day and your S6 buddies will escort you to the bus park, and help you get on the correct bus. The senior pupils on each bus act as bus monitors, and are happy to help if you have any problems during the journey.

"If you don't know what bus to get on, ask Mr Wood, Mr Nicoll or Mr Callaghan who patrol the bus park." (Lauren Millar, 2C3)

"On the bus don't be that one person who just makes a lot of noise and annoys the whole bus!"

(Nikita Bilan, 2M1)

"Don't be worried about fitting in, whether you're the first or the last person to get on the bus. Just try and make friends!"

(Samantha Glavin-Ellis, 2M2)

### And if I forget my Bus Pass?

If you forget your Bus Pass one day – don't panic! Simply go to the General Office and let them know. They will give you a Temporary Pass to enable you to take the school bus home.

# What if I like performing singing and dancing?



Good news! There is a very active Dance Club, which uses the school Dance Studio, and competes at the annual Fife Dance Show each year. Singers can join the school choir, who perform beautifully at school Masses and at the Christmas concert.

#### Are there lots of rules in school?

All the rules in school boil down to three key words: we ask that you be **Ready**, **Respectful** and **Responsible**. So come to school prepared for the day ahead, ready for every lesson; make every effort to respect those around you, to respect everyone who is part of the school community; and be responsible, in your work, in your manner, in your behaviour and in all your interactions throughout the day. In return, all members of staff within the school commit to being **Ready**, **Respectful** and **Responsible** too.

This ties in with our **SCHOOL CORE VALUES** which are **Happiness, Confidence**, **Respect** and **Ambition**. These are the values we hope and trust you will learn and develop during your time here. As we all, staff and pupils alike, treat others and are treated ourselves with respect, we will be happier in school and this will increase our confidence and enable us to become more ambitious.

"You have a limited amount of time in each class, so make sure to be organised."

(Lucy Saunders, 2C3)

"The teachers are really good! All you have to do is be polite and do your work."

(Samija Bruiniece, 2M1)

# Where is the General Office, and when would I go there?



The General Office (NOT Reception) is located next to the Dining Hall. You might need to go there for a number of different reasons.

If you are late, this is where you sign in. If you have to leave during the school day (for an appointment, for example) this is where you would sign out, showing the note you have from home which explains the reason. This is where you would go if you have lost or forgotten your bus pass or your MyFife card. It is also where you can purchase a school tie, or a bottle for the water dispenser, and where you would pay money for a school trip. If you are feeling unwell during the school day, your teacher may send you to the General Office in order to be seen by a first-aider.

### What happens at the school Oratory?



There is a Mass held every Thursday lunchtime in the Oratory, which you are most welcome to attend should you so wish. You might also find that you are sometimes taken to the Oratory as part of a Religious Education lesson.

### What if I have Additional Support Needs?



If you have any additional support needs this information will already have been passed from your primary school to St Andrew's High School. Mrs Harper, our Head of Pupil Support, ensures that all teachers are given the necessary information regarding every pupil with additional support needs before your first day of school begins. It might be the case that in some of your classes there is a Pupil Support Assistant, who will be helping the teacher and all the students in the class.

# If I'm in First Chances, will that keep going?



Yes, absolutely. If you have been involved in the First Chances project, this will continue as you move into S1.

### What if I get bullied?

It is natural to worry about this, coming from being the oldest in your school to suddenly becoming the youngest ones again, and perhaps not knowing many of the older students. It's good to remember, though, that most people are just like you – not scary, just people you don't know (yet).

If you do feel that you are experiencing any difficulties, it's important to talk to someone straight away – don't wait, and let the "problem" get any bigger, or any more worrying for you. Speak to someone at home, a parent or carer, and speak to a member of the school staff – your Guidance teacher perhaps, or Mr Wood, your Year Head. (Or, if you prefer, perhaps one of the S6 Buddies might feel like the best person to speak to first of all.) Whoever you speak to will listen, advise and if necessary will intervene to get things sorted. Virtually every situation can be very easily remedied with early intervention such as this, so don't hesitate to share your worry – there is loads of support available.

"If you are ever getting bullied by others, I wouldn't worry at all. St Andrew's Guidance are the best! They will help with everything that worries you."

(Grace Patrick, "2M1)

"If you want to see your guidance teacher you go to the Social Studies building which is on the front side of the school." (Lauren Millar, 2C3)

"Guidance teachers are who you come to for any concerns or arguments that need sorted. They always find a way to resolve the problem."

(Emma Wallace, 2C3)

### What if I feel ill when I'm at school?

If you feel unwell during the school day, let your teacher know and he or she will send you to the General Office to be seen by a first-aider. If it is felt that someone needs to come and collect you from school, a phone call will be made so that that can happen

### What if I get lost?

First of all – don't worry! Virtually everyone gets lost at some time. For the first 2 weeks of term you will have S6 Buddies who will escort you from class to class – until you get a bit more familiar with the building. You'll be amazed at how quickly you get used to it. But if you do find yourself on your own and you don't know where to go, there will always be senior pupils and staff members around that you can ask. Don't be afraid to ask. Nobody minds. Staff and pupils alike have all had a first day – and have probably all got lost themselves at some point!

"Don't worry about getting lost! Teachers and buddies will be around the school to help!" (Grace Patrick, 2M1)

"Write down your classes and what part of the building they are in, to help you remember..." (Lauren Millar, 2C3)

"St Andrew's looks like a big school but it isn't – especially once you have settled in and you start to know the place. After two weeks you will know where all your classes are."

(Wiktor Bak, 2M1)

# And we'll leave the last word – on Homework – to your peers....



"You shouldn't worry about homework because most of the time it's pretty easy and if you have a harder assignment you will get more time to do it. If you get lost with what homework should be handed in when, you should use your Planner!"

(Julia Kaluzna, 2M2)

"I might sound like any random teacher, but just do your homework and life will be so much easier."

(Gabriel McEwan, 2C3)

"You don't get that much homework (some teachers give more than others) but if you get it done, it's done!" (Lucy Saunders, 2C3)

"Just get it over and done with and enjoy the rest of the night by binge-watching Netflix or whatever! If you get homework done, good job, buddy!"

(Ellie-may Brownlee, 2C1)

# How well do you know your new school?



#### A Quiz - with Prizes!

- 1. In which Block would you find the library A Block, B Block or C Block?
- 2. Name the 3 Social Subjects that are upstairs in B Block.
- 3. The Modern Languages department is in A Block, but on which floor is it?
- 4. Which of the 3 Blocks houses the Pupil Support department?
- 5. In which Block, and on which floor, would you find the Music department?
- 6. What time does lunchtime start?
- 7. If you are in Maths, and the time is 12.30pm, at what time did your Maths period begin?
- 8. Which of the 3 Blocks has only one staircase in it?
- 9. Where would you go to for help is you've forgotten your MyFife card?
- 10. Now do this sum.....

Take the number of periods in the school day, and add to it the number of floors in A Block. Multiply that by the number of "Houses" in St Andrew's, and then subtract the number of staircases in B Block. What's your number?

Write out your answers, making sure to include your name and class, and hand your entry in to the Pupil Support department, no later than the Friday of the FIRST FULL WEEK of term. The winner – and two runners-up – will be announced and given their prizes the following week.

Good Luck!

Name: Class: Date:

### word search clues

### Hidden Curriculum

Hidden in this grid are all your S1 subjects. Can you find them all?

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d a y u d s t y w d u e m s e s h i s t o r y h o b g i l c i s u m r y d n i h o t a i h s t h e c s o t s e g c t s p r t c o l m l i n e i a n a i s h o f z e l m r s m s n y s g n r a e g t m y e l i j y f t h o u n h a h h h s p c c e d s p e p n p t e h n g i s e d d n a t r a p r e l i g i o u s e d j m s c i m o n o c e e m o h
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- 1 Of or relating to England or its people.
- 2 The science of numbers, quantities, and shapes and the relations between them.
- 3 The study of past events.
- 4 Study of countries, oceans, rivers, mountains etc.
- 5 The study of things now.
- 6 Of or relating to France, its people, or their language.
- 7 A person born, raised, or living in Germany.
- 8 The language of Spain, Mexico, and many countries in Latin America.
- 9 The study of life.
- 10 A science that deals with the structure and properties of substances and with the changes that they go through.
- A science that deals with matter and energy and the way they act on each other in heat, light, electricity, and sound.
- 12 Creating and expressing, with colour, shading and shape.
- 13 Sounds that are sung by voices or played on musical instruments.
- 14 A look at the spiritual side of things
- 15 Sports and stretches, work-outs and games.
- 16 All the technological know-how

Word Search Clues www.edu-games.org