



ST BENEDICT'S SCHOOL

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FORM 3 WELCOME GUIDE





INTRODUCTION



It gives me great pleasure to welcome you to St Benedict's; I am very much looking forward to meeting you in person in September. You are joining a school that is full of exciting opportunities, with a tremendous range of curricular, co-curricular and extra-curricular activities that has something for everyone. This booklet has been created by the current Third Form and they are best placed to give you guidance over the course of your first few months and terms at Bennies. It is full of helpful hints, guidance and information about what to expect in your new school.

Joining a new school can be a challenging time for any person, young or old. However, these past few months have demanded that you work independently, manage your time effectively and develop resilience; these skills and attributes will be hugely beneficial to you in all aspects of your school life. So make sure that you look back on this period, taking the best of it with you as you begin to prepare for entry to St Benedict's.

And so, until September, may I wish you all the very best for your last few weeks in primary school and that you have an enjoyable summer break. The pupils have taken tremendous care in preparing this booklet, and so, when you see them in September, make sure you say hello and thanks!

A handwritten signature in black ink that reads "Pat McCarthy". The signature is written in a cursive, flowing style.

Mr McCarthy
Third Form Division Head

SUPPORT



“At St Benedict’s, the teachers and students will always make you feel better about everything and will show you the way.”

Hi, I am Beatrice and I joined St Benedict’s in year 7.

Joining Year 7 can be very scary, but at St Benedict’s there are so many people you can talk to and don’t forget that everyone is feeling exactly the same as you!

If you are ever feeling upset or anxious about being at a brand new school and not knowing anyone, you can always go to your form teacher, any teacher, your head of year and the school nurse. The teachers will ask if you are okay and offer their full support. They are so kind and will help you if you are feeling very nervous, scared about making friends and being lost.

At St Benedict’s, the teachers and students will always make you feel better about everything and will show you the way. I hope that you enjoy your future at St Benedict’s because it’s where many memories are made and brand new friends!

By Beatrice



On behalf of the students at this wonderful school, I'd like to welcome you to St Benedict's. This will be a massive transition for you and I understand what you will be going through. During your first term, most of you will truly feel the stress of the transition, and undoubtedly will want someone to talk to.

During situations like these at St Benedict's, I highly recommend taking advantage of the kind, caring teachers and staff we have to offer.

Teachers who are renowned as great listeners to students are your form tutors, head of year (Mr McCarthy), the school nurse (Mrs Yue), and Mr Ramsden. They make sure your voice is always heard, so do not be afraid to talk to them.

Overall, St Benedict's is more than a school for me. It's a community. It's a bond, a bond for life. So, remember this, at St Benedict's, there is always someone to talk to.

By Freddie

ORGANISATION



Welcome to St Benedict's Senior School. This year will be different from year 6 in many ways. One example is that there is an expectation that you will be organised for the whole school day and hopefully my note will help you with this.

You will be assigned a locker in your form room which will be your responsibility for the entire school year – best keep it tidy and don't leave food in there over the holidays! You will need a padlock for your locker. It can be any padlock but a number padlock is best.

In your locker you will keep all your folders with your books and your bag because you only carry around the books you need for the next two lessons. The best way to organise your locker is to put your books on the top shelf and your bag beneath. You should also stick copies of both yellow and red week timetable on the inside of the door so you can easily see what your next lessons are.

You should have an individual folder for each subject and in these folders you should have your exercise book, text book and any revision notes. You should label your folder with both the subject name, your name and your form tutors name, this is to help recover your folder in case you lose it. I hope you have an enjoyable time in year 7.

By Henry



ORGANISATION

If you are organised and well prepared for secondary school, this will help you to settle in easily to the new environment.

Pencil case: it is essential to have the correct equipment for each lesson and always have a full pencil case. A full pencil case should include:

- Pencils
- pens
- glue
- ruler
- scissors
- highlighters
- protractor
- rubber

If you misplace one of these, you can always buy a new one from the school office after you have checked lost property. So put your name on things!

You should keep a copy of your timetable in your prep journal and on the inside of your locker, on the door. The timetable helps tell you what lessons you have and where they are. It is important to make sure you know where each classroom is, but do not worry if you can't remember. There is always a helpful person nearby to point you in the right direction. And ask your form tutor!

By Ruby



THE LIBRARY

The library is really useful because it has a wide range of books, from Alex Rider to David Walliams as well as interesting non-fiction books. There are beanbags to sit on to relax while you read. Every Friday the Book Club meet to share thoughts on different books. It is a great way to find new books or recommend one. If you want a book that isn't in the library, then you can ask a librarian to order one for you. Another good thing about the library is that there is a printer that you can use. In the library there is a computer room that is really useful. It is open from 8 in the morning and closes at 6 in the evening. You can go and do your homework at the end of the school day which is good as it is a quiet space to get your work done too. It is probably one of my favourite things about the school and I have borrowed a lot of books which is great. Also, every Friday is reading time in form so remember to have a reading book with you.

By Sam



THE PREP DIARY

“Your prep diary is an essential part of your time at St Benedict’s.”

Your prep diary should contain:

- **Homework**
 - o When homework is due.
 - o If you have done the homework or not.
- **Key Dates + Events** (Colours; Lots of Colours).
- **Timings** (lessons)

These things must be put into your prep diary, as they will not always be on Firefly.

Your prep diary should tell you what lessons you have the day after and when you have them. If there is a room change you should note this in your prep diary as soon as you are informed. I strongly recommend you have a sheet of paper with your lessons on it, stuck onto the door of your locker so you know what lessons you have next.

Your prep diary should also be used to read about the rules and what should be done in and around school along with the timings of the periods. Watch out because on Wednesdays the timings change slightly and you wouldn't want to be late (or too early!).

Also you have the freedom to highlight things in your prep diary as it is yours and if you highlight things in it, you will most likely remember the things you need to remember the most.

As you can see, your prep diary is an essential tool alongside your progress card and calendar, so take good care of it and use it appropriately.

By Basile



HOMEWORK

What is Firefly?

Firefly is an online website that can be accessed from anywhere. On this website your teachers set your homework on a 'tasks' page (they would have also told you the homework in class). Firefly is great because if you missed the lesson you don't have to go around asking everyone what the homework was. Also, Firefly tells you when your homework is due or (hopefully not) over-due. In addition to this, Firefly allows you to message your teachers directly if you have a query or problem about the task set.

Actually completing your prep

My recommendation would be to follow these guidelines because this is how I personally do my homework and have learnt that this is generally the way most people do theirs too.

1. As soon as the teacher mentions the homework in class write it down in colour in your prep diary right away- also remember to put in when it is due!
2. After lessons when you are packing your stuff to take home check your prep journal for the homework that has been set. Make sure you pack the entire folder just in case you need to refer to any of your books.
3. When you get home bring only what you need to your room or anywhere you work best instead of your entire bag.
4. Before you start make a NEAT pile of your books next to you and try to

HOMework

keep your phone out of the room. Also, keep all your stationery nearby and preferably a computer in case you need to access the internet.

5. When doing your homework always keep your prep diary open on that day's homework notes. As well as this, always check Firefly because often there is additional info on there regarding the task and there might also be links to various websites to help you.

6. Do your homework to the best of your ability and try to do it on your own but if you do need help ask an adult or older sibling. If you get really stuck, remember you can always message your teacher through Firefly.

7. Always do your homework on the day it is set! Don't let it build up.

8. Before you throw yourself on the couch, tidy up! Make sure everything is in your bag and your bag is by the front door, so it is impossible to forget. Also make sure you've printed out what you needed to print out and mark the task on Firefly as done so your teacher knows, and you don't have tasks piling up for ages on there.

9. Once you've done that... Relax!

By Blaise



PROGRESS CARDS

One of the main differences from Junior School to Senior School is the use of a progress card.

Progress cards are given out by your Form Tutor every Monday morning and you are expected to carry it in your blazer for the whole week.

A progress card is used to mark any merits (curricular & co-curricular), demerits, crosses, prep detentions, Friday detentions, toilet breaks, communication between your parents and your teachers & if you have to go to a surgery (a short catch-up lesson during lunch).

Every week when you get your progress card you need to write in your name, surname, form and tutor, term, week number, and if it is red or yellow week. And you are encouraged to write a smart target that you can achieve during the week. Underneath your target you write your strategy (how are you going to achieve that target).

You receive a different colour progress card each week. And at the end of the week you get your parent to sign your progress card and hand it in to your Form Tutor on Monday where they will read your progress card, count up the merits (1 merit=5 points) and take away the points if you got a cross or a demerit (cross=-1 point, demerit=-5 points). There are also a few more things that you can lose points for such as: card not signed=-15 points, card lost=-30 points (and you get a red card) & signature forged=-50 points.

In the cross section of the progress card it has the day, the lesson you are in, and what you got the cross for such as: P=punctuality, E=effort, R=respect, O=organisation & U=uniform. Then it has room for the teacher

PROGRESS CARDS

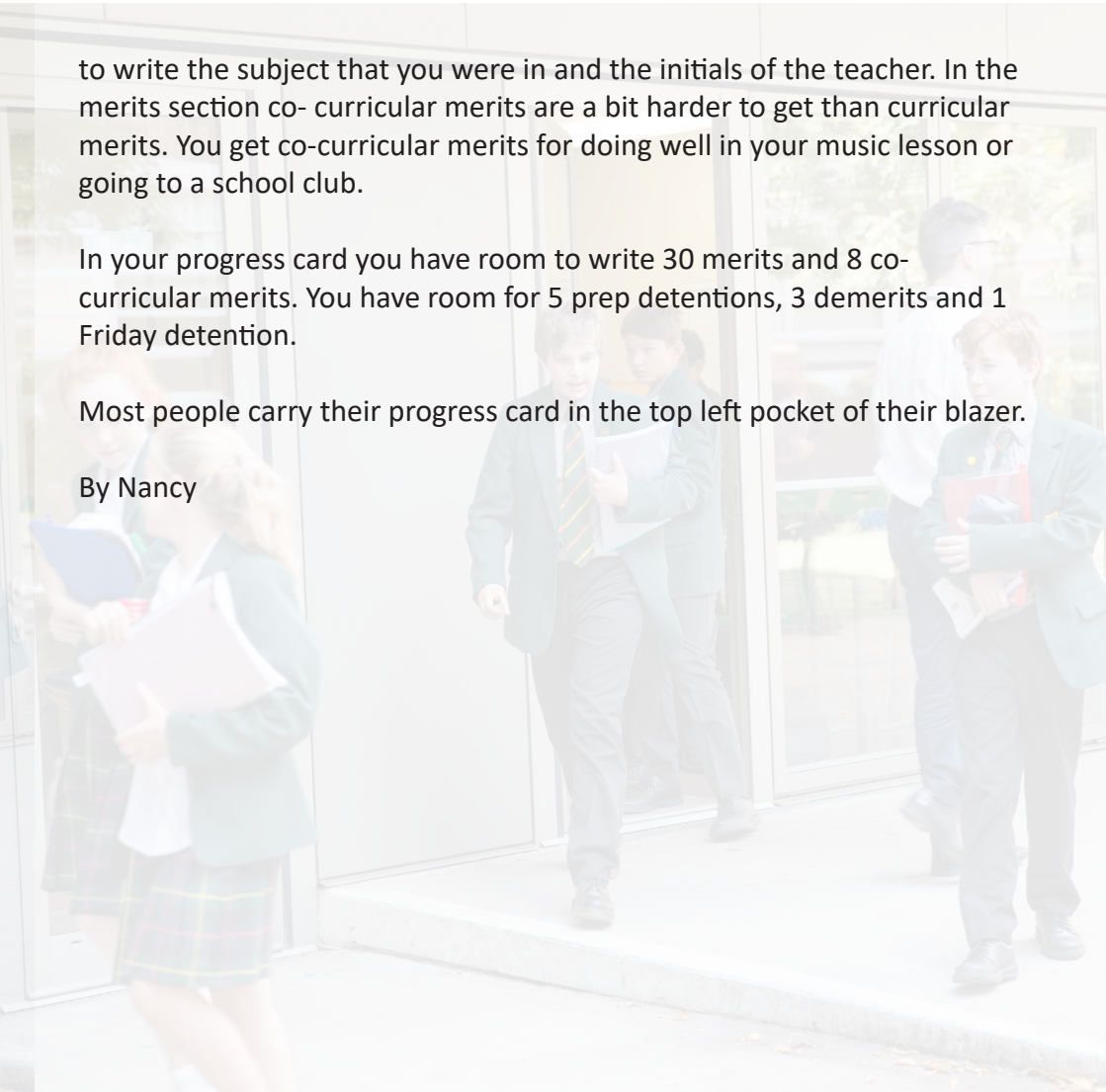


to write the subject that you were in and the initials of the teacher. In the merits section co-curricular merits are a bit harder to get than curricular merits. You get co-curricular merits for doing well in your music lesson or going to a school club.

In your progress card you have room to write 30 merits and 8 co-curricular merits. You have room for 5 prep detentions, 3 demerits and 1 Friday detention.

Most people carry their progress card in the top left pocket of their blazer.

By Nancy





CLUBS

At St Benedict's we have different sorts of clubs from Polygots to History Society Club. These clubs are meant to bring new friendships.

You will find that some pupils that are older than you, will be your friend and help you with academic problems. Everyone is friendly to each other no matter your age in the clubs. The knowledge that you gain from these clubs will improve your work in class.

Teachers offer talks and sessions on a lot of subjects which may support your academic work but it's not just about learning. The talks are for fun, enjoyment and making friends. Sometimes they offer refreshments such as pizza.

Clubs that are hugely popular are: Yoga club, Science club and History and Politics Club. In Science club there are lots of experiments- some using food. If you enjoy fun experiments then that might be club for you! In History and Politics club you get sweets and lots of merits, and you also get to watch history films and write reviews. In Yoga club you have fun doing some moves that look quite funny!

Thank you for reading this.

By Primrose

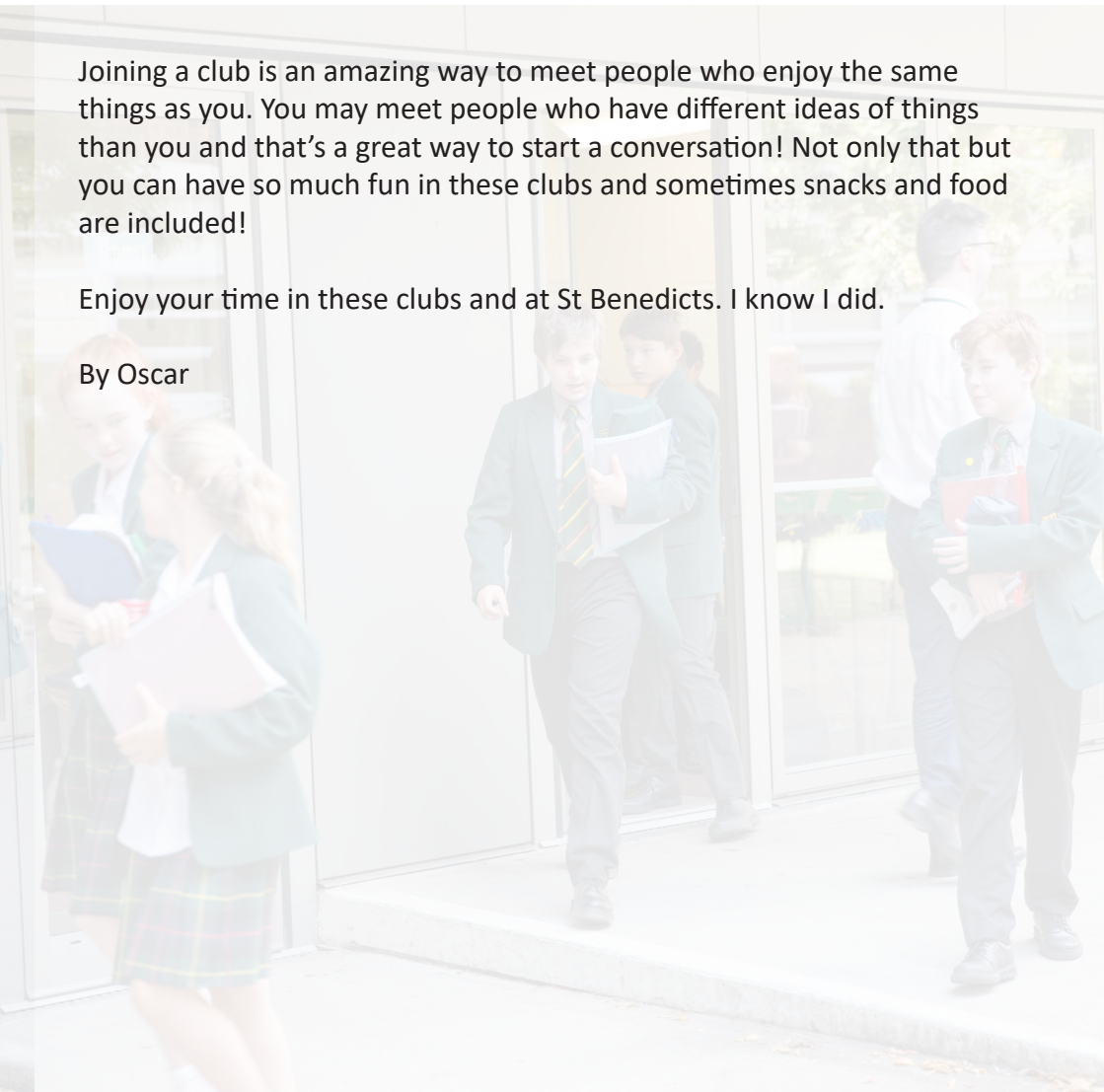


CLUBS

Joining a club is an amazing way to meet people who enjoy the same things as you. You may meet people who have different ideas of things than you and that's a great way to start a conversation! Not only that but you can have so much fun in these clubs and sometimes snacks and food are included!

Enjoy your time in these clubs and at St Benedicts. I know I did.

By Oscar





THE MUSICAL LIFE

Music plays an immense role in the part of St Benedict's School. There are a lot of things that you can get involved in at St Benedict's. For example, if you are a singer, you can join the Concert Choir, Consort Choir which is made up of Ealing Abbey Choir Choristers, ex Abbey Choristers and chosen girls.

If you play a Musical Instrument, you can join the Orchestra, where you will perform great works by inspirational composers, such as Mozart and Tchaikovsky; recent Orchestral performances include Bizet's Toreador.

You can also be part of the many Musical Ensembles where you will be introduced to a wealth of composers! You can join The String Group, Woodwind Band, Brass Group, Guitar Group, and so on. You can refer to the Co-Curricular activities booklet for all of the Music Ensembles and Groups, its a very useful guide!

Also, the school offers individual music lessons for a variety of instruments. You will learn with amazing teachers! These lessons mainly happen during the school day. To help you to remember when your music lesson is, the school provides music cards on which you can write: during which subject your lesson occurs, the day and date on which it occurs, and also the name of your instrumental teacher. These cards are very useful because they are nearly small enough to fit inside your pocket. This is your pocket-guide to your instrumental lessons!

THE MUSICAL LIFE

As part of the Music Department, you will also be able to get involved in the many Concerts and Shows that the School offers, such as The St Cecelia Concert; these concerts are a great way to demonstrate your musical talent and listen to all your friends sharing their talents too!

Being part of a Musical Ensemble also enables you to have lots of friends, and it helps you to get to know the music staff and Peripatetic teachers more. The Director of Music is Mr Eastwood who is very approachable and gives great advice! The two other Music Teachers are Mrs Jolly and Miss Hutchinson who are also very helpful! The two Music administrators are Mrs Mythen and Mrs McPartlin, who are kind and helpful and they do a lot of things such as organising concerts and creating the instrumental timetables; they too form an important part of the Music Team!

The whole of the Music Department are really great at running the musical life at St Benedict's School!

By George and Mark



GIRLS' SPORT

Year 7 have their games on Thursday afternoon.

In the Michaelmas Term (Autumn) girls decide between hockey and fencing. Most of the girls will probably pick hockey which is taught by Miss Yates, Mr Nijar and Mr O'Hara.

When you get to the Games Field you get changed into your sports kit, shin pads and mouth guard. Then you play on the hockey pitch/Astro turf. For hockey we had extra training on Wednesday after school and fixtures on Saturdays. The away fixtures are great fun, although we do need to get up early. But it is a great way of getting to know other people and making new friends

In the Lent Term (spring) you do netball or fencing. You may be coached by miss Maynard if you choose netball. A bit like hockey, netball is played at Perivale. Netball also has extra training which takes place on Tuesday mornings and fixtures are played on Saturdays.

And finally in the Trinity Term (summer) you choose between athletics and tennis. The big thing to realise is that even if you have never played any of these games before, the coaches will help support you and help you get better too. Each year, there are lots of people who are new to the sport but do really well at the end.



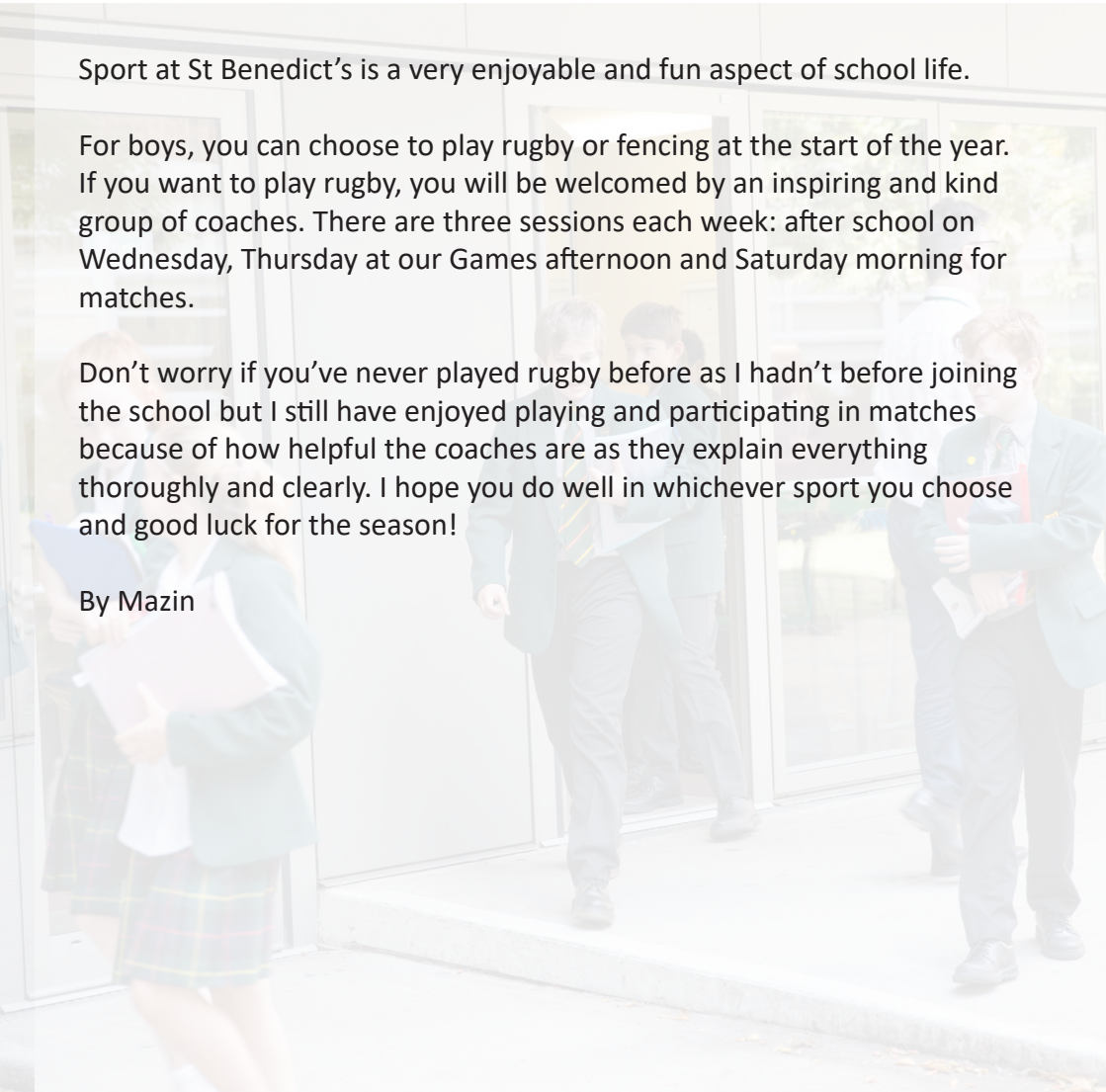
BOYS' SPORT

Sport at St Benedict's is a very enjoyable and fun aspect of school life.

For boys, you can choose to play rugby or fencing at the start of the year. If you want to play rugby, you will be welcomed by an inspiring and kind group of coaches. There are three sessions each week: after school on Wednesday, Thursday at our Games afternoon and Saturday morning for matches.

Don't worry if you've never played rugby before as I hadn't before joining the school but I still have enjoyed playing and participating in matches because of how helpful the coaches are as they explain everything thoroughly and clearly. I hope you do well in whichever sport you choose and good luck for the season!

By Mazin

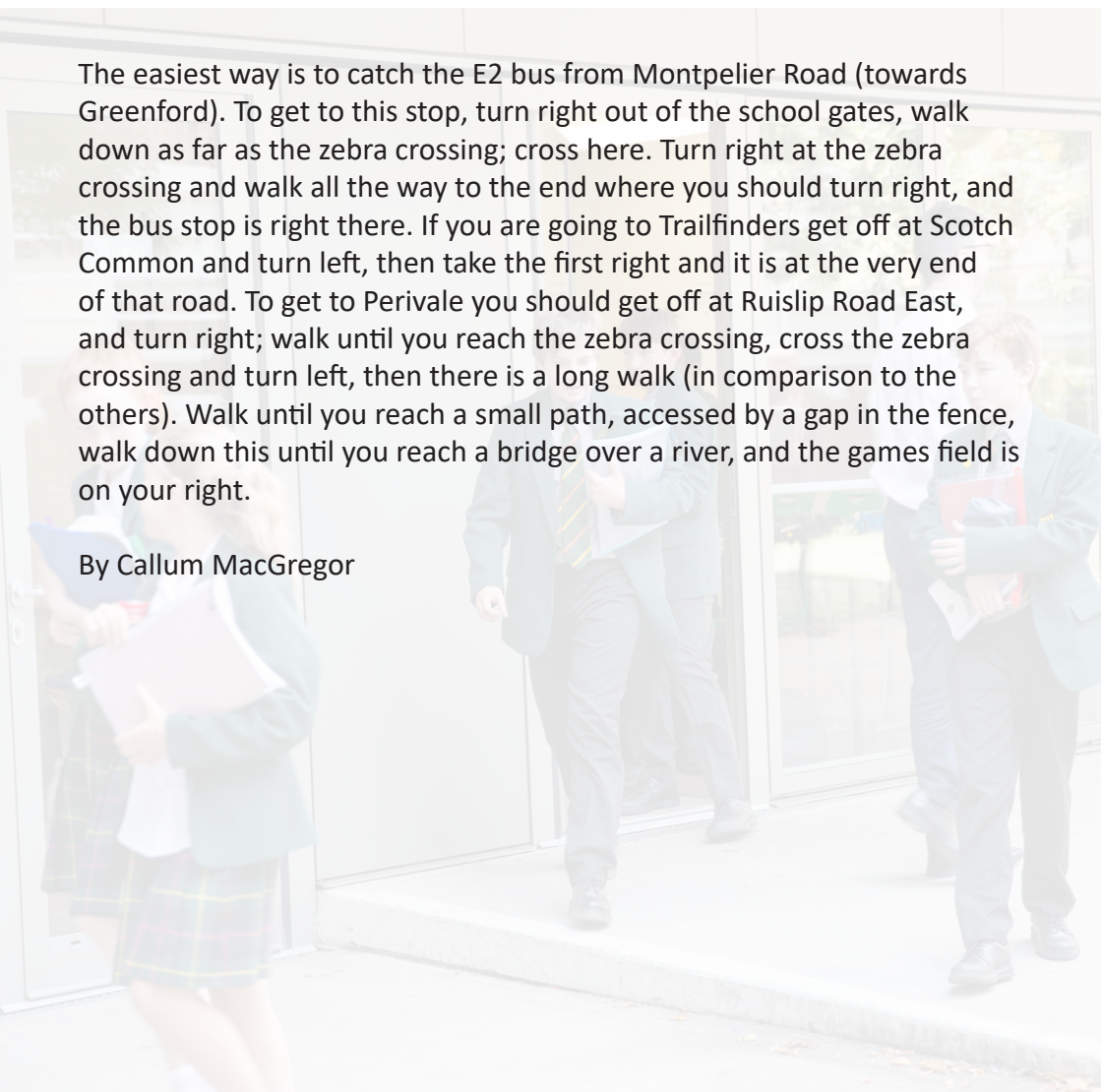




DIRECTIONS TO PERIVALE

The easiest way is to catch the E2 bus from Montpelier Road (towards Greenford). To get to this stop, turn right out of the school gates, walk down as far as the zebra crossing; cross here. Turn right at the zebra crossing and walk all the way to the end where you should turn right, and the bus stop is right there. If you are going to Trailfinders get off at Scotch Common and turn left, then take the first right and it is at the very end of that road. To get to Perivale you should get off at Ruislip Road East, and turn right; walk until you reach the zebra crossing, cross the zebra crossing and turn left, then there is a long walk (in comparison to the others). Walk until you reach a small path, accessed by a gap in the fence, walk down this until you reach a bridge over a river, and the games field is on your right.

By Callum MacGregor







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