



# Welcome to Parklands High School!

A pupil's guide to life at our  
school by The Ambassadors for  
Learning.

A welcome from Miss Cosgrove



Hello year 6!

I hope you are all doing well during this time at home and finding lots of interesting things to do between your school work! I just wanted to introduce myself and tell you about this booklet which will hopefully introduce you to life at Parklands.

If you click on my name below my picture - you can watch my welcome video!

Enjoy this booklet and stay safe!

Miss Cosgrove



[Miss Cosgrove](#)

Get to know us...!



Some of our Ambassador for Learning team have put together a short video each introducing themselves and talking about what transitioning from Primary School to High School was like for them. We hope it makes you feel a little less nervous!



[Isabel - Year 11](#)



[Gemma - Year 11](#)



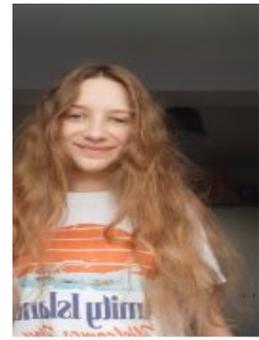
[Zoe - Year 11](#)



[Malaika - Year 11](#)



[Hannah - Year 10](#)



[Becca - Year 10](#)

# Homework Tips by Isabel Hancock (Year 11)

Keeping on top of homework when you are suddenly doing so many subjects can be tricky to start with but here are some handy tips to help you stay organised from Isabel one of our Teaching and Learning leaders!!

All homework is set on a website called Google Classroom, which teachers will explain to you when you come to Parklands and it's really easy to use!

Keep track of what homework is due using the TO DO LIST function on Google Classroom so you don't get overwhelmed.



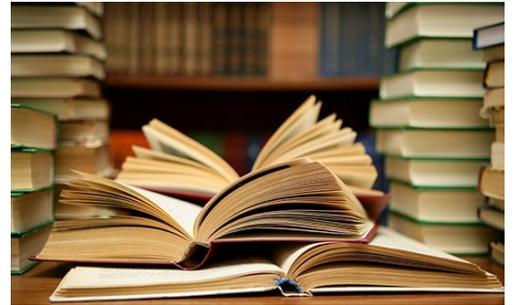
## My top tips for managing homework are:

Do your homework as soon as you get it or as close to the day you get it as possible. This means you don't have to worry about it but also have time to ask a teacher if you are struggling!

Don't be afraid to ask for help. If you are struggling; ask your teachers or drop them an email. Just not last minute and always be polite!

Homework will steadily increase as you get more used to school, so it is all about picking up good habits early.

Split up homework tasks to make them more manageable.



Put 100% effort into your homework, you will be happy that you have done it to the best of your ability and you won't be asked to re-do it!.

If your homework requires you to log in to an online platform - **make sure** you have written down your username and password correctly. Teachers can reset and find it out if you have forgotten but they don't carry round everyone's details in their brains so it's better to know it yourself because you might have to wait for a reply and it won't be an accepted excuse for no homework!

# Homework Timetable

**Activity:** Before you come to school, it might be a good idea to create a homework planner as there will be days when you can't do as much homework because of outside commitments such as a club.

Why don't you print out the time planner below or create your own and fill it in with social times, clubs and your other commitments, then you will know if you are balancing your time well!

	MON	TUE	WED	THURS	FRI	SAT	SUN
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							

# Friendship group Ideas by Adam Rayson (Year 9)



We're all different, some people will have siblings at school, some will come with lots of people from their primary school, some people will know no-one and you could be in different classes.

Here are some ideas on how to extend and retain your friendship groups.

If you are coming on your own or with people you don't know - you don't need to worry!

Joining clubs, talking to people in form and lessons too will help you make new friends! Sometimes you have to be a bit brave in talking to them first but it will be worth it!



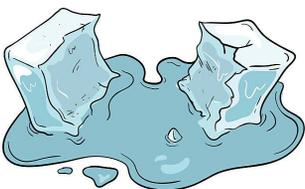
A problem some people find is that their friends from primary school are not in their classes and they make new friends in class and so some people can feel pushed out.

It's important to organise days to meet up together as primary school friends and try and find new high school friends too.

People will naturally extend their friendship circles but it doesn't mean they aren't still friends with you too! It's just a much bigger school!

If you are ever feeling like you can't find new friends or you are feeling lonely - Talk to your form tutor or your HAL and they can help you integrate into clubs and classes.

Most of the time, people are just so excited about being at a new school and seeing all the new things that they forget some people don't find it as easy to make friends.



Finally - There will be ice breaker games when you come to school in September so try to think of interesting facts/stories about yourself that you can talk to your form and classmates about!

# How will I make new friends?

**Activity:** We have lots of clubs at school. Print out the next page, note down your 3 ideas for making new friends at Parklands. Sometimes we have to push ourselves, we promise we're a really friendly bunch!

1.



2.



3.

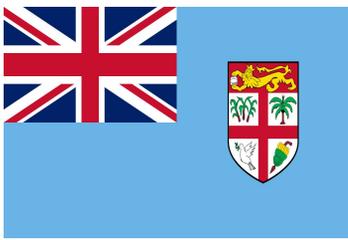


# Form Time at Parklands by Hannah Lane (Year 10)



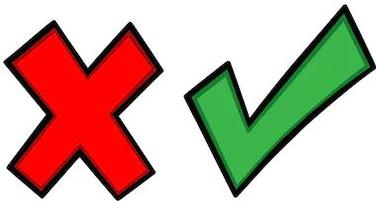
Our houses are named after the continents and the forms are named after countries.

We also have VERTICAL TUTORING at Parklands. Here is an explanation of what form time is like at Parklands from Hannah who is very proud of her form FIJI!



In my form Fiji we have so much fun! The vertical tutoring in form means that you'll be able to work with all year groups in school, in my form currently there are 5 year 11s, 5 year 10s, 6 year 9s, 5 year 8s. usually the limit of pupils in certain year in form group would be about six but sometimes we have fewer and that's normal too!

Every morning I arrive at around 8:15, this time is optional but I like to get into form and get ready for the day. All you need to do is make sure you arrive in form before 8:40.



Every week you will have a standards check done by your form tutor and possibly a prefect in your form - This is where we check uniform and make sure we have all of our equipment!

Even though I talk to people in my year group, I also talk to all the other year groups, in fact one of my closest friends that I've made at Parklands is in the year above me!

My form tutor, Mr Wright is an amazing form tutor! All form tutors will teach a subject around school but they're still always here to help you if you feel worried, as are the rest of the form!



You will be in your form for your whole time at Parklands, form time is the first bit of the day and you'll receive information about what's happening around school but you'll also have time to yourself to talk to others or read! Compulsory reading day is Monday!



# Cultural Capital by Malaika Malik (Year 11)

Cultural Capital is really important at our school in order to learn about other cultures, our own culture and building tolerance. Malaika has been running this programme in our school and explains more below!

At Parklands, we believe that everybody is unique and special in their own way! We embrace our cultures and celebrate our differences! Have a think about what makes you unique, and be proud of it!



Something we have introduced at Parklands recently is our Cultural Capital & Leadership Passports. These Passports enable us to keep track of the skills (Leadership, confidence etc) we have developed and those we still need to work on! They allow us to realise how everyday tasks are broadening our horizons and helping us to become cultured young people. Can you think of anything you have been involved in and could add to your Passport?



This year, I planned a whole week (with the help of my teachers and peers of course!) to celebrate many different cultures and traditions. This week was known as Multicultural Week! We had quizzes about different countries, assemblies about our forms, themed lunches and even a chance to learn Russian with your friends and family! It was a great week and everyone really enjoyed it!

If you could learn a language, which language would it be and why?



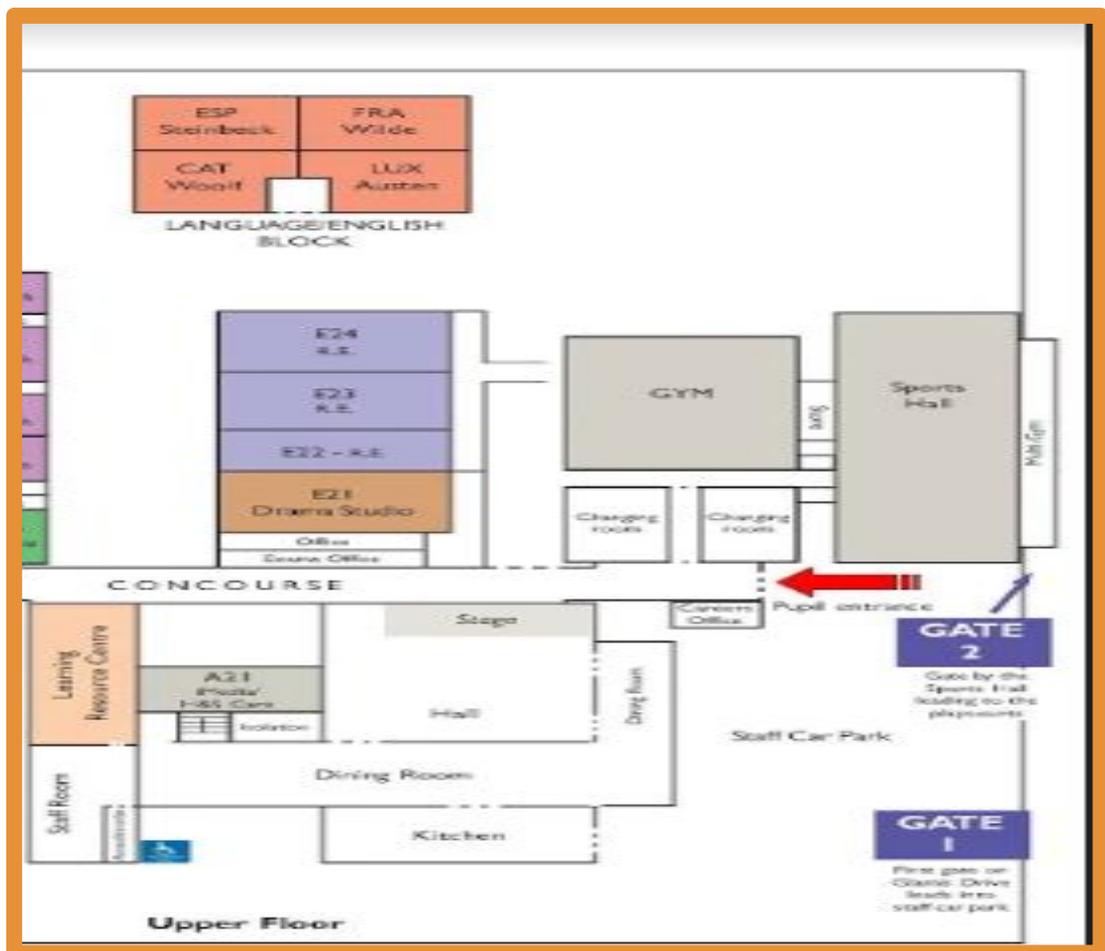
# The Concourse And Your Entrance

The concourse is the main corridor of the school and runs the length, with all of the wings of the school running off it. I have highlighted the pupil entrance using a red arrow, this is where you will normally enter the school and is next to the top office. To the right of the pupil entrance are the changing rooms and the sports and gym halls. If you carry through the double doors from the pupil entrance it will lead to the concourse and all of the main areas of the school.



# The Main Hall & Outside Blocks

After walking through the second double doors, directly to your right leads to the outside blocks of our school. On the left, are entrances to three R.S classrooms. If you were to carry on walking, you would reach the renewed MFL block and English Block. This block has been recently updated and the classrooms are really nice. Returning to the concourse, your first left will take you to the hall where we have assemblies and break and lunch, at the back is the kitchen where we get our food.



# School Structure & Tips

- The School's Classrooms are numbered based on the floor and the number on the hallway. For example; N28 is on N wing and is on the second floor, it is the eighth classroom on the N wing corridor.
- On the South and North Wings we have a one way system where you are only allowed to go one way down the hallway and then follow the hallway down the stairs and back round. We do this as the hallways are smaller than other schools. You can incur a social strike for not adhering to this rule - It makes us all safer!
- If you are ever lost then you can speak to a red tie (a person with a fully red tie on their uniform) they are on the senior leadership team and they will be happy to help you out.
- At lunchtime, prefects will be on duty around school. This is to make sure that if you aren't eating in the hall, that you go outside onto the courtyard or field.



Watch these videos to see  
the inside!



Here are some videos of key places in our school - we hope you will like looking inside, to familiarise yourself with the places!

Click on the links to watch the videos!

[Fitness Suite](#)

[Gym and Sports Hall](#)

[Hall and Dining Area](#)

[HALS office](#)

[Outdoor classrooms and spaces](#)

[Upper wing classrooms](#)

[RS and Drama wing](#)

# Ambassador for Learning page by Zoe Mainon (Year 11)



You're probably wondering who we are! Luckily Zoe, who is also one of our Teaching and Learning Leaders is on hand to explain about what we do in school!

**The Ambassadors for Learning are a group in school for all years where we meet every week to develop ideas for the school and make it a great place for everyone to be part of!**

**The main thing about the Ambassadors for Learning is that we all focus on different things within school. There is room for anyone with any kind of passion or hobby who is right for the responsibility!**

## **So, WHY should you join?**

- great opportunity to make loads of new friends
- get involved with school life, make changes
- much higher chance of rewards like prefect and red tie
- amazing skills to be made (CONFIDENCE, COLLABORATION..)

**You will get the opportunity to join our group in Easter! We really hope to see lots of people consider!**

## **Things we do around school:**

- ★ Mentoring programme
- ★ Pupil clubs
- ★ Super learning days
- ★ Teaching primary schools (students)
- ★ Training sessions for teachers from pupils
- ★ Leading assemblies (leadership opportunities)

# Sports Extra Curricular by Gemma Essery (Year 11)



Whether you are sporty or not, there are loads of activities for you to enjoy! Here Gemma, our final Teaching and Learning Leader, talks about the sports on offer!

	MON	TUE	WED	THUR	FRI
<b>LUNCH</b>					
<b>GYM</b>	Table Tennis (GCSE) (EI/JR)	Table Tennis (ALL) (EI/JR)		Gymnastics Club (CC + EA + LD)	
<b>SPORTS HALL</b>	Basketball (AL/JJ)	Basketball (AL/JJ)	Badminton (GCSE) (EW/MS/AR)	Badminton All Years (MS/EW/AR)	House Competition (Sports Captains)
<b>ASTRO</b>	Football	Football	Football	Football	Football
<b>PAVILION</b>	Bookable dance space - see sign up sheets in pavilion	Bookable dance space - see sign up sheets in pavilion	KS3 G&T Dance team (LR)	Bookable dance space - see sign up sheets in pavilion	Bookable dance space - see sign up sheets in pavilion
<b>3-4pm</b>					
<b>GYM</b>				KS3 Cheerleading (GM)	3pm KS4 Cheerleading (GM) 4pm KS4 Pom Teams (GM)
<b>SPORTS HALL</b>	Y7 Netball (NG)	GCSE Fixtures Night RS	Y8 & 9 Netball (NG/SM/AH)	GCSE Netball Yr 10/11	GCSE Handball Y10/11 (MS)
<b>MAIN HALL</b>	3.00 - 4.00 Y8 & 9 Dance Club (LR) 4.00 - 4.30 KS3 G&T Dance Team (LR)		Y7 Dance Club (LR)		
<b>ASTRO</b>	Y7 Football MS/AC Y11 Football RS	Y10 Football MG Girls Football (NG & AS)		Y8 & 9 Football RS/AC	
<b>FIELD</b>				Rugby All Years IP	
<b>PAVILION</b>	Y10 & 11 Dance Club (GM)	KS3 Pom Teams (GM)		4pm - 5pm KS4 G&T Dance Team (GM)	
<b>Fitness Suite</b>	MG	Mrs O'Keefe	RS	Miss Duffell	NG

# Sports Extra Curricular by Gemma Essery (Year 11)



Whether you are sporty or not, there are loads of activities for you to enjoy! Here Gemma, our final Teaching and Learning Leader, talks about the sports on offer!

In our school there are plenty of sports activities you can take part in. We have a current timetable, however the one for September is not currently finished but will be very similar to the ones on the previous page!

All of these sports are amazing opportunities and they allow you to make new friends, compete in competitions and become a lot more confident.

Many sports allow you to compete against other schools, which allows you to become competitive and dedicated. You can travel to places such as Manchester for competitions and it brings your team closer.

Working as a team brings you together and allows you to practise and hone many skills, that are needed for your future, such as perseverance, honesty, confidence and communication.

A lot of our clubs are run by students, which allows you to talk to new people. Competition is a big aspect of our school life, and sports is just one part. It is a great way to get involved at Parklands!!



# Other Extra Curricular by Ashden Biddell (Year 10)



It's really important to have time to relax and do the things you love! Here at Parklands we have a huge variety of Extra Curricular activities and here Ashden has given some examples of non sporting activities you might want to do!

## Eco club



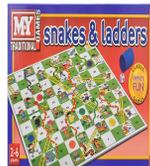
This is run by Mrs Dewhurst and they are responsible for keeping our school environment as green as possible and educate us on important issues!

## Coding Club



Are you a keen gamer or love working with computers? Coding club is perfect and we've even entered competitions!

## Table Top Gaming



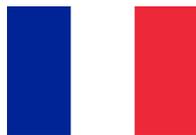
We have a variety of games you can play indoors, for example snakes and ladders, chess and jenga!

## Baking Club



Are you the next Star Baker? Come to baking club run by our Food Tech department! It's very popular!

## French Club



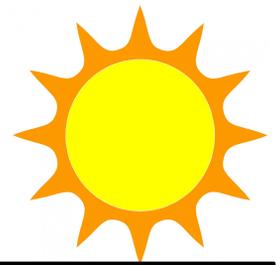
Budding linguist? We have 2 Ambassadors for Learning who run a French club on a Friday lunchtime! C'est fantastique!

Here at parklands we offer loads of opportunities at lunchtime and after school for having fun, we couldn't list them all but here are some more:

- Reading Club
- Subject Ambassadors
- Ambassadors for Learning
- Digital Leaders
- House competitions
- Art Club

We have a timetable which is shown on the pupil bulletin every week saying the times these activities will take place and where they take place too!

# Summer Activities by Rebecca Walker (Year 10)



It's really important to relax before you come in September and keep yourself busy. We may not be able to go on holiday this year but we can still have fun!

## Exercise is very important



Along with going outside and getting fresh air. Walks can be very beneficial and throwing or kicking a ball around for a bit with a parent or sibling is great fun and keeps you healthy. There's plenty of online fitness videos, like Joe Wick's online PE lessons and others to assist within yoga, zumba, HIIT training and more. Just Dance videos are also available on YouTube and they make for a fun alternative fitness activity. Perhaps you could create an obstacle course or have a water fight, anything that keeps you moving is great!

## It's really important to keep busy and do some activities during quarantine!



Why not do some cooking or baking, there's plenty of recipes online! Reading is a great escape and can pass the time. As well as this, picking up a book improves vocabulary and keeps your brain active. Quarantine can be very lonely so be sure to keep in touch and communicate with friends and family, via texting, calling or video chat!. Of course there are so many other things to do, completing a jigsaw, tidying and organising in preparation for high school and printing out puzzles or colouring pages to do.

## Do something creative!



Paint a picture, take photographs, try sewing, upcycle clothing, write a poem or story. You could even try and keep some kind of diary, just writing down what you've done each day, and including some photographs can be really helpful and keep you motivated. Then you can look back in a few years and see what you did during quarantine. Use this time to make something you're really proud of!

Always remember to **stay safe** and **follow government guidelines**. Enjoy your summer and have fun!



# Booklet Quiz by Miss Cosgrove



Now you have read this booklet, have a go at this quiz! How many can you get right without looking back? Answers are on the next page!

1. True/False - Isabel came to high school with a lot of people from her primary school.
2. What website do we use to set all our homework?
3. What function on Google Classroom helps us manage our workload?
4. What form is Hannah in?
5. What are our houses named after?
6. What do we believe everybody is at Parklands?
7. Finish this title of a programme we run at Parklands - The Cultural Capital and Leadership \_\_\_\_\_?
8. Name 3 things we did during multicultural week.
9. What is vertical tutoring?
10. True/False - You change forms every year.
11. What day is reading day?
12. What are the wings of the school named after?
13. If a room is S18 - Are you on the ground floor or the first floor?
14. What is the newest bit of the school we have had built which you can use after school?
15. What is the room number for the HALS office?
16. True/False - We have a dance studio?
17. True/False - The Ambassadors for Learning is open to all years.
18. Name 2 of the things we do around school as Ambassadors for Learning.
19. What activity can you do in the gym at lunch on a Thursday?
20. Lots of our clubs at school are run by whom?
21. What French adjective is used to describe the French club?
22. Where will you find the other extra curricular timetable?

# Booklet Quiz Answers



Here are the answers to the questions! - How did you do?

1. False
2. Google Classroom
3. The To-Do list
4. Fiji
5. Continents
6. Unique
7. Passport
8. Quizzes about different countries, assemblies about our forms, themed lunches and even a chance to learn Russian with your friends and family.
9. A tutor group which has all years in it
10. False
11. Monday
12. Compass points
13. Ground floor
14. The fitness suite
15. N18
16. True
17. True
18. Mentoring programme, pupil clubs, Super learning days, Teaching primary schools (students), Training sessions for teachers from pupils, Leading assemblies (leadership opportunities)
19. Gymnastics club
20. The students
21. Fantastique
22. The pupil bulletin