

**Parent Information
Booklet
2025–26
Year 7**

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Welcome from Head of Year 7

Welcome, Class of 2030!

I am really looking forward to September and seeing you fully embrace life at USH – making new friends, discovering new passions and enjoying all the opportunities ahead.

Teamwork is very important to me as a PE teacher and by demonstrating this I know we will be the BEST year group yet!



Calendar specific dates

Inset Day - Staff only	3rd September 2025
All students return to school	4th September 2025
Meet the Tutor Evening	11th September 2025
Year 7 Portrait Photos	15th September 2025
Inset Day	10th October 2025
Inset Day	13th October 2025
Inset Day	28th November 2025
Assessment point with report	January 2026
Inset Day	2nd February 2026
Inset Day	6th March 2026
Y7 Parents Evening	26th March 2026
Assessment point with report	June 2026
Inset Day	26th June 2026

YEAR 7 *Autumn*

ENGLISH

An introduction to genre.

MATHS

Four operations with decimals.
Algebra introduction.

SCIENCE

Substances, cells and forces.

GEOGRAPHY

Fantastic places.
Europe - map skills.

DRAMA

Baseline assessment for devising and script exploration.

ART

Baseline assessment
Sweets - drawing and 3D.

PSHE

Transitions and Staying.

DESIGN & TECHNOLOGY

Sustainability & Papers: pop-up books.

FOOD & NUTRITION

Welcome to the World of Food.

PE

FUNDamentals & Inclusivity:
Football
Table Tennis
Netball.

RS

Belief and Devotion for those of faith or no faith at all.

HISTORY

Exchanges of ideas from East to West.
Conquests and crusades.

COMPUTING

Using computers safely.
Learning code.

FRENCH

School and opinions.
All about me.

SPANISH

School and opinions.
All about me.

MUSIC

Finding your voice.
Introduction to Drum and Bass.

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YEAR 7 *Spring*

ENGLISH

Novel study of
Treasure
Island.

MATHS

Area, angles,
percentages
and fractions.

SCIENCE

Particles,
Heredity and
Energy.

GEOGRAPHY

Africa -
development &
The River Nile.
South America
- ecosystems.

DRAMA

Fairy Tales.

Harry Pushed
Her.

ART

Under the sea -
Colour theory
and painting.
Chinese culture
- printing.

PSHE

Managing
Relationships.

DESIGN & TECHNOLOGY

Electronic
circuits -
making an LED
torch.

FOOD & NUTRITION

Eatwell guide.
Baking - the
fundamentals.

PE

FUNDamentals
& Inclusivity:
Dodgeball
Basketball
Dance

RS

Journey and
Freedom.

HISTORY

Medical power.

Medical lives
and beliefs.

COMPUTING

Grand design
using Sketchup.
Computational
Thinking &
Logic.

FRENCH

Hobbies

Where I live

SPANISH

My Family

At Home

MUSIC

Cover
versions.

Calypso.

USH

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YEAR 7 Summer

ENGLISH

Poetry:
Fantastic Beasts

Play: Romeo and
Juliet

MATHS

Ratio,
substitution
and
probability.

SCIENCE

Chemical
reactions.

GEOGRAPHY

Oceania -
water &
coastal
landscapes
Antarctica.

DRAMA

Greek Theatre

ART

Henri Matisse -
textile
appliques.

PSHE

Online Safety
and
Community.

DESIGN & TECHNOLOGY

Designing and
making a bug
hotel from
timber.

FOOD & NUTRITION

Food and
bread science
foundation.

PE

FUNdamentals
& Inclusivity:
OAA
Athletics
Rounders

RS

Change and
Afterlife.

HISTORY

Rise of
Empires.

Impact of the
Black Death.

COMPUTING

Microbit and
Scratch.

FRENCH

Daily routine

Holidays

SPANISH

Free time

In the city

MUSIC

Spies and
Superhero
themes.

USH

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Role of the Tutor / Parental Engagement

Parents play a vital role in the development and education of their children, and are the primary influence on their child's attitudes towards school, their learning and their future success. Research clearly shows that good schools become better schools when there is a strong connection with parents as part of the learning community. At USH we work hard to build strong and engaging relationships with our parents.

The first point of contact for parents is their child's tutor who plays an important role in supporting and guiding students through their time at USH. Tutors see their groups each morning for tutor time where alongside registering the group there are a variety of activities such as:

- Sharing key messages/information
- Wellbeing activities
- Mentoring
- Reflecting on school reports
- Rewarding and celebrating House Points and Attendance
- Attending assembly
- Year group and House competitions
- Numeracy and literacy activities to support a lifelong love of reading and numeracy

The tutor is the member of staff that sees your child every day and is able to build an important and lasting relationship with them through their time at USH.



7A1
Mariella
De Ruiter Hough



7M1
Orsi
Toth



7A2
Nathaniel
Mckie



7M2
Nicholas
Lamprell



7E1
Matt
Pitcher



7V1
David
Vuong



7E2
Dominic
Mulcahy-Vince



7A2
Jo
Field

THE USH Way

BELIEVE

BE READY

Punctual and equipped
Listen and follow instructions

BE POSITIVE

Contribute widely
Learn from mistakes

BE DETERMINED

Show resilience
Purposeful in what you do

SUCCEED

BE PROACTIVE

Participate and ask questions
Embrace opportunities

BE YOUR BEST

Put in the effort
Challenge yourself

BE ASPIRATIONAL

Push yourself
Strive for more



RESPECT

BE KIND

Supportive of others
Show politeness to all

BE PROUD

Pride in yourself
Pride in your community

BE RESPONSIBLE

Be an upstander
Lead by example



YEAR 7

TRIP CALENDAR 25-26

OPEN TO ALL STUDENTS - SUBJECT RELATED - **SELECTED STUDENTS ONLY**

AUTUMN TERM

—

SPRING TERM

LEGO COMPETITION - DESIGN TECHNOLOGY

SUMMER TERM

SOUTHAMPTON COMMON - GEOGRAPHY
SOUTHERN UNIVERSITIES NETWORK - CAREERS
AVON TYRELL ACTIVITY CENTRE - RESIDENTIAL £130-160
END OF YEAR DAY TRIP - MOORS VALLEY COUNTRY PARK
£10-15

Rewards and Behaviour

Our behaviour and relationships policy can be found on the school website.

Supporting students to make good decisions is an important part of school life. Consequences to behaviour teach students to accept responsibility for their actions. Positive behaviour is rewarded and negative behaviour is challenged, understood and corrected.

Positive behaviour is rewarded in a number of ways such as:

- The awarding of House Points for displaying the USH Standard in lessons
- Praise postcards/letters sent home
- Certificates
- Praise and recognition in tutor times
- Celebration assemblies
- Reward trips
- Recognition of excellent work

When students make poor choices, staff work with them to help them reflect and improve on their future choices. Incidents are recorded on Bromcom and consequences are put in place.

A range of consequences and strategies are used to support students in reflecting on their behaviour and making positive change:

- Teacher conversation (during lessons or free time)
- Restorative conversations with staff and students
- Phone call home to inform parents
- 10 minute catch-up
- 30 minute after school catch-up
- 45 minute after school catch up
- 1 hour Senior Leader catch-up
- Internal Exclusion (working in isolation in school)

School Uniform

You will find our full uniform policy on the school website.

Our school uniform is important in helping our students establish themselves as part of the USH community and to instil pride in our school. Parents play an important role in supporting their child and the school in achieving this.

We believe uniform is important for the following reasons:

- It contributes to our ethos and sets an appropriate tone to support positive behaviour
- It helps students feel equal in regard to appearance
- It promotes a sense of community and belonging
- It encourages pupils to treat each other and the school environment with respect
- It supports pupils in learning how to dress in a manner appropriate to the activity being undertaken and to the environment in which they inhabit
- It promotes a positive profile in the community

We therefore ask that parents help to support us in this. Our basic uniform consists of:

- School blazer
- White long or short sleeved shirt
- School tie
- Black pleated skirt no shorter than knee length
- Black tailored trousers (not narrow legged)
- Black tailored knee length shorts (loose legged)
- Plain navy blue V neck sweatshirt or jumper
- Black or white socks
- Plain black opaque tights
- Black, polishable shoe or trainer-shoe.

(Ankle boots are permitted)

[School uniform website link](#)

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School Uniform

PRIDE | FAIRNESS | COMMUNITY



BLAZERS

To be worn at all times with your shirt tucked in and tie done up.



SHOES

Polishable and all black. Trainer shoes are allowed. No tags or coloured laces.



JEWELLERY

Allowed: Watch, 1 stud per ear.
Not allowed: Necklaces, bracelets, rings, nose studs/retainers.



SKIRTS

Black pleated skirt—knee length. No jersey, lycra or crinkly material.



TROUSERS

Black tailored loose legged trousers. No jeans or cargo trousers.



SHORTS

Black tailored shorts. No sports shorts.



JUMPERS

Navy blue V-Neck jumper or sweatshirt. No round neck, hooded or zippered jumpers.

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USH Boys PE KIT



USH Girls PE KIT



Most Items available on Skoolkit

USH PE Uniform Process



MISSING /
INCORRECT
KIT

01



1st Time

- Borrow PE Kit from PE Dept
- Consequence**
- 10mins Catch Up

MISSING /
INCORRECT
KIT

02



2nd Time

- Borrow PE Kit from PE Dept
- Consequence**
- 30mins Catch Up
- Contact Home



MISSING /
INCORRECT
KIT

03

3rd Time

- Borrow PE Kit from PE Dept
- Consequence**
- 45 mins Catch Up
- Contact Home



No Kit & Refusal to borrow kit

- Consequence**
- 45mins catch up
- Contact Home



Non-participation work

In PE Kit - The expectation is that you help out in PE lessons

Consequence

45mins catch up

Truancy or Refusal to comply with the above

Consequence

SLT Catch Up

YOU ARE EXPECTED TO WEAR
PE KIT EVEN IF YOU ARE
INJURED OR FEELING UNWELL

PLEASE BRING A PARENT/GUARDIAN NOTE TO YOUR PE
TEACHER IN THE LESSON, EXPLAINING YOUR NON-
PERFORMING PARTICIPATION

PE Uniform

- All kit must be clearly labelled and named
- The wearing of shin pads is compulsory and we also strongly advise the wearing of a mouth guard for some sport.

Please contact the PE Department should you require further assistance

- USH PE Polo Short
- USH PE ¼ Zip Fleece
- USH PE Zip Sweatshirt
- Black Shorts or PE Skort
- Plain Black Tracksuit Bottoms
- Plain Black Leggings
- Black or White Trainer Socks or Black Football socks
- Trainers (Astro style trainers to be worn on the MUGA and moulds and studs are only permitted for lessons on the field)

Cycling Shorts are NOT permitted as part of the PE kit as PE shorts

Mobile Phones and Headphones

Mobile phones and headphones are not allowed out at USH.

We understand that mobile phones often play a big part in our students' lives and that there are benefits to them. However, we believe that school should provide an environment where students can be away from their phones and focus on their learning and building positive relationships with others.

Students may bring phones to school but they must remain out of sight, turned off, in bags. If a student is seen with their phone/headphones the member of staff will confiscate the phone and the student will be able to collect it at the end of the day. Parents will be notified if this happens.

If a student has their phone/headphones confiscated for a third time parents will be asked to collect them from reception at the end of the day.

School Equipment

As part of the USH Standard we encourage students to 'Be Ready' in school. Arriving to lessons with the right equipment means that lessons can begin promptly and being organised is an important habit to develop. Please support your child to 'Be Ready' by ensuring they bring the following to school:

- A school bag
- Black pens (at least 2)
- Pencils (at least 2)
- Ruler
- Rubber
- Sharpener
- Scientific Calculator
- Colouring pencils and highlighters are also useful

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Social Media and Messaging Apps

Social media can be a hugely positive part of young people's lives. Many of our students are given access to smartphones as they start at USH. Negotiating the pressures of social media and the new freedom of having a smartphone is challenging for all young people.

Unfortunately, these apps are not always used responsibly and students need regular support and guidance in using them sensibly. We strongly recommend that parents are aware of what apps are on their child's phone and have access to check what they are viewing online. Apps such as TikTok, Snapchat and WhatsApp can easily be misused and cause social problems that carry on into school.

We will seek to resolve and support with concerns about social media that happens outside of school hours but our control over this is limited.

The following websites give good advice to parents on how to support your child as they learn to use their phones responsibly:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones>

The School Day

Students should arrive to school at 8.25 to allow them time to get to their tutor rooms for the start of the day.

8:00 - 8:30 Breakfast Club - open and free to all students

8:30 - 9:00 Arrival and Tutor Time

9:00 - 10:00 Period 1

10:00 - 11:00 Period 2

11:00 - 11:20 Break

11:20 - 12:20 Period 3

12:20 - 13:20 Period 4

13:20 - 14:00 Lunch

14:00 - 15:00 Period 5

End of school day 15:00 (End of School Day 14:50 for Y7 for term 1 to help support with the transition period)

Homework

At Upper Shirley High we value homework. It has been shown that effective homework has a positive impact on achievement. Departments will set a range of different homework tasks that give students the opportunity to deepen their understanding and consolidate and enrich their learning. The timetable below is to establish and maintain a regular pattern of home learning and sets the expectation for each subject:

Homework schedule on next page

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Year 7	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
	English/Maths / Science	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight
Year 8	All other subjects	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight
	English/Maths / Science	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight
Year 9	All other subjects	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight	30 mins/fortnight
	English/Maths / Science	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight
Years 10-11	All other subjects	45 mins/fortnight	45 mins/fortnight	45 mins/fortnight	45 mins/fortnight	45 mins/fortnight
	English/Maths / Science	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight	1 hour/fortnight
	All other subjects	2 hours/fortnight	2 hours/fortnight	2 hours/fortnight	2 hours/fortnight	2 hours/fortnight
	All other subjects	1.5 hours/fortnight	1.5 hours/fortnight	1.5 hours/fortnight	1.5 hours/fortnight	1.5 hours/fortnight

Our platform for homework is Google Classroom.

Homework enables students to:

- Take responsibility for their learning through review and practice of what has been covered in class
- Improve their thinking and memory
- Develop positive study skills, learning habits and time management
- Learn how to use resources, such as libraries, reference materials and computer websites to find information
- Explore subject knowledge more fully than classroom time permits and to extend learning by applying skills to new situations

Homework enables parents to:

- Learn more about what their child is learning in school
- Spark your child's enthusiasm with the learning and to broaden their understanding through your own knowledge of the subject
- Communicate with the school any difficulties your child is having with the task

We ask that parents, students and staff work collaboratively to ensure that the students get the most out of their homework to continue to support their achievement.

Attendance and Punctuality

Regular and Punctual Attendance – it is imperative for a child's future that he, or she makes the most of his, or her time at school. This means attending regularly and turning up on time – qualities also valued by employers.

Students must arrive at school and be in their tutor room ready to register by 8:30 am.

Absence from school

Parents must notify the school by telephone, email or text each day by 8:30am if a child will be absent from school for any reason. Medical evidence of illness may be requested for students that are absent for more than 3 consecutive days.

REPORTING ABSENCE

TELEPHONE

023 80522721

EMAIL

absence@ushschool.org

Medicine can be given to students at school at a time that ideally will coincide with their breaks (medication will only be administered if the parent has filled out and signed a medication form). As far as possible, we ask all parents to organise all appointments outside of the school day. Medical appointments scheduled during school hours must be communicated with your child's tutor at least 48 hours in advance of the day missed.

We would encourage parents to consider carefully if their child is actually well enough to attend school if they need medication.

Medical and first aid

At USH the health and safety of our students is our top priority. When a student falls ill during the school day, it is important that we ensure their well-being as they leave school grounds. To maintain their safety, we have a clear policy in place regarding how students should be collected when unwell.

Key Guidelines:

- **No Walking Home Alone:** For the safety of all students, those who are feeling unwell are not allowed to walk home unaccompanied, regardless of the distance from school. This is to ensure they receive appropriate care and support on their way home.
- **Parent or Guardian Collection:** A parent or legal guardian is required to come to the school's Reception to collect their child. This allows us to confirm that the student is leaving in the care of a responsible adult who is fully aware of their condition.
- **Alternative Collection Arrangements:** If the parent or guardian is unable to collect the student personally, they may nominate a trusted individual (e.g., a family member or family friend) to pick up the student. However, in this case, the school must receive written consent (via email) from the parent or guardian prior to collection. This consent must clearly state:

The full name of the person collecting the student

Their relationship to the student (e.g., aunt, neighbour)

- **Emergency Contact Information:** We encourage parents to ensure that all emergency contact details are up to date so that in case of an urgent situation, we are able to reach someone immediately.

This policy is in place to provide peace of mind for both parents and staff, ensuring that students are always looked after properly, particularly when they are feeling unwell.

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1 Clubs

EVERY CLUB YOU ATTEND YOU WILL GET A HOUSE POINT.

NO NEED TO SIGN UP, JUST DROP IN AND MAKE SURE YOU USE THE QR CODE TO REGISTER



FRIDAY LUNCHTIME

Chess Club(MFL 2)

All year groups, learn how to play and challenge your friends

FRIDAY AFTER SCHOOL

Jazz Band (MUS 1)

Invitation only

Table tennis(Gym)

All year groups

Design & Technology GCSE NEA Support

(DT1) Year 11 Week B 3-4pm

THURSDAY LUNCHTIME

Eco Committee (HUMS 5)

Get involved with whole school eco projects

Geography club (HUMS 6)

THURSDAY AFTER SCHOOL

Year 11 Food & nutrition NEA support (FD1)

Social football (Muga)

Year 8 football for fun

Year 11 Volleyball

Guest coach

Learning volleyball skills for match play

Fitness club (fitness room)

All year groups, use the weights room

Touch rugby (field) All year groups, learn the skills to put into practise in games

Year 11 GCSE Maths club (all rooms)

Creative Writing Club, ENG4

Warhammer Painting Club, LS

Chess Club (MFL 2)

All year groups, learn how to play chess

Year 9 Homework Hub (ICT 2)

An opportunity to gain support from PSW

Year 10/11 Textiles (Art 1)

Year 11 GCSE Music composition coursework drop in (MUS1)

Year 11 Art (Art 2) and Photography (PG1)

WEDNESDAY LUNCHTIME

Dungeons and Dragons (RS1)

Role play game with adventure, fun and friendship

Pokemon (Hall)

Strategy game involving pokemon cards

WEDNESDAY AFTER SCHOOL

Choir (MUS 1)

Perform in concerts and school community events

Social football

(Muga) Year 7 football for fun

Year 11 GCSE PE and BTEC Sport Intervention (ICT1)

Volleyball (Gym)

Guest coach KS3,

Origami (MA5)

All years welcome, learn how to make origami items

Year 11 French intervention (MFL2)

Year 11 Further Maths (MA1)

Crochet (Lib)

Learn how to crochet

Year 10/11 Textiles (Art 1)

Year 11 GCSE Music composition coursework drop in (MUS2)

Year 11 Art (Art 2) and Photography (PG1)

MONDAY LUNCHTIME

English Homework (ENG4)

Support with English homework

TUESDAY BEFORE SCHOOL

Prayer space 8.15 (Learning Support)

TUESDAY AFTER SCHOOL

Guitar Club (MUS2)

All abilities welcome to come and play guitar

Netball club (Netball courts)

All Year Groups

A chance to learn netball skills ready for match play

Basketball club (sports hall)

Year 8, 9, a chance to learn basketball skills ready for match play

Creative iMedia

ICT1 NEA Resubmission

Year 11 English intervention ENG3

Dungeons and Dragons (RS1)

Role play game with adventure

Design & Technology (DT1)

Year 7 & 8 Christmas decoration using 2D Design and the laser cutter

Year 10/11 Textiles (Art 1)

Year 11 GCSE Music composition coursework drop in (MUS1)

Year 11 Art (Art 2) and Photography (PG1)

Clubs change each half term, above is an example of clubs run, these are subject to change.

FAQs

- **What clubs are available to my child?**

These change on a termly basis. Please head to our website to see current clubs we are offering.
<http://uppershirleyhigh.org/extra-curricular>.

- **What do I do if my child has lost something in school?**

Please ask your child to report missing items to their Tutor, they will then be directed to the lost property area which is based in Reception.

- **How do I join the parent forum?**

Our Parent Forum group meets every term to discuss a variety of school issues. Please look at our latest E-bulletin for the next meeting date, no need to book, please come along.

- **How do I join the PTFA?**

The PTFA are always on the lookout for new volunteers; if you are interested in joining the group please contact nick.russon@ushschool.org.

- **How do I pay lunch money onto my child's account?**

For parents, an email will be sent home with your username and an invitation code you can use to set up your account. If you do not have an invitation code, please email us at MCAS@ushschool.org and request one.
A user guide can be found online <http://uppershirleyhigh.org/documents/content/MCAS-Parent-Guide.pdf>

- **Where can I find the Home School Agreement?**

This can be found on Page 12 of the Behaviour and Relationship policy on our website.
<http://uppershirleyhigh.org/policies-and-compliance>

Useful Contact Information

GENERAL ENQUIRIES TELEPHONE 023 80325333

WEBSITE: www.uppershirleyhigh.org

All teachers can be contacted by phone (on the number above), or through the school website. Simply click on the staff list, find the member of staff and complete the online form. Teachers will then receive this email and will contact you.

Please contact your child's tutor first and foremost if there are any questions, queries or concerns regarding your child, their school day, their progress or any key matters to resolve.

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