



Co-op Academy  
Priesthorpe

# Transition Guide

Parent coffee morning: Tues 5th May 10am-11 am  
SEND individual transition visits: Month of June  
SEND Transition Information Evening: Thur 21st May  
1,2 Welcome Day- small feeder primaries: Mon 22nd June  
Transition Day for all Year 6 Students: Thur 25th June  
First day as a Priesthorpe Year 7: Wed 2nd Sept 2026

# Welcome to Co-op Academy Priesthorpe

Dear Students, Parents, and Carers,

It is an absolute privilege to welcome you to the Co-op Academy Priesthorpe family. We are delighted that you have chosen us to partner with you for this next exciting stage of your educational journey.

At Priesthorpe, we are more than just a school; we are an inclusive community where we want every student to feel safe, happy, and successful. Our vision is built upon the "Ways of Being Co-op," which guide everything we do:

- Succeed together: We believe we are stronger when we work as a team and support one another.
- Be yourself, always: We celebrate what makes you unique and encourage you to bring your best self to our academy every day.
- Do what matters most: We focus on the right things—your learning, your progress, and your wellbeing.
- Show you care: We treat each other with compassion and respect, looking after our school and the wider community.

Our expectations are simple but vital: we ask all our students to be Ready, Respectful, and Safe. By following these principles, you will find a calm and secure environment where you can focus on your learning and truly thrive.

We understand that the transition from Year 6 to Year 7 can feel like a big leap. Please be assured that our dedicated transition team, led by Mrs Cronshaw (Key Stage 3 Leader), is already working hard to ensure you have a smooth and positive start in September.

We look forward to meeting you soon and seeing all that you will achieve as part of our special community.

Best wishes,

Louise Pratt  
Principal, Co-op Academy Priesthorpe



## Transition Visits

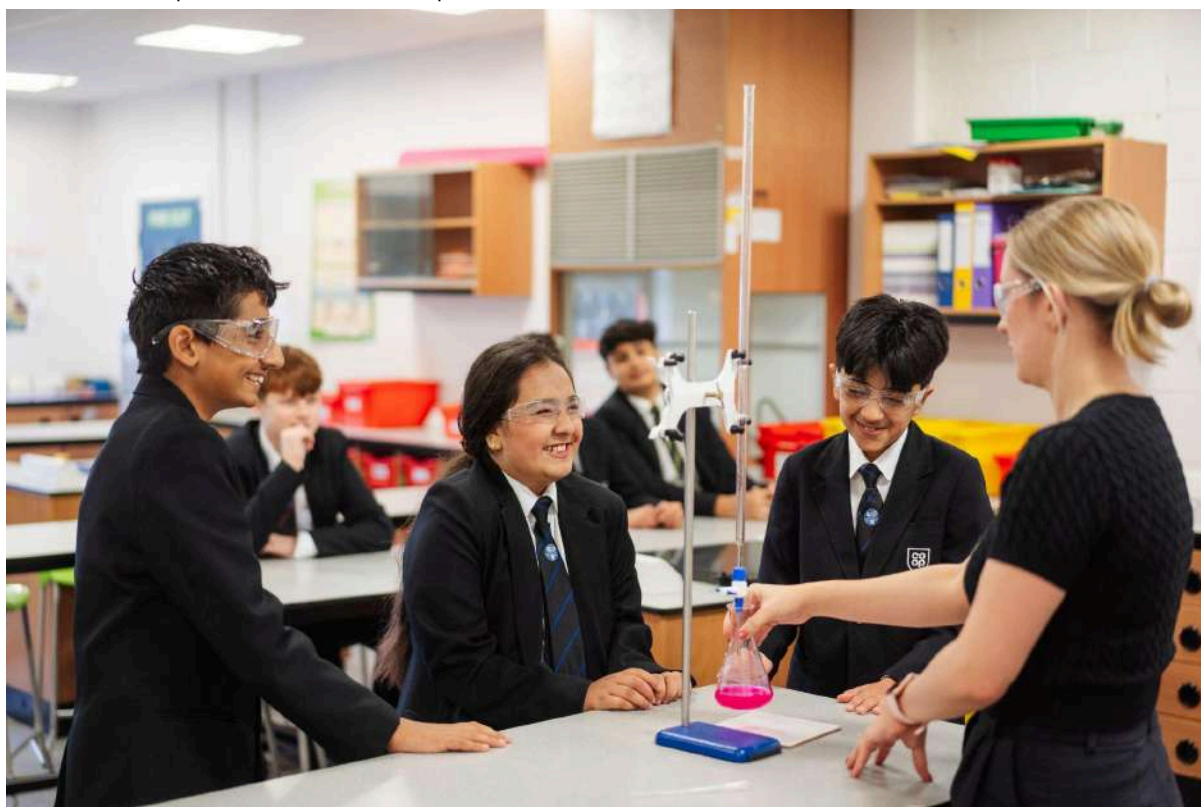
We are so excited to begin this journey with you! The very first time we will officially welcome you into the academy will be during our organised transition visits for parents and students.

These visits are a fantastic opportunity for you to see our facilities in person, meet your future teachers, and start building those all-important friendships. We are currently putting the finishing touches on a brilliant schedule of events to ensure you feel Ready and Safe before your first day.

We can't wait to meet you properly! Please keep a close eye on your email and the academy website, as specific dates and times for these transition sessions will be shared with you very soon.

The rest of this transition booklet is designed to be your essential guide for the journey ahead. Inside, you will find all the key information you need to feel ready for life at Co-op Academy Priesthorpe.

From understanding how your new daily routine works to discovering the exciting subjects you'll study, these pages explain exactly what your coming year will look like as part of our community. We've included everything from timetable tips to equipment checklists, so you can start your first term with confidence. Dive in and start exploring—we can't wait to see you thrive as part of the Priesthorpe family!



## Key People



### Key Stage 3 Leader

Mrs Cronshaw, plays a vital role in bridging the gap between primary and secondary school. Her responsibilities include:

- **Coordinating Transition:** Leading the programme that ensures Year 6 students feel confident and comfortable as they move into high school.
- **Pastoral and Academic Oversight:** Managing a dedicated team to provide a cohesive programme of support across Years 7, 8, and 9 to secure high outcomes for all students.
- **Primary Liaison:** Working closely with teaching staff at primary schools to gather essential information about each child, ensuring a "smooth and positive start" to their Year 7 journey.
- **Student Guidance:** Serving as a key point of contact for students seeking advice on their progress, careers, or general school life.



### Assistant Key Stage 3 Leader

Mrs Newsome works as part of the transition team to ensure all new students feel confident and comfortable moving into high school.

Key responsibilities of this role include:

- **Transition Support:** Assisting the wider team to help Year 6 students settle quickly into their new environment.
- **Academic Monitoring:** Tracking the progress of students across the year group to ensure they are meeting their potential.
- **Targeted Interventions:** Leading specific support programmes and interventions to help all students achieve high-quality outcomes.

## Year 7 Manager

The [Year Manager](#) at Co-op Academy Priesthorpe is a central figure in a student's daily life, focusing on their pastoral care, wellbeing, and personal development.

Unlike teaching staff, the Year Manager is often a non-teaching professional dedicated to the following:

- Daily Wellbeing: Ensuring every student in the year group feels happy, safe, and secure while at school.
- Attendance and Punctuality: Monitoring individual attendance and working closely with families to address any barriers to coming to school.
- Behaviour and Attitudes: Acting as a "trusted adult" and role model, they provide consistent boundaries and manage disciplinary matters through a rewards-based approach rather than just sanctions.
- A Bridge to Families: Serving as the primary point of contact for parents and carers to raise concerns or seek guidance regarding their child's social or emotional progress.
- Safeguarding: Working as part of the wider student support team—alongside Emotional Wellbeing Officers and Behaviour Support Workers—to ensure the highest standards of student safety.





## SEND Leader

Mr Nathan Randell, is responsible for the strategic development and day-to-day operation of the academy's [SEND policy](#).

The SEND Leader and their team provide a range of support, including:

- Coordinated Transition: Working closely with primary schools to identify the needs of Year 6 students early, ensuring a tailored transition plan is in place before they start in September.
- Student Passports: Overseeing the creation of "Student Passports" in collaboration with parents and students; these documents share vital strategies with all teaching staff to ensure learning is [appropriately differentiated](#).
- The Oasis Base Leader: This is a quiet, supportive area designed for interventions and as a quieter space for students during unstructured times.
- Specialist Liaison: Acting as the primary link between the academy and external experts, such as Educational Psychologists and the Leeds Autism Support Service (STARS).
- Monitoring Progress: Conducting termly reviews of the SEND register alongside Key Stage Leaders to ensure that every student is making progress towards their individual "flight path" targets.

For more information, parents can contact the team directly at [prie-send.leaders@coopacademies.co.uk](mailto:prie-send.leaders@coopacademies.co.uk).



## Arriving on your first day in September

Your first day at Co-op Academy Priesthorpe is designed to be exciting, not overwhelming. Because only Year 7 and Year 11 are on-site for the very first day, the academy will feel much quieter, giving you plenty of space to find your bearings and settle in with your new Coaching group.

When you arrive, you can use either of our two main entrances: the Priesthorpe Lane entrance or the Rockwoods entrance. Whichever way you come, you will be met by friendly staff and student leaders who will be waiting to point you in the right direction.

What to expect on Day One:

- The Warm Welcome: You'll head straight to the main school hall to meet your Coach and the classmates who will be your "school family" for the next five years.
- The "No-Stress" Induction: You won't be expected to dive into lessons immediately. Instead, you'll spend time getting your Student Planner, learning your timetable, making new friends and taking a guided tour of the buildings.
- The Lunch Trial: You'll have a dedicated slot to visit the canteen, learn how the ParentPay system works, and find the best spots to sit with your new friends. Your first lunch in the canteen is also free.

Remember, every single person in your year group is feeling exactly the same mix of nerves and excitement. By the time the bell rings at 3:20 pm, you'll already be a Priesthorpe pro.

# Practical Preparation

## Uniform



### Academy Uniform

Black Academy Logo V-Neck Jumper  
Tie

Traditional white shirt with a collar

Plain black tailored trousers

Plain black smart shoes

If you wear a headscarf or headband, it must also be plain black

### PE Uniform

Black Academy logo PE Polo Shirt

Plain black tracksuit bottoms/ Sports leggings or plain black shorts

Trainers

Optional Academy logo PE Hooded top

(Additional information about suppliers will be shared ahead of the transition days in June)



# The Journey to School

Moving to high school often means a more independent journey. To ensure you're Safe (one of our three core values), follow these top tips for planning your new route to Priesthorpe:

- The "Dry Run" Practice: Before your first day in September, walk or cycle the route at least twice with a parent or friend. Time yourself so you know exactly when you need to leave to arrive on time.
- The Power of Two: Whenever possible, travel with a "study buddy." Walking with a friend who lives nearby is not only safer but a great way to catch up before the school day starts.
- Be Bright, Be Seen: If you are walking or cycling during the winter months, make sure your bag or coat has reflective strips. If you're cycling, a helmet and working lights are non-negotiable.
- Phone "Away" Policy: While having a phone for emergencies is helpful, keep it tucked away in your bag while crossing roads. Being distracted by music or messages is the biggest cause of accidents.
- Identify "Safe Spots": Locate places along your route like a friend's house, a shop, or a library where you could go if you ever felt unsafe or needed help.
- Know Your Bus: If you're using public transport, download the local bus app to check live timings and always have a "Plan B" in case a bus is cancelled.

---

Below are some of the local core routes for public transport.

These services stop at major nearby landmarks like [New Pudsey Station](#) or [Dawsons Corner](#), which are within short walking distance of the academy:

- Service 72 & X6 (The Bradford Line): Frequent services between Leeds and Bradford that stop at Dawsons Corner, just a few minutes from the school.
- Service 4 & 4F (Pudsey Line): Runs from Pudsey Bus Station to Leeds City Centre and Seacroft.
- Service 16 & 16A: Connects Pudsey with Bramley, Leeds City Centre, and Whinmoor.
- Service 14: Provides a direct link between Pudsey Bus Station and Leeds City Centre via Bramley.
- Service 30: Connects Pudsey to Horsforth and Calverley.
- Service 91: A cross-city route connecting Pudsey with Bramley, Headingley, and Halton Moor.

# The "Ready to Learn" Daily Checklist

The Essentials (The "Big Five"):	
	Black or Blue Biro's and Whiteboard Pens (at least two, in case one runs out)
	Green Pen (essential at Priesthorpe for responding to teacher feedback and upgrading your work)
	Pencil
	Ruler (30cm is best)
	Your Academy Planner (this is issued by the school and must be on your desk every lesson)

Also don't forget your PE kit on the days you have Physical Education

The Maths & Science Toolkit:	
	Scientific Calculator (the Casio FX-85 is the standard recommendation)
	Protractor
	Compass
	Ruler (30cm is best)
	Eraser and Sharpener

The "Be Prepared" Extras:	
	Highlighters (great for marking key information in texts)
	Glue Stick
	Pencil Case (to keep everything organized)
	A Sturdy Backpack (large enough to fit an A4 folder without bending it)
	Refillable Water Bottle (staying hydrated helps you focus!)

## The School Day and Routine:

Moving to Co-op Academy Priesthorpe means stepping into a much faster pace than primary school. The biggest change you'll notice is movement. Instead of staying in one classroom with one teacher, you will move across the academy site every lesson to specialised rooms like science labs, tech workshops, or art studios.

The timings are also more precise. At Priesthorpe, the day is divided into six 55 minute "periods." You'll need to master the art of the "five-minute transition"—getting from one side of the building to the other between bells to ensure you are Ready for your next lesson. Don't worry we will be here to help you until you get the hang of it.

Monday, Wednesday & Friday			Tuesday & Thursday	
	KS3 (Y7,8&9)	KS4 (Y10&11)	KS3	KS4
8.30-9.00	Student Coaching	Student Coaching	Staff Training Students start at 9am	
9.00-9.55	Lesson 1	Lesson 1	Lesson 1	Lesson 1
9.55-11.10	Lesson 2	Break 9.55-10.15 Lesson 2	Lesson 2	Break 9.55-10.15 Lesson 2
	Break 10.50-11.10		Break 10.50-11.10	
	Lesson 3	Lesson 3	Lesson 3	Lesson 3
12.05-1.30	Lesson 4	Lunch 12.05-12.35 Lesson 4	Lesson 4	Lunch 12.05-12.35 Lesson 4
	Lunch 1.00-1.30		Lunch 1.00-1.30	
	Lesson 5	Lesson 5	Lesson 5	Lesson 5
2.25-3.20	Lesson 6	Lesson 6	Lesson 6	Lesson 6

Day	Time
Monday	8.30 - 3.20
Tuesday	9.00 - 3.20
Wednesday	8.30 - 3.20
Thursday	9.00 - 3.20
Friday	8.30 - 3.20

# Attendance

## Attendance Matters: The Power of Attendance

At Co-op Academy Priesthorpe, we are committed to providing your child with the very best start in life. To make that happen, consistent attendance is our number one expectation. When your child is here every day, they aren't just attending lessons—they are building the foundation for a happy, successful future.

## Why Every Day Counts

We want our pupils to develop the social confidence they need to thrive.

Accesses Every Opportunity: From our wide range of extracurricular clubs to sporting events and classroom support, being on-site means they never miss out on the rich experiences Priesthorpe has to offer.

Secures Better Results: The link between attendance and achievement is undeniable.

National statistics show that students with over 95% attendance are twice as likely to achieve a grade 5 or above in their English and Maths GCSEs than those who fall below that threshold. At Co-op Priesthorpe we aim for 97% for all pupils.

## Working Together to Celebrate Success

We believe in cheering on our students as they build these positive habits. To keep motivation high, we celebrate and reward great attendance every single week. Whether it's through house points, prizes or special mentions, we make sure our pupils know that their commitment to showing up is valued.





## Oh No! They're Unwell: What to Do

At Co-op Academy Priesthorpe, we want every student to have 100% attendance so they can "Succeed Together," but sometimes rest is unavailable.

1. Check the "8:15 Rule": Please let us know as early as possible, and no later than 8:15 am on the first morning of their absence.
2. The Arbor App (The Easiest Way!): Open your Arbor App on your phone. You can quickly log an absence note there—it goes straight to our attendance team and your child's Year Manager.
3. Give the "Why": Just a quick sentence like "Jamie has a high fever" or "Sarah has a stomach bug" is perfect. It helps us keep track of any bugs going around the year group.
4. The Phone Option: If you can't get onto the app, give the main office a ring on 0113 3871886.
5. Keep Us Posted: If they are still too poorly the next day, please send another quick update. We like to check in to make sure our students are okay!

### "Is My Child Too Ill?"

- The Green Light : A slight sniffle, a mild headache, or feeling "a bit tired"? Send them in! Often, once they see their friends in Coaching, they feel much better.
- The Red Light : Vomiting, or a contagious rash? Keep them home, tucked up with a duvet and some water, and follow the steps above.

Top Tip: If your child has a medical appointment (like the dentist or doctor), try to book it for after 3:20 pm if you can. If it has to be during school hours, just upload a photo of the appointment card to the Arbor App or send in a copy so we can mark it correctly!

## Coaching

At Co-op Academy Priesthorpe, we don't just have "registration"—we have Coaching. This is like your own mini Priesthorpe family

On a Monday, Wednesday and Friday morning, you will meet with your Coach and a small group of fellow students. Your Coach is your primary advocate and the first person you see each day; their job is to ensure you are Ready, Respectful, and Safe.

During Coaching sessions, you won't just sit in silence. You will:

- Check-in: Discuss your wellbeing and any worries you have about the day ahead.
- Build Character: Work on the "Ways of Being Co-op" through activities that develop teamwork and empathy.
- Track Progress: Review your attendance, behavior points, and academic goals.
- Belong: Build strong relationships within your "Coaching Group," creating a small family unit within the larger academy.

It's a dedicated time to ensure no student is "invisible" and that everyone has a trusted adult to guide them through their secondary school journey



# Learning and Academic Life:

## New Subjects

At Co-op Academy Priesthorpe, Year 7 is all about exploring a rich and diverse world of knowledge. You will dive into core subjects like English, Maths, and Science, but you'll also get hands-on in our specialist facilities for Art, Design Technology, Drama, Music, and PE. You'll explore the world and its history in Geography and History, learn new ways of communicating in French or Spanish, and develop your digital skills in Computer Science.

One of the biggest changes you'll face is that you won't be in the same seat all day; you will move to different specialized classrooms for every single subject. We know that navigating a large building and remembering which room is which can feel a bit like a maze at first! Please don't worry—during those first few weeks, our corridors are filled with friendly student mentors and staff members specifically there to point you in the right direction. Before you know it, finding the Science labs or the Sports Hall will feel like second nature.

## Home-Learning Expectations

When you join Co-op Academy Priesthorpe, home-learning becomes an important part of your weekly routine, helping you to "Succeed Together" by reinforcing what you've learned in class.

You will be introduced to some exciting online platforms designed to make independent home learning interactive and manageable for example:

**Sparx Maths:** Personalized weekly tasks that adapt to your level to ensure you're always progressing.

**Sparx Reader:** A dedicated platform to help you dive into fantastic books and build your vocabulary.

We know that managing multiple subjects and deadlines is a big jump from primary school. That's why you'll be given a Student Planner to track your tasks, and your Coach will be there to help you stay organized. Whether it's a creative project for History or a science experiment write-up, remember that there are always home-learning hubs after school if you need a quiet space or a little extra help from staff!

# When will my first year begin and end?

## The Big Start: September 2026

- Tuesday 1st September: Staff Training Day (School closed to students).
- Wednesday 2nd September: YEAR 7 FIRST DAY. You have the school to yourself (along with Year 11) to help you find your way around!
- Thursday 3rd September: All other year groups return.

## Autumn Term 2026

- October Half-Term: Monday 19th October – Friday 30th October (Two-week break).
- School Returns: Monday 2nd November.
- Training Day: Monday 16th November (School closed).
- Christmas Holidays: School closes Friday 18th December.

## Spring Term 2027

- Term Starts: Monday 4th January.
- February Half-Term: Monday 15th February – Friday 19th February.
- School Returns: Monday 22nd February.
- Easter Holidays: School closes Friday 2nd April.



# Staying Connected: The "Must-Have" Apps

## 1. ParentPay: The Cashless Canteen

Priesthorpe is a cashless academy. You won't need to bring physical money for lunch or trips.

- What it's for: Topping up your "canteen balance" for break-time snacks and lunches, paying for stationery and consenting for school trips.
- How it works: Parents receive an activation code. Once set up, you can see exactly what your child has eaten and set daily spending limits.



## 2. Arbor: The Parent Portal

This is the primary way the academy communicates important information to families.

- What it's for: Checking your child's attendance, viewing their timetable, and receiving official letters from the Principal.
- Top Tip: Make sure your "Push Notifications" are turned ON in the app so you never miss an urgent update or a snow day alert!



## It's Okay to Feel "New"

Moving to Co-op Academy Priesthorpe is one of the biggest milestones in your life so far. It is completely normal to feel a "mixed bag" of emotions—from excitement about new subjects to "butterflies" about getting lost.

Almost every Year 7 student has the same three big questions:

1. What if I get lost? (Everyone does! That's why we have extra staff in the corridors.)
2. Will the work be too hard? (Your teachers are experts at helping you catch up.)
3. Who will I sit with at lunch? (Our Coaching groups are designed to make sure nobody eats alone.)

### The "Be Yourself, Always" Strategy

At Priesthorpe, we value who you are. If you feel overwhelmed, talk to your Coach or your Year Manager. They are there to help you navigate these big changes. Remember: it takes about six weeks to truly feel "at home" in a new school—give yourself time!

## Making New Friends: Building Your Crew

One of the best things about Priesthorpe is meeting people from different primary schools. While it's sad to see old friendship groups change, it's also an opportunity to find people who share your specific interests.

Top Strategies for Meeting People:

- The "First Move" Rule: Everyone is waiting for someone else to say hello first. Be the one to ask, "Which primary school did you come from?" or "What lesson do you have next?"
- Join an Enrichment Club: Whether it's Football, Drama, or Gaming, clubs are the "cheat code" for making friends because you already have something in common.
- The Coaching Family: Your Coaching group is your first team. Support each other and you'll find your "crew" in no time.

## Dealing with Old Friendships

You might not be in the same classes as your best friends from primary school, and that's okay! You can still meet them at break and lunchtime. In fact, having "school friends" and "old friends" just means you have an even bigger support network.



## House System and Rewards

At Co-op Academy Priesthorpe, we don't just notice success; we celebrate it loudly! Our Rewards Policy is the heartbeat of our school, designed to transform your daily effort into extraordinary opportunities. We believe that every student has a "relational bank account," and every time you show kindness, resilience, or hard work, you are building a wealth of success that we can't wait to recognize.

From your very first lesson, you'll be earning House Points for being Ready, Respectful, and Safe. These points are your passport to prestige. As your total grows, you'll climb the ranks from a motivated learner to a celebrated House Leader. Reaching this status isn't just a title, it's your golden ticket to the highlight of the school year: our Annual Rewards Trip. Whether it's a theme park, an outdoor adventure centre, or a city experience, this trip is our way of saying "thank you" for setting the gold standard for our community.

Imagine being pulled out of class for a surprise invitation to our Reward Pop-up Cafés exclusive sessions where you can relax with friends, enjoy high-quality treats, and celebrate your recent wins in a space that feels more like a lounge than a classroom. For those truly exceptional moments like a selfless act of leadership or a massive breakthrough in a tough subject you might be awarded a rare Platinum Ticket. These are personally handed out by senior leaders and visitors to the "legends" of our school, marking you as a true ambassador of our Co-op values.

We don't believe in waiting until the end of the year to celebrate. With Weekly Wins and 100% Attendance awards, there is a chance to be a champion every single Friday. We want our hallways to be filled with the buzz of achievement, where parents receive positive phone calls home and students wear their success with pride. The tables below outline the comprehensive rewards framework available to all students, detailing both the tiered House Point milestones and our regular ongoing recognition awards.

Reward Tier	Points	Frequency	Prize	Person Responsible
House Rising Star	100	Ongoing	Badge & Letter (via Arbor)	Coaches
House Leader	200	Ongoing	Badge & Letter (via Arbor)	Coaches
House Champion	300	Ongoing	Badge & Letter (via Arbor)	KS Leaders
House Hero	400	Ongoing	Badge & Letter (via Arbor)	KS Leaders

House Legend	500	Ongoing	Badge & Letter (via Arbor)	ALT
House Hero	600	Reserved	Special Award	ALT
House Legend	700	Reserved	Special Award	ALT

Reward Type	Frequency	Prize / Activity	Responsible
Principal's Student of the Fortnight	Fortnightly	Students Meet Principal and receive a goody bag	Principal / ALT
Classroom Displays	Weekly	Display in the classroom celebrating great work.	Teachers
Subject Shoutouts	Weekly	Shout Out & Small chocolate prize	Key Stage team
Coaching Star	Half Termly	Invite to Rewards Cafe and Badge	Coaches and Key Stage Leaders
Subject Overall Award	Half Termly	Invite to Rewards Cafe.	Subject / KS Leaders
Gold Tickets	Half Termly	Staff Nominations, Draw at Assembly	All Staff
Zero Hero	Random Weekly	Freddo for No Behaviour Codes within 1 week	Student Support Team

## Extra Curricular

Getting involved in extra-curricular activities is the fastest way to feel like a true part of the Priesthorpe community. At Co-op Academy Priesthorpe, we call these "Enrichment" sessions, and they are designed to help you "Succeed Together" outside of the classroom. Here are just some of the activities we offer.

### Get Active

Our PE department is incredibly active, and there is a club for everyone, whether you want to play for a team or just have fun:



- Football & Rugby: Trials for the academy teams usually start in the first few weeks of September.
  - Netball & Rounders: Great ways to build teamwork skills with your new year group.
  - Badminton & Table Tennis: High-energy clubs held in our sports hall during lunch or after school.
- Fitness Suite: Older students often use the gym, but keep an eye out for Year 7 "taster" sessions!

### Get Creative

Priesthorpe has a brilliant reputation for the arts. If you love to perform or create, these are for you:

- Drama Club: Build your confidence and work towards our big academy productions.
- Choir & Band: Whether you're a singer or play an instrument, we have groups for all levels.
- Art & Design Club: A space to work on your own projects using the academy's professional materials.



### Get Involved

- Cooking Club: Learn to make delicious snacks and meals in our professional tech kitchens.
- Computing & Gaming: Join fellow tech-lovers to explore coding or compete in gaming tournaments.
- Eco-Club: Help us "Show You Care" by working on projects to make our academy even greener.
- The Library (The Hub): Open at break and lunch for quiet reading, homework help, or board game sessions.

## Top Tips from the Year 7 Experts

"We were in your shoes just a year ago. Here is what we wish we'd known before our first day at Priesthorpe."

- Don't Panic About the Map.  
"The building feels huge on day one, but by day four, you'll know exactly where the Science block and the Gym are. If you get lost, just look for a student with a 'Peer Mentor' badge or any teacher we've all been lost before!"
- Master the 'Five-Minute Move'  
"You have five minutes between lessons to get to your next room. Don't spend the whole time chatting in the corridor. Get to your room first, put your bag down, and then say hi to your friends."
- The Green Pen is Your Best Friend  
"At Priesthorpe, teachers love it when you show you're improving. Always have your green pen ready for 'Upgrade' time it shows how you respond to feedback and get those extra House points."
- Pack Your Bag the Night Before  
"Mornings are much calmer if your PE kit and your Planner are already in your bag. Trust us, hunting for a calculator at 8:10 am is not a great way to start the day."
- Join a Club Straight Away  
"Whether it's football, drama, or the cooking club, joining something after school is the fastest way to make friends with people who aren't just in your Coaching group."
- Be 'Ready' at the Gate  
"The Year Managers check your uniform and equipment at the gate every morning. Make sure your shirt is tucked in and you have your 'Big Five' pens and pencils ready. It makes the start of the day much smoother."
- Lunchtime Hack  
"If you're buying food, make sure your parents have topped up your ParentPay. It's much faster than carrying cash to put onto the machine, and the 'Meal Deal' in the canteen is actually really good."

## Final advice from the "Pros" (Year 7 & 8)

Q: What if I can't find my classroom and I'm late?

"Seriously, don't sweat it. In the first two weeks, the teachers know you're new. If you're lost, look for a student with a Peer Mentor badge; they are literally there just to walk you to your next lesson." — Leo, Year 7

Q: Is the homework really hard?

"It's different, but not impossible. Sparx Maths is actually quite addictive once you get into a rhythm. My tip? Do it on the night it's set so you don't have a 'Sunday Night Panic'." — Amara, Year 7

Q: How do I get those House Points?

"It's easy just be Ready. If you have your 'Big Five' equipment on your desk and your shirt tucked in when the teacher walks in, you're already winning. Those points add up for rewards at the end of term." — Jakub, Year 8

Q: What's the best thing to eat in the canteen?

"The 'Meal Deal' is the best value, but the chicken wraps are legendary. Make sure your parents top up your ParentPay on Sunday night so you don't get to the front of the queue with a zero balance." — Maya, Year 7

Q: I'm coming from a small primary school and don't know many people. Will I be lonely?

"I was the only person from my school. I made my best friends in Coaching. Because you see that same small group every single morning, you become like a little family really quickly." — Sam, Year 7