



BISHOP RAWSTORNE
Church of England Academy

GET TO KNOW BISHOPS

YEAR 7 BOOKLET 2024-2025



CONTENTS

01	What is this Pack?
01	Introduction to Our SENCO Team
02	Our School
04	The School Day
05	Our School Uniform
06	Equipment You Will Need to Bring Everyday
07	Learning Support
08	My Bishop Rawstorne Journey So Far
09	Some Things to Help You if You Are Worried About High School
10	Transition Worries
11	My Three Bubbles
12	Worry Jar
13	My Body and My Thoughts
14	My Stress Thermometer
15	Some Suggested Strategies
16	School Map

WHAT IS IN THIS PACK?

This pack is for you to take away and look at with your family. Coming to secondary school is a really big change and something that is a massive part of your life.

This pack will hopefully help you to get to know your new school a lot more and also help you with some of your worries.

We have included some activities that may help you and you might want to do with your family.

INTRODUCTION TO OUR SENCO TEAM

Dr Saunders
SENCO



This is Dr Saunders and she is our school SENCO.

Her job is to help all of our students who may need some extra support whilst they are at Bishop Rawstorne.

You will see her around school a lot and if you need any help you just need to ask for her and she will come and see you.

For parents, she can be contacted on her email address: rsaunders@bishopr.co.uk

Mrs Lawrence
Deputy SENCO



This is Mrs Lawrence and she helps Dr Saunders.

Her job is also to help all of our students who may need some extra support whilst they are at Bishop Rawstorne.

You will see her around school a lot and if you need any help you just need to ask for her and she will come and see you.

For parents, she can be contacted on her email address: nlawrence@bishopr.co.uk

OUR SCHOOL

Here are some pictures of our school; we think these are the most important ones you need to see now.



The School Driveway

This is where you get dropped off if you get a bus.

Our address is:

Bishop Rawstorne CE Academy
Highfield Road
Croston
PR26 9HH

Why don't look us up on Goggle Maps and look how far away it is from your home?



The A Block



Outdoor Seating Area



The English Block



The Sports Hall



The Art and Technology Block



The Science Block



The Main Block



The Library Block



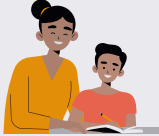








Beaumont's - the dining room



Beaumont's - dining room seating area

THE SCHOOL DAY

This is a timetable of our school day, you will have a range of different lessons, but the times of the day do not change.

Between 8.55 - 9.00am		Tutor Time
Between 9.00am - 10.00am		Lesson 1
Between 10.00am - 11.00am		Lesson 2
Between 11.00 - 11.15am		Break Time
Between 11.15am - 12.15pm		Lesson 3
Between 12.15pm - 1.15pm		Lesson 4
Between 1.15pm - 1.45pm		Lunch
Between 1.45pm - 2.00pm		Tutor Time
Between 2.00pm - 3.00pm		Lesson 5

OUR SCHOOL UNIFORM

Everyone at Bishop Rawstorne has to wear a school uniform. Here are pictures of some of our uniform.

You can find out more on our school website, this will explain our rules on hair and shoes as well.
<https://bishopr.co.uk/parents/school-uniform-and-appearance>



EQUIPMENT TO BRING IN EVERYDAY

You will need to bring some equipment with you to school and you need to make sure that you have them in every lesson <https://bishopr.co.uk/student-area/essential-equipment>

A school bag		You will need a bag that can fit an A4 folder
Pens		Black or blue and a green pen so that you can write in lessons. Make sure you have spares!
Pencils		Pencils so that you can draw diagrams or pictures in your lessons
Ruler		A ruler for underlining work and drawing
Colouring pencils		To colour in diagrams or pictures in your work
Pencil sharpeners		To sharpen your pencils when they become blunt
Rubber		To rub out any mistakes you may make
Protractor		You will need this in your maths lessons and some other subjects
Pencil case		To keep all your stationary in one place and stop you from losing it
Compass		You will need this in your Maths lessons and some other subjects
Scientific calculator		You will need this in your Maths lessons and some other subjects
Whiteboard pen, rubber and board		You will need these in most of your lessons
Earphones		You will need these in Music and other subjects when on the computers
Glue stick		You will need this to stick work in your books
Highlighters		You will need these in lessons to highlight keywords

LEARNING SUPPORT

Learning Support is located behind Beaumont's in a separate building next to the English block. This is the place you will be able to come to should you need any extra support. It is also the place you come to if you are feeling unwell. Here are some pictures of it.



MY BISHOP RAWSTORNE JOURNEY SO FAR

Hello Year 6s, my name is Chloe and I am in Year 8, going onto Year 9 at Bishop Rawstorne.

I understand that some of you are a bit nervous about starting high school, but you don't need to worry. On my first day at Bishops I was nervous too. I was nervous about making new friends, meeting new teachers, making a good first impression and how difficult the work would be. However, I was also excited about all the same things!

On the first day, I was a bit overwhelmed but by the third day, it felt like had been here ages! I have made lots of new friends, met some lovely teachers and actually the work was a little harder than primary school, but there are lots of new interesting subjects to learn.

My advice to you is that this is a new chapter in your school life, so if primary school wasn't good for you then you can turn a new page and start again!

Just remember to be yourself and have lots of fun!

Dear Year 6,

My name is Libby, I'm in Year 8, going in to Year 9 soon.

Even though I may not know a lot about some of you, I do know you may be having mixed feelings about joining a new school. In primary, I was Head Girl and was used to being the oldest and being looked up to, it can be intimidating being the youngest again, not knowing what to expect. It's completely normal to feel nervous and excited, if you are worried, please do not hesitate to talk to someone you can trust.

Joining Bishop Rawstorne will probably be the greatest choice I have ever made. Everywhere you look, friendly faces and inviting smiles will welcome you with open arms and will help you along your journey here. The opportunities this school offers are endless. You can learn new languages, play new sport, join afterschool clubs and go on trips to learn about the world around you.

The staff at Bishops do an excellent job, not only at teaching you, but making you proud of who you are and what you do. Mr Cowley, the Headteacher and all staff have made sure everyone is safe. In Year 7, you are put in a tutor group that you will be in for the rest of your stay – they make sure you are happy and proud. Personally, without tutors, I would not be as confident as I am now in this school.

The second you step foot in your new school, a smile will be put on your face, friends to talk to will be made, relationships with teachers will be formed and you will be proud to wear your uniform. Welcome to Bishop Rawstorne, where a new journey begins.

SOME THINGS TO HELP IF YOU HAVE ANY WORRIES STARTING HIGH SCHOOL

We know that you may be worried about coming to Bishop Rawstorne and we want to try and help you with this. We have put together some resources that will help you get all of your worries onto paper and talk them through with someone you trust at home.

"What do you want to be
when you grow up?"



"Kind" said the boy

TRANSITION WORRIES

It is very normal to be a little anxious about coming to Year 7. Moving from primary school to secondary school is a big step in your lives and it is normal to feel a little anxious. Do not worry, we are there to help you.

This sheet is to try and help you think about your worries and then think of things you can do to help you or to make those worries seem a little less scary.

It also gets you to think about the happy or positive thoughts that you might be feeling about coming to Bishop Rawstorne in August.

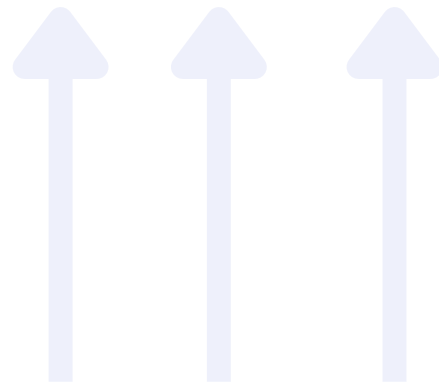
The aim is that you try and have more positive thoughts than the scary ones.

Have a go at it and then try again in a week or so and see if your worries become less and less. We are here to help and we are so excited to meet you.

Fill in the **happy thoughts** box first, then the **worries** box and then the **middle** box. As your worries go away, cross them out with a pen or pencil.

These are my **happy thoughts** about coming to Bishop Rawstorne in August

This is what I can do to help me deal with my worries



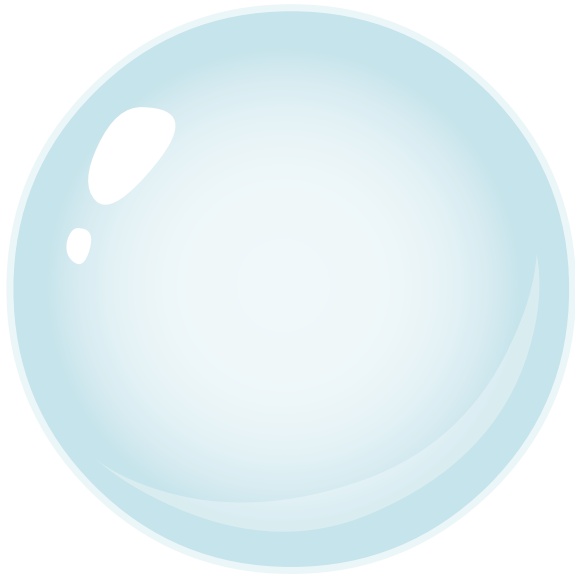
These are my **worries** about coming to Bishop Rawstorne in August

MY THREE BUBBLES

We all have things that make us happy, things that make us worry and things that we hope for in the future and Bishop Rawstorne is your future. Spend time with your parents/guardians and fill in the below and discuss each bubble.

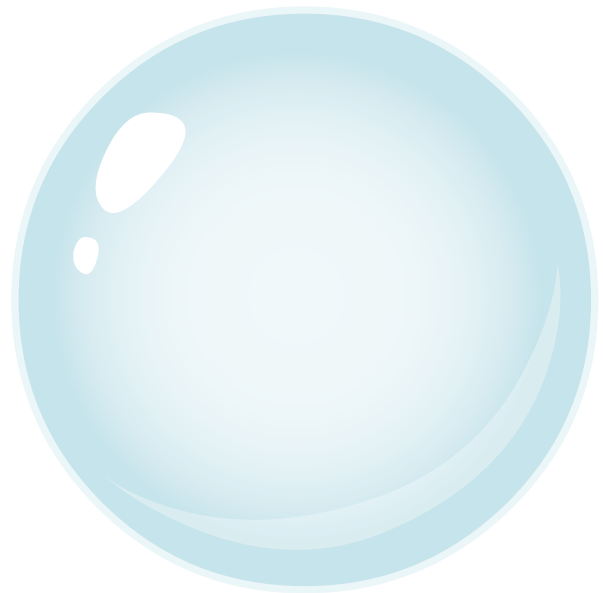
BUBBLE OF HAPPY/GOOD THINGS

(WHAT THINGS IN YOUR LIFE MAKE YOU HAPPY?)



BUBBLE OF DREAMS

(WHAT DO YOU HOPE FOR IN BISHOPS?)



BUBBLE OF WORRIES

(WHAT THINGS DO YOU WORRY ABOUT?)



WORRY JAR

This is a worry jar, if you are feeling stressed and worried about something then put it in the jar by writing it down. The top of the jar is sealed so that the worry cannot get out of it.

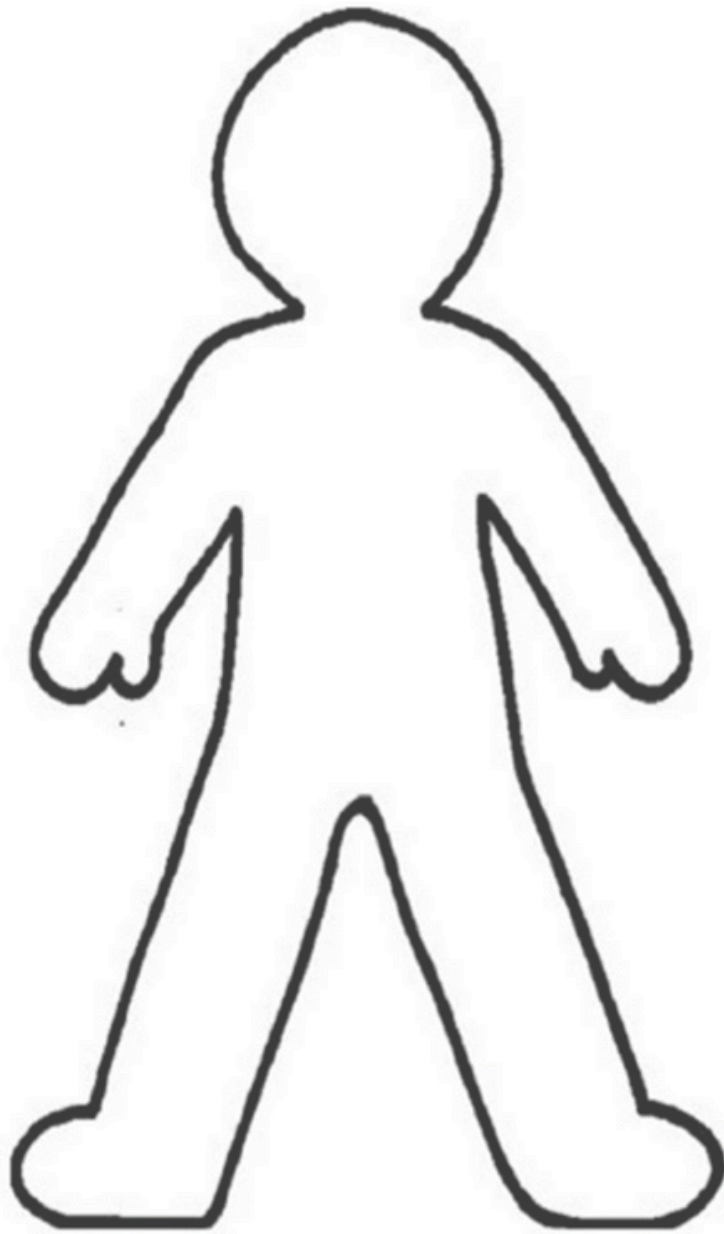
Once it is locked in the jar it is time to think about the positives and negatives of the worry. There can be positives that come from a worry, just think really hard, write these down and use two different colours to write them down, choose your favourite colour for the positives and another colour for the negatives.

If you want, you can even share your worry with someone else so that they can help you, but you have to be comfortable to do this.



MY BODY AND MY THOUGHTS


On the outline of the body below, write down how your body feels and the changes that you have noticed. On the outside of the body write down all of the thoughts that you are having. This gets you to think about how these thoughts are impacting upon your physical and mental health. On the inside of the body, write down the changes you feel inside your body.



MY STRESS THERMOMETER

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale

Scale	How I am feeling	Strategies to support me
5	I feel really stressed and anxious I feel really angry and unhappy I feel like I am going to explode I feel like I may hurt someone or break something	
4	I feel slightly stressed and anxious I feel like something is bothering me I feel agitated and want to fidget I feel like the smallest thing might make me angry and even more stressed.	
3	I feel okay, some things are annoying me, but I can deal with them. I feel like I can cope and get on with my day. I feel like I could be in a good place if things carry on this way.	
2	I do not feel stressed or anxious and things are going really well today. I feel happy and I am in my good place People are not annoying me today and I am enjoying their company.	
1	I feel tired today and I cannot be bothered with anything or anyone. I feel down and depressed. I feel agitated by things.	



SOME SUGGESTED STRATEGIES

Below are some suggested strategies that you could use and put into whatever box you like to support you, remember this is personal and each strategy is personal to you and only you.

<p>Give me some space</p> <p>Do not ask me how I am feeling</p> <p>Let me listen to my music</p> <p>Let me eat something</p> <p>Get me something to take my mind off this</p> <p>Do not challenge me</p> <p>Get me to my trusted adult/member of staff</p>	<p>Give me some space</p> <p>Ask me questions</p> <p>Give me something else to talk about</p> <p>Let me draw something</p> <p>Get me to a safe space</p> <p>Get me my favourite toy</p> <p>Do not speak too loud</p>	<p>Do not talk to me</p> <p>Ask me how I am feeling</p> <p>Get me a drink</p> <p>Do not make me do work</p> <p>Let me read</p> <p>Get me my worry book</p> <p>Let me go and play sport</p> <p>Let me play with my fidget toy</p>
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These are only suggestions, but you can think of your own strategies or things that will help you and put them into the boxes on the previous page. If you need any help with this, ask an adult.

STRESS BOTTLE/JAR

This is a very simple stress reliever. This jar is yours and you can design it in any way that you wish and that will help you. Below are instructions and the equipment that you will need to make this simple stress bottle/jar. This is something that you can use as a strategy above.

<p><u>Equipment needed</u></p> <p>An empty bottle with a lid</p> <p>Warm water</p> <p>PVA Glue or Glitter Glue</p> <p>Glitter if just using PVA glue</p> <p>Craft stars, buttons, gems (optional)</p>	<p><u>Instructions</u></p> <ol style="list-style-type: none"> 1) Clean out the empty bottle and remember to keep the lid. Rinse it out so that no soap is left in it. 2) Add your glitter glue into the bottle or if you are using PVA and glitter, mix it up and then put it into the bottle. 3) Add the warm water, but do not fill it right to the top. 4) Put the lid on and give the bottle a shake. 5) Let the mixture settle for a minute or two. 6) Add any craft stars, buttons and gems into the bottle. 7) Put the lid back on and give it another shake. 8) It is complete, but you can decorate the outside of the bottle if you wish.
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How to use

Every time you feel stressed or anxious or when you can feel it building up, grab your stress bottle/jar and give it a good shake to get all of your anxiety and tension out.

Place the bottle on a flat surface, sit down and watch the inside of the bottle begin to calm and settle down.

Use this as often as you like and for as long as you need.

SCHOOL MAP



The image shows a dark blue header bar at the top with the word "NOTES" in white, uppercase, sans-serif font. Below the header is a large white area with horizontal ruling lines, resembling a notebook page. The lines are evenly spaced and extend across the width of the page. The overall design is clean and minimalist.

FORTITER ET FIDELITER

Bravely and Faithfully

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