

**Welcome to  
North Cestrian School**



**Transition Booklet 2023**

For incoming Year 7 students

# Becoming a Cestrian

We know it's a big step moving from primary to secondary school. At North Cestrian, we want you to know that we look forward to welcoming you. We are committed to helping you make a smooth and positive transition to North Cestrian School.

You must be wondering...

## What will it be like to be a Year 7 student at North Cestrian?

This booklet aims to help you picture some of the ways we do things at North Cestrian School to help you make the best start possible. The booklet includes:

**Some faces you will see**

**Our mission statement**

**Our values**

**Routines**

- Attendance
- Timetable
- Term dates
- Equipment
- Lining up
- Starting lessons
- In lessons
- Prep
- Ending lessons
- Rewards and support
- Corridor etiquette
- SAFEGUARDING
- Mobile phones

**Would you also be interested in...?**

**Our Special Transition Section on the school website of**

<https://www.northcestrian.co.uk/page/?title=Induction&pid=14> including:

- Comments and quotes from some of our current Year 7 students
- Summer projects – recommended but not required. We would love for you to attempt the two summer projects and bring these with you when you arrive at North Cestrian in September so we can recognise your hard work. They will be given out on Induction Day or can be downloaded if that works better for you.

## Some of the faces you will see at North Cestrian

Here are some faces which will soon become familiar. You will find more photos of staff on the North Cestrian website.



**Mr Bergin**  
Headteacher



**Mrs Klutz**  
Head of  
Transition

**Mr  
Bailey**  
Head of  
Year 7



**Miss  
Connell**  
Head of KS3



There are five forms in Year 7 and each form has a form teacher. You will be introduced to them in September.

In addition to the above some key staff members include:

- Mr Bell - Deputy Head teacher
- Dr. Askey - Academic Director
- Mr Brown - Pastoral Director
- Mrs Williams – Head teacher's PA (Personal Assistant)
- Mrs McKenzie – Attendance Officer
- Mr Bloomfield - Premises Officer

# Our Mission Statement and Values

**Our mission statement is to make North Cestrian a place where individuals thrive and go on to lead rich and fulfilling lives.**

What do some of the key words in our mission statement mean?

- **Thrive** – to prosper and flourish; to develop well
- **Rich** – successful with meaning and purpose
- **Fulfilling** – satisfying and happy.

As you picture yourself thriving at North Cestrian, can you think of one or more ambitions or goals you could set for yourself and achieve? For example, could you...?

- Work hard to achieve your potential
- Join extra-curricular clubs to expand knowledge and skills
- Obtain GCSE results to be proud of
- Get accepted to a college, sixth form or apprenticeship
- Develop a love of learning that might lead to further study at university
- Be kind to others and bring happiness to the world

**Our values are hard work, honesty and fairness.**

- **Hard work** – because it is rewarding to make our best effort and stick with it
- **Honesty** – because we want to be considered trustworthy and we want to be able to trust those around us
- **Fairness** – because we want to feel safe, to earn the respect and trust of others and for people to get along and work well together.

## **ACADEMIC, BEHAVIOUR AND CHARACTER – THE CESTRIAN WAY**

**We believe the key to achieving our mission statement is to provide all our pupils with clear, firm and fair guidelines regarding how to behave. Best behavior enables students to achieve their best academic results and develop a strong character as well as access rich cultural opportunities on offer. We establish these expectations from day one and constantly remind pupils of them by having good routines and reminders so that hard work, honesty and fairness become habits.**

# Routines & Reminders

Here we list just a few of the routines and reminders that we put in place to ensure we have a happy, safe learning environment.

## Attendance

### Attend and Achieve!

Days off school = Days of lost learning

Percentage attendance in one school year	Number of lessons missed	Number of days of learning missed
<b>100%</b>	<b>0</b>	0 days missed
<b>95%</b>	<b>45</b>	1 week & 4 days missed
<b>90%</b>	<b>95</b>	3 weeks & 4 days missed
<b>85%</b>	<b>140</b>	5 weeks and 3 days missed
<b>80%</b>	<b>190</b>	7 weeks & 3 days missed
<b>75%</b>	<b>230</b>	9 weeks & 1 day missed

**Research suggests that 17 missed school days a year = 1 GCSE grade drop in achievement**

#### Timetable for the school day

- 8:00 – School gates and canteen open
- 8:35 – Be in school, either in form room or lined up in form groups for Briefing
- 9:05 – Period 1 begins for first lesson
- 9:55 – Period 2
- 10:45 – Break
- 11:10 – Period 3
- 12:00 – Period 4
- 12:50 – Lunch for Y7s
- 13:40 – Period 5
- 14:30 – Period 6
- 3:20 – End of school day

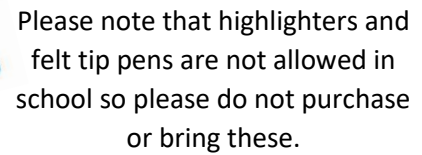
**Term dates** are on the school website, here is the link:

<https://www.northcestrian.co.uk/schoolcalendar>

## Equipment

Each student should carry with them:

- Pens x 2 (black or blue)
- Pencil
- Sharpener
- Eraser
- Ruler
- Scientific Calculator (Casio fx-85GT X or fx-83GT CW which is newer)
- Maths set (compass and protractor)
- Reading book



Please note that highlighters and felt tip pens are not allowed in school so please do not purchase or bring these.

Equipment which school provides:

- **A purple pen**
- **Prep Book**

## Corridor etiquette

- Walk on the left in single file and in silence.
- Follow the one-way system where relevant.
- This is important to ensure students efficiently move to the next lesson, safely and calmly, ready to learn.

## Lining up

- When you arrive at your next lesson, if the teacher is not ready for you to enter the room, then line up in the corridor outside. The teacher will explain exactly where you need to do that for each classroom.
- Make sure you line up single file in silence. Have your shoulder to the wall to ensure you are allowing room for others to walk past.

## Starting lessons

- When instructed to do so, enter the classroom quickly and quietly.
- In silence, take out your equipment and begin the starter task or wait for instructions.
- Be prepared and responsible.

## IN LESSONS

When in lessons, the environment must be to support learning. It is not fair to disrupt the learning of others so we expect our lessons to be silent until the teacher promotes discussion, questions and answers. We use the following acronym throughout the school to promote this attitude:

## **SLANT** – Behaviour for learning

- **S** – Sit up straight, alert and ready to learn. Silent, unless directed otherwise
- **L** – Listen to the teacher and other pupils
- **A** – Ask and answer questions in full sentences
- **N** - Never interrupt
- **T** – Track the speaker

**‘Track me’** is a very important phrase at North Cestrian. As soon as you hear a staff member say, ‘Track me’, put down your pen and look at the teacher ready to listen with full attention.

When the teacher asks a question for pupils to **ANSWER** we have a NO HANDS UP rule; this means the teacher will select a pupil to answer the question and then call on others to expand the answer given. If the teacher requires hands up, they will tell you.

If you **ASK** a question, then you should put your hand up. Be patient: the teacher shouldn’t be disrupted if they are in the middle of explaining something.

## **KNOWLEDGE ATLAS**

You will have an electronic copy of the Year 7 Knowledge Atlas. This has all the key chunks of knowledge, subject by subject in one place. Your teachers will require you to prepare for the next lesson by learning small sections a bit at a time. This is called ‘PREP’.

## **HOMEWORK (or PREP)**

**At North Cestrian, we call homework Prep** which is short for preparation

- For ‘prep’ as you will be asked to learn knowledge to prepare for your next lesson. From September, you will be given 15 minutes of prep for each lesson. You will be asked to learn a small section of the knowledge provided by the school to learn a little bit at a time. Then you can use the knowledge atlas for revision later too. This means you can expect about 5 x 15mins = 1 hour 15 mins prep per evening. This increases as you go up the school.
- We use an electronic homework diary called ARBOR for setting prep, which you can access on a mobile phone or a computer. Parents can access this tool on a parent App.

How do I prep?

- Read the information you need to learn.
- Try to remember it.
- Cover it up and write it down.
- Check your answers. Did you get it right?
- Improve your answers using purple pen.
- You will have a chance to practise doing prep at the end of this booklet. Or you can even try it now. Can you remember the steps on how to prep? You will get lots of help on how to do PREP.

### **Purple pen** – What is this for?

- A purple pen is a key piece of equipment used every lesson.
- We use it to improve our work based on feedback and note key learning points.
- This helps us to take responsibility for our own learning, using feedback at every opportunity to improve.

### **Ending Lessons**

When asked to pack away (and not before) do so promptly and in silence.

Carry out any final instructions and then stand behind your chair silently, waiting to be dismissed.

Once dismissed, then move to your next lessons quickly and in silence.

### **Rewards and support**

Rewards - We like to reward good behaviour. Some examples of rewards include:

- Achievement points – 1 at a time or up to 5 at once for academic, pastoral and cultural capital reasons – anything from impressive lesson or prep work to helping a teacher or showing kindness to another student, or investigating a cultural topic from the Newsletter.
- Postcards including Bronze, Silver, Gold and even Platinum.
- Pancake breakfasts.
- Canteen queue skips allowing you to go straight to the front.
- Priority to school trips.

Support – We like to help in cases where behaviour slips below our usual high standards, for example:

- Lateness – If a student is late then we issue an after-school detention to help think through ways to arrive on time and fully benefit from the school day.
- Prep – If a student comes to lessons unprepared then we will offer guidance on how to effectively prep.
- Behaviour – If a student disrupts learn or does not show adequate respect to others, then we do break, or after school detentions to give time to reflect on what has happened and how to do better moving forward. Senior detentions are for more serious behavior issues, and are longer in length after school. We also issue Saturday detentions.

### **SAFEGUARDING**

Your safety is the most important thing to us. We spend considerable time making sure you act safely, treat others safely and know what to do if you feel under threat or harm.

### **Mobile phones**

Leave your phone switched off all day in school. This begins when you enter the school grounds in the morning and ends when you leave the school grounds in the afternoon.

If you feel you need to use your phone due to exceptional circumstances, you must go to the office or have permission from a staff member to use your phone briefly in their presence.



Phones in use, or even seen during the day without permission will be confiscated and held by the office. This can be for up to ten days.

This is because we want all students to be free from distraction during the school day so we can best learn and enjoy social interaction with those around us.

### **CHARACTER AND CULTURAL CAPITAL**

As part of the North Cestrian ABC, in addition to outstanding **A**cademic and **B**ehaviour achievements, we want our students to develop **C**haracter.

Character points are awarded when a pupil shows sustained and significant examples of their character qualities. Pupils gaining character points may also receive rewards to enable them to develop their traits further. Examples have been trips to the theatre and assistance in the purchase of a microscope.

Cestrian Character includes the following:

<b>Generous of Spirit</b>										
<b>NCS definition</b>	The openness and willingness to share and not expect anything in return.									
<b>Generosity of Spirit qualities</b>	<table border="1"> <tr> <td><b>Generous</b></td> <td><b>Happy</b></td> <td><b>Empathetic</b></td> </tr> <tr> <td><b>Gratitude</b></td> <td><b>Social</b></td> <td><b>Tolerant</b></td> </tr> <tr> <td></td> <td></td> <td><b>Volunteer</b></td> </tr> </table>	<b>Generous</b>	<b>Happy</b>	<b>Empathetic</b>	<b>Gratitude</b>	<b>Social</b>	<b>Tolerant</b>			<b>Volunteer</b>
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<b>Gratitude</b>	<b>Social</b>	<b>Tolerant</b>								
		<b>Volunteer</b>								
<b>Situation examples</b>	Having a positive outlook and mentoring someone younger than you. Willing to help out and volunteer. Pay it forward for the greater good. Always friendly.									
<b>Use in life</b>	This is the essence of being a virtuous human. Our disposition, the positive way we view the world and the moral values in our character define us.									
<b>Quotation</b>	"Do unto others as you would have them do unto you" "You give your all and yet you always feel as if it costs you nothing." "We make a living by what we get, but we make a life by what we give."									
<b>Not being generous of spirit may mean</b>	Your negative view is dominating. You may be only considering yourself. It may be good to talk to others to explore different approaches.									

<b>Learns from Mistakes</b>			
<b>NCS definition</b>	Understand the causes, decisions and actions that have led to underperformance and actively plan to avoid repeating the same mistakes.		
<b>Learns from Mistakes qualities</b>	<table border="1"> <tr> <td><b>Self-aware</b></td> <td><b>Adaptable</b></td> </tr> </table>	<b>Self-aware</b>	<b>Adaptable</b>
<b>Self-aware</b>	<b>Adaptable</b>		
<b>Situation examples</b>	Read, self-reflect and talk about teacher's feedback (test/behaviour). Make changes which help you avoid falling in the same way or as far next time.		
<b>Use in life</b>	Life is not easy, not everything will go to plan. Delapsus Resurgam!		
<b>Quotation</b>	"Learn from the mistakes of others too - you can't make them all yourself." "Success is the ability to move through mistakes without losing enthusiasm."		
<b>Not learning from mistakes may mean</b>	It is not a surprise if you don't act on the feedback others give you... "If you always do what you always did, you will always get what you always got."		

# Passionate

<b>NCS definition</b>	Strong feelings, beliefs or desires that give rise to intense interest and enjoyment and a loyalty to the cause.
<b>Passionate qualities</b>	<b>Enthusiastic</b> <b>Devoted</b>
<b>Situation examples</b>	You may have already found your passion for a certain something. If not, try to take opportunities. "I've no special talents. I'm only passionately curious."
<b>Use in life</b>	Ultimately, fulfilment in life, the causes and pursuits that define you are governed by the successful unearthing of your passions.
<b>Quotation</b>	"Every great dream begins with a dreamer." "Passion is energy. Feel the power from focusing on what excites you." "Without passion, you'll never stick it out."
<b>Not being passionate may mean</b>	You may find some things less exciting and be unconvinced of the reasons to give effort and devotion. You could be great but this will be unnoticed by others.

# Purposeful

<b>NCS definition</b>	Showing determination to uncover your values, passions and what makes you happy. Then having the resolve to ensure your actions match!
<b>Purposeful qualities</b>	<b>Vision</b> <b>Leadership</b> <b>Autonomy</b>
<b>Situation examples</b>	-Thinking about my further education and career. - Developing a solution to a problem that needed leadership of others.
<b>Use in life</b>	Whatever you choose to achieve, big or little goals, short or long term, it is best to be the master of your own destiny. Stay in control. Make true choices.
<b>Quotation</b>	"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps."
<b>Not being purposeful may mean</b>	Aimless, timewasting, playing for laughs, not achieving, no significant claims to worth, being without value or feeling a lack of fulfilment.

# Resilient

<b>NCS definition</b>	Conscious effort to make quick return to positivity and achieving goals following a set-back. Staying in control to benefit the bigger picture.
<b>Resilient qualities</b>	<b>Courageous</b> <b>Persistent</b> <b>Diligent</b> <b>Organised</b> <b>Disciplined</b>
<b>Situation examples</b>	Planning to bounce back using your self-discipline and use of feedback on your work, behaviour or any underperformance below your expectations.
<b>Use in life</b>	"Rock bottom became the solid foundation on which I rebuilt my life." "It may sound strange, but many champions are made champions by setbacks."
<b>Quotation</b>	"Enthusiasm is common. Endurance is rare." "You may have to fight a battle more than once to win it." "Don't judge by success, judge by how I fell down and got back up again."
<b>Not being resilient may mean</b>	Worrying about failing. Not acting on feedback. Giving up easily, avoiding the hard work. Hiding away and not confronting the evidence. Afraid to take risks.

# Responsible

<b>NCS definition</b>	Taking a duty seriously in the knowledge that you are the primary reason that the task or the people you serve are fulfilled.
<b>Responsible qualities</b>	<b>Service      Ownership      Integrity</b>
<b>Situation examples</b>	Trusted to do your best in everyday tasks for yourself. Being chosen to deploy your qualities for the good of the wider community.
<b>Use in life</b>	Ultimately, success in life, and the fate of global society or the environment, boils down to you willingly accepting responsibility to be the difference.
<b>Quotation</b>	"We have to accept responsibility for our actions: all we have done, all we have not done" "You cannot escape responsibility by evading it today"
<b>Not being responsible may mean</b>	At worst, choosing to be irresponsible or being dishonest will compromise the success of task and other people. At best, it means not fulfilling your potential to make things better. Either way, trust in you may be lost.

# Sophisticated

<b>NCS definition</b>	Having depth and breadth to your knowledge and understanding. A continuous curiosity to acquire knowledge, experience and cultural capital.
<b>Sophisticated qualities</b>	<b>Curious      Knowledgeable (Cultural Capital)</b>
<b>Situation examples</b>	Your self-motivation may have started your accumulation of knowledge, behaviours, experiences and skills which demonstrate sophistication.
<b>Use in life</b>	By knowing the best of human creativity and achievement, you could wisely take things further to make your life, society and the world a better place.
<b>Quotation</b>	"A study of perfection" "To render an intelligent being yet more intelligent" "The mind is not a vessel to be filled but a fire to be kindled"
<b>Not being sophisticated may mean</b>	You are only learning for learning's sake – to pass an exam. You may not be able to talk excitedly and in depth about a subject or an issue. You may not be using your full potential.

# Resourceful

<b>NCS definition</b>	A self-ability to find quick and clever ways to find or show answers or startegise plans to progressive solutions.
<b>Resourceful qualities</b>	<b>Initiative      Knowledge</b>
<b>Situation examples</b>	- Facing problems with insufficient preparation and finding the way to do the best I can. How to go beyond your personal best. Capitalising on strengths.
<b>Use in life</b>	Whenever life's difficulties and problems arise you draw on your skills, knowledge and qualities to find ways of taking things on and succeeding.
<b>Quotation</b>	"Make the most out of what you have." "A resourceful person can see opportunity when others only see obstacles."
<b>Not being resourceful may mean</b>	Lacking the imagination or the desire to know where or how to begin. Not knowing the answers or how to go about finding the answers.

# What can you remember?

Let's give you an experience of prep now with a quiz which you can then mark and improve yourself. This will help you recall North Cestrian's mission statement, values and some expected behaviours. (We always use purple pen to improve our work at North Cestrian but if you don't have a purple pen, you can use any colour that is different from what you originally wrote in for now.)

## QUIZ

### What is SLANT?

**S** \_\_\_\_\_  
\_\_\_\_\_  
**L** \_\_\_\_\_  
\_\_\_\_\_  
**A** \_\_\_\_\_  
\_\_\_\_\_  
**N** \_\_\_\_\_  
\_\_\_\_\_  
**T** \_\_\_\_\_

### Mission Statement

What does it mean to 'thrive'?

\_\_\_\_\_  
\_\_\_\_\_

What does it mean to lead a 'rich' life'?

\_\_\_\_\_  
\_\_\_\_\_

What does it mean to lead a 'fulfilling' life?

\_\_\_\_\_  
\_\_\_\_\_

### NCS Values

<b>HONESTY</b>	<b>FAIRNESS</b>	<b>HARD WORK</b>
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At North Cestrian School I will thrive and go on to lead a rich and fulfilling life.

To achieve this I will... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How many of the 8 Cestrian Character Traits can you remember?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

**Advice looking ahead - How can you be your best self?**

- **Come prepared and have the correct equipment**
- **Take pride in every piece of work that you do**
- **Make your best effort and then ask for help when you need it**
- **Be a role model to others through your attendance, attitude and effort**

**Thank you**

Thanks for reading and engaging with our transition booklet.

We don't expect you to know everything straight away but we hope by being able to refer to this booklet you will feel you have a better idea of what to expect in the autumn. There will be lots of other Year 7 students learning too.

**See you soon!**

We look forward to seeing you at North Cestrian in the autumn.

Enjoy the various items on our website and enjoy your summer in the meantime.

Wishing you all the best,  
**The North Cestrian Team**