



To build **Character**
To discover your **Passion**
To foster **Ambition**

Poole High School

**Getting
ready for
your first
day**



01

Welcome to Poole High School

“

I am so excited to welcome you to Poole High School. It is completely normal to feel excited or nervous when starting secondary school. Our wonderful staff and students will make sure you feel welcome and prepared for September.

”



Mrs Phillips
Headteacher

First day

You'll follow the arrow on the map to get to your Tutor Room where you'll meet your Tutor.

You will get a chance to see some of your classrooms and learn all about how the school operates.

Only your Year group and Year 12 will be attending on your first day. That is to make settling in easier before school gets busier.

There will be ice-breaker activities to help you get to know each other and make new friends.

02 How do I get ready for my first day?

Make sure you have practiced your route to school at least once.

Familiarise yourself with the map and where you enter school (follow the arrows)

Ensure you have the equipment required, (read on for more details) the correct uniform and either a lunchbox or blue catering fob to use in the canteen.

You don't need PE kit on your first day.

You can choose to bring a packed lunch or top up your blue catering fob to pay for the food in the canteen.

And last but not least, don't forget your water bottle!



03

Who will be looking after me?

Your Year 7 Team will check your progress in lessons and make sure you are feeling okay in school. If you need extra help, they make sure the right support is put in place.



Ms Hale
Head of
Year



Mr Allard
Deputy Head
of Year



Mr Smith
Progress
Lead



Mrs Cockwell
Attendance
Officer



Mrs Daniels
Pastoral
Officer



Mr Bennet
Learning Support
Assistant

“

At Poole High, you are more than just a student - you are part of our community. Whether you feel excited or nervous, we are here to listen, help, and make sure you feel safe and supported from day one.

”

Mrs Daniels

Pastoral Officer

04

Getting to School

Most students walk or cycle to school.

Bike storage is available at the front and rear of the site.

If you cycle, make sure you wear a helmet and bring a bike lock.

There are also two school bus routes:

- **401:** Branksome → Upper Parkstone → Ashley Cross
- **405:** Canford Heath → Oakdale

05

What will my day look like?

Arrival at School

- Arrive by 8:20am
- Registration starts 8:25am
- Breakfast club available for early arrival (7.30am)

Registration - also called Tutor Time

- Starts at the beginning of each day
- Prepares you for learning
- Checks: attendance, wellbeing, uniform, equipment, homework
- Issues sorted early so the day runs smoothly

Extra-Curricular Activities

- Run 3:00pm – 4:00pm after school
- Wide range of clubs available
- Opportunities to build skills and interests

First Bell 8.20

Tutor Time 8:25 - 8:55

Period 1 8:55 - 9:55

Period 2 9:55 - 10:55

Break 10:55 - 11:15

Period 3 11:15 - 12:15

Period 4 12:15 - 13:15

Lunch 13:15 - 13:55

Period 5 13:55 - 14:55

Where will I go at break and lunch times?

Break and lunchtime are a chance to relax, eat, socialise and have fun. You'll have access to:

- The Pen (Year 7 area to play ball games)
- Canteen
- Some of your Tutor Rooms
- Library including Computer Suite

If you prefer a quieter lunchtime, there are also Year 7 classrooms and calm areas where you can socialise, read or just take a break.



06

What you will need every day



Uniform

- Blazer with Poole High School logo
- Sky blue long-sleeve shirt / short-sleeve shirt
- School clip-on tie
- Smart tailored black trousers
- Black ankle socks or tights (30 denier+)
- Smart plain shoes

Students may choose to have:

- *V-neck school jumper*
- *Black pleated school kilt*
- *A black or navy outdoor coat*

Equipment

MUST HAVES

- ✓ Black pens (×3)
- ✓ Green pens (×3)
- ✓ Whiteboard pens (×2)
- ✓ Pencils (×2)
- ✓ Ruler
- ✓ Rubber
- ✓ Protractor
- ✓ Compass
- ✓ Scientific calculator

Helpful Extras

- Glue stick
- Highlighters

Student Services

- Borrow or buy equipment if needed
- Open at break and registration

On the Arbor app you can

- Buy a full pencil case
- Buy a calculator



On your PE day you will need:

- Sports t-shirt
- Sports jumper
- Navy blue shorts with no markings or branding. These must be loose fitting. (PE skort may be worn if preferred)
- Navy football socks (winter) / white socks (summer)
- Suitable trainers (no high tops or converse shoes)
- Shin pads – now compulsory for football
- Gum shields (essential for contact sports such as rugby)

All jewellery must be removed for PE lessons.



07

Frequently Asked Questions

What if I get lost?

Don't worry! If you do get lost, staff and older students will always be there to help guide you. Keep the map with you and learn your timetable early so that you know where you are going.

Will I be with my friends?

Sometimes yes, sometimes no, but you'll make new friends quickly.

How will I know where to go?

Use the map on this leaflet and your timetable - after a week, it will feel familiar.

What food is available in the canteen?

We use a fob system, so parents can add money to your fob from home for you to be able to purchase food. You may choose to bring a packed lunch instead.

Who do I go to if I'm worried?

You can talk to your Tutor, Head of Year or any teacher. There is always someone ready to listen and help you.

Can I bring a phone?

We are a smart phone free school. You can bring a non-smart phone vfrom the approved list.

What if I don't fit in?

There isn't a single "right" way to be in secondary school. It can feel tempting to change yourself to fit in, but the strongest friendships come from being genuine. The people who truly matter will accept you as you are - even if it takes time to find them. Having a couple of close, meaningful friendships is far more valuable than being widely popular.

What if I forget something?

Your tutor will check your equipment each day and help make sure you are ready and prepared to learn.

Are the teachers strict?

Teachers at Poole High School are amazing, they want you to do well, feel safe and enjoy your learning. As long as you try your best, you'll be fine!

How much homework will I get?

You will have approximately up to an hour of homework each day. It is there to help you practice and remember what you have learned.

What if I feel nervous?

Everyone does - even the confident-looking ones.

It gets easier every day.



08

Top tips from current Year 7s

Using your planner will help you stay organised. Pack your bag the night before, and check your timetable.

Michael

If you need help finding a classroom ask for help all of the teachers and students are really nice.

Bella

As a Year 7 myself, I wanted to say that there is nothing to worry about and eventually you'll become friends with great people. Stay positive and be yourself :)

Evie

If you are going to a lesson and are worried or anxious... be calm and talk to a tutor or your Year Office, they are amazing!

Amriel

Be prepared, that is the most important thing that you can do. Get your uniform ready before school because you don't want to be late.

Jodie

09

What is expected of me?

Arrive on time, wait sensibly and make sure you are fully equipped (including uniform!).

Once inside, sit in your assigned seat with your equipment and diary on your desk and begin your work.

During our lessons, we create a focused and respectful environment where we listen carefully and show kindness to all.

Your journey into secondary school is about to begin, and we're thrilled to have you join us. You'll explore new opportunities, challenge yourself, and grow in ways you can't yet imagine. Bring your curiosity, your kindness, and your best effort. See you in September for an amazing start.

In Year 7, 8 and 9, you will study:

- Art 🎨
- Computing 💻
- Drama 🎭
- English ✍️
- Food
- Technology 🧠
- French 🍷
- Geography 🌍
- History 🏺
- Maths 🧮
- Music 🎸
- PE 🏐
- Product Design 💡
- PSHE 🌈
- Science 🔬