

Shine Bright 6^e

File 2 A day in Year 7

Uniform and equipment – Doc 1, p. 32

What do I wear for my first day?

RFSS grey school blazer. Students need their blazer in school every day.

RFSS purple v-neck jumper

RFSS school tie

White, long or short-sleeved shirt

Black school trousers or skirt

Girls - Black or white socks/black tights

Boys - Black socks

Black school shoes

You will need a large rucksack and the following equipment on your first day:

- Black pen
- Ruler
- Pencil
- Rubber
- Scientific calculator

You will also need a school PE kit – but you don't need to bring this on your first day.

Be on time – Doc 1, p. 33

What does the school day look like?

The school doors open at 08:30 and you are expected to be in your tutor room by 08:45 for registration¹. You then have five lessons every day, as shown in the timetable below.

08:45 - 09:05	Tutor Time²
09:05 - 10:05	Period 1
10:05 - 11:05	Period 2
11:05 - 11:25	Break
11:25 - 12:25	Period 3
12:25 - 13:25	Period 4
13:25 - 14:10	Lunch
14:10 - 15:10	Period 5

At lunch, you can bring a packed lunch³ or you can enjoy something from our school canteen. You don't need to worry about bringing money to school as we operate a cashless system.

On Friday mornings, you will have your Year 7 assembly⁴ in the school hall.

Rugby Free Secondary School pocket guide

1. l'appel **2.** séance de vie de classe **3.** a sandwich **4.** réunion des élèves

School subjects – Doc 1, p. 36

Where are my lessons?

Rugby Free Secondary School

Ground Floor: D&T¹, Canteen, Study Zone, PE², Music, Languages

First Floor: PE, Inclusion, English, Humanities³, Library, Social Sciences

Second Floor: Science, Maths

What clubs are on offer?

Hockey club, Mandarin club, Science club, Football club, Ukulele club and Debate club.

Rugby Free Secondary School pocket guide

1. Design and Technology **2.** Physical Education **3.** history, geography, religion

My favourite club – Doc 1, p. 37

Grangemouth High School

Volleyball club

Do you want to...

Improve your volleyball skills?

Improve your health and wellbeing?

Start up a GHS volleyball team?

When: Thursday 3.35pm - 4.30pm

Where: Games Hall

Staff: Mr. Levey

Contact PE department for more info

Gymnastics club

Grangemouth High School

Does Simone Biles inspire you?

Or Max Whitlock?

Do you want to feel good and build your confidence?

Tuesdays after school

3:45pm – 4:30pm

With Miss Gallagher

Location: PE Fitness Suite

(Bring your PE Kit)

Test your skills, p. 41

Years 7 and 8 are the first two years of secondary school education in the UK. [...] Under the UK school system, all students study English, Maths, Sciences, a Humanity¹ and a Modern Language.

Besides² these subjects, each school has a list with optional subjects (Art, Music, Drama, Latin, Sport Science, Design Technology, Computer Science), and students may choose³ a few subjects that interest them.

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1. sciences humaines **2.** en plus de **3.** peuvent choisir

Évaluation – Guide pédagogique

I love to go to school. I find my school uniform very smart. The uniform is a white shirt and a blue skirt with a black belt and blue tie. And to go with it is a pair of white socks and black shoes. The teachers are strict about our uniform. At school I learn many new things each day. There are many subjects like languages, mathematics, science and social studies. There are a number of activities. We participate in various sports, music, dance, theatre and art events. These are fun activities that help develop hobbies.

Sophia

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