

Aylesbury High  
School



WELCOME

# INFORMATION FOR YEAR 7 STUDENTS

2026

[www.ahs.bucks.sch.uk](http://www.ahs.bucks.sch.uk)  
#AHSWalksTall



# Who's Who in Year 7



Miss C Morrin / Mrs Gent (from Sept 2026)  
Head of Year 7  
cmorrin@ahs.bucks.sch.uk /  
cgent@ahs.bucks.sch.uk (from Sept 2026)



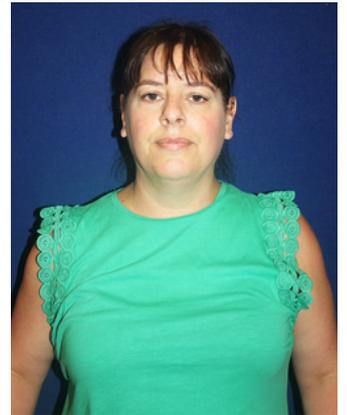
Mrs H Queralt Deputy  
Headteacher  
hqueralt@ahs.bucks.sch.uk



Mrs S McNally  
Wellbeing Lead  
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Mrs D Sheed Pastoral  
Support Assistant for KS3  
dsheed@ahs.bucks.sch.uk



Mrs K Randall  
First Aid Administrator  
krandall@ahs.bucks.sch.uk



Mrs M Crafts  
SENDCo  
mcrafts@ahs.bucks.sch.uk



Mrs Y Ali  
Learning Support Asst.  
PP & FSM  
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Miss L Brunt Wellbeing  
Assistant  
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# Welcome to AHS!

TRANSITION DAYS  
ON 7TH AND 8TH JULY 2026



The transition days are a great opportunity to visit Aylesbury High School, and to get a feel of what school life will be like when you join us in September.

Both days start at **9.00am**. Please be aware that traffic is very busy around the school in the morning so do leave home early enough to get here on time.

On the first day, please wear your current school uniform. You will be met in Reception by a Sixth Former and then welcomed by our Headteacher in the Main Hall. You will find out which House you are in and your new Form Tutor will take you and your new form to your form room where you will have the chance to get to know each other and to begin to make new friendships. During the day you will have some sample lessons, visit the Library and go on a Treasure Hunt around the school. Do **bring a pen and a pencil** as you might need to write things down.

On the second day, please wear your primary school PE kit or tracksuit bottoms and a top in your House colour. You will meet the Year 9 Buddies and the House Captains.

Feel free to ask them any questions, as most of these students have been at Aylesbury High School for many years - they should have all the answers! On this day you will also have the opportunity to take part in some team building activities to help you to get to know the people in your new form. If you would be happy to swap phone numbers or email addresses with some students in your class, then remember to bring yours with you.

Both days will end at **3.00pm** in the Main Hall. At this time, on either day, you can collect any outstanding uniform before meeting your parents outside Reception.

Over the holidays we'd like to hear from you! If you can, please send us a postcard representative of your summer holidays, with a list of three things that you hope to achieve at AHS by the end of the first term.

A couple of other things to look forward to - we will be holding our 2 day summer camp **27th and 28th August** more information will be sent regarding how to book this later on.

I hope you are looking forward to joining the school - we are really looking forward to meeting you.

**Miss Morrin (Head of Year 7)**

P.S. I'll be known as Mrs Gent when you start in September as I'm getting married over the Summer!

# WHERE ARE THE CLASSROOMS ?

This list tells you where the classrooms are located, and where important places are in school. Remember...if you are ever lost, just ask someone and they will help you find the way. There is an aerial photo of the school at the back of this booklet so that you can see how the various building are arranged.



## TOWER BLOCK

- Ground Floor** Computing (T1)  
Medical Room  
Toilets
- First Floor** Maths (T11, T12)  
Staff Room
- Second Floor** Maths (T21, T22, T23, T24) Toilets
- Third Floor** Geography (T31, T32, T34)  
Maths (T33)  
Toilets



## ENGLISH AND DRAMA

- Ground Floor** Ground Floor English(E1, E2, E3)  
Drama Studio  
Toilets  
Drama Changing Room
- First Floor** English (E11, E13, E14, E15)  
ICT (E12)



## SCIENCE

- Ground Floor** Biology and Science  
(S1, S2, S3, S4, S5, S6)  
Toilets
- First Floor** Chemistry, Physics and Science  
(S11, S12, S13, S14, S15, S16, S17)



## SIXTH FORM & HISTORY BLOCK

- Ground Floor** Sixth Form Study Centre  
Meeting Room (H1)  
Toilets History & Politics
- First Floor** (H11, H12, H13, H14)



## TECHNOLOGY BLOCK

Textiles	(TC1)
Food Technology	(TC3)
General Technology	(TC4)
Computing	(TC5)
Design and Technology	(TC6, TC7)



## GYM

Gym
Changing Room
Toilets



## MUSIC BLOCK & HARDING HALL

Music Cupboard	(Instrument store)
Music	(M1, M2, M11)
Harding Hall	
Toilets	



## SPORTS HALL, PE & RS

Ground Floor	Sports Hall, Changing Rooms and Toilets
First Floor	PE and Religious Studies (P1, P2, P3)



## NEW BLOCK

Ground Floor	Library & Information Centre (L1, L2, L3, L4, L5) Art (N1, N2, N3, N5)
First Floor	Psychology (N6, N7) Toilets Languages (L12, L13, L14, L15, L17, L18, L19) Toilets

# HOW IS MY SCHOOL DAY ORGANISED?

## REGISTRATION

Registration is in the morning at 8:45 am.

If you are absent, your parents should contact the school using the Edulink app or the absence line on 01296 388230.

If you arrive in school late or leave early, you must sign in and sign out on the lists in the rack outside Reception in the front foyer.

***THIS IS VERY IMPORTANT FOR FIRE SAFETY***

## ASSEMBLIES

Main Hall assemblies are once a week for Years 7, 8 and 9.

Every fortnight there will be a Year 7 assembly.

There are also House assemblies where everyone in your House (from Year 7 to Year 13) meets.

Assemblies can be fun and are always informative! Many of them are run by students.

## TIMETABLE

8:45 am	REGISTRATION (ASSEMBLY OR FORM TIME)
9:10 am	LESSON 1
10:10 am	LESSON 2
11:10 am	BREAK
11:30 am	LESSON 3
12:30 pm	LESSON 4
1:30 pm	LUNCH
2:30 pm	LESSON 5
3.30pm	END OF SCHOOL



# STARTING AT AHS - FAQs

These are some of the areas that students often have questions about.

## What are the Uniform Rules?

- Earrings must be plain studs: gold, silver or glass
- No make up
- Hair must be a natural colour
- Shoes must be plain black or navy and not trainers or boots
- Coats should not be worn during the school day
- No extreme hairstyles
- Headbands and hair ties should be black, navy or dark brown
- No flowers, sparkly clips or bandanas
- Year 7s will need to wear a pleated navy skirt.

## How much homework will I have?

Homework is designed to help you to develop your skills whilst also being manageable; it is important that you also have time to relax

You will be given a homework timetable at the beginning of the year. There are 2 pieces set each day and each should take no longer than 30 minutes to complete. Sometimes homework might be due in the next week, but sometimes it might be due in the next day - so it's important to be organised!

## What should I do if I am ill or have an appointment during school time?

Your parents should call or email into school on every day of illness and the number is on the school website. You should bring any letters for appointments to the front office. You do not need to show this to your tutor or subject teachers.

## What are the mobile phone rules?

You are allowed to bring your mobile phone to school, as we know that you may need to use it on your way to and from school, but it must be turned off and out of sight in school from 8:45-15:30.

The only exception to this is if a teacher has given you permission to use your phone as a learning aid in a lesson, or for medical reasons.

If you need to contact a parent urgently during the school day, you should speak to your tutor, Head of Year or the front office to ask for permission to contact home.

## WHAT IF I FEEL UNWELL DURING SCHOOL TIME?

Mrs Randall is our first aid administrator and you will find out where her office is during your L4L lessons. She is the person you would go to with any medical concerns. You can visit her during break or lunchtimes.

You should try and stay in your lessons if possible. However, if you become very unwell during a lesson, talk to your class teacher. If they feel you need to go to the medical room then they will ask a member of the class to take you.

**You must not ring home and ask to be collected if you feel unwell - you MUST see Mrs Randall first.**

## WHAT MIGHT I GET A DETENTION FOR AND HOW LONG DO THEY LAST?

This can be an area that Year 7 students often worry about. The rules below are designed to be as clear and as fair as possible. It is important that if you have concerns about your organisation that you talk with us about strategies that can help you; this should mean that we can help you to avoid homework and equipment detentions!

There is a homework detention for 2 missed pieces of homework in a 4 week period. The detention will be held every Wednesday lunchtime in E12 from 1:50-2:20pm.

There is also a Year Head detention, where you will need to go and speak to Mrs Gent if you have been given behaviour marks for talking in lessons, using your mobile phone when not allowed, for wearing the wrong uniform or forgetting equipment.

## WHAT SHOULD I DO IF I NEED TO GO TO THE TOILET DURING A LESSON?

You should try to limit your toilet trips to break and lunchtime. However, if you do need the toilet during the lesson then you should ask your teacher if you can go. Although we want you to be in as much of the lesson as possible, we don't want you to feel uncomfortable so it is important that you ask if needed.



## HOW DOES THE 1:1 DEVICE SCHEME WORK?

All students use their own Chromebook in school. Details about purchasing these are in the guide that your parents have received, and there is more information on the next page of this booklet. This will mean that you will have your own Chromebook to bring in each day as part of your daily equipment requirements. You will also need a pair of earphones. You may decorate your Chromebook to make it distinctive and you will be given training on how to use it efficiently. You will be using it in lots, but not all lessons to help aid your learning.



# EQUIPMENT CHECKLIST

To help you get ready for school, you might find this equipment checklist useful:-

## Pencil case with:

- |                          |   |                           |   |
|--------------------------|---|---------------------------|---|
| <input type="checkbox"/> | Suitable blue or black pen                          | <input type="checkbox"/>  | Pencils and rubber  |
| <input type="checkbox"/> | Black fine liner pens                               | <input type="checkbox"/>  | B, 2B, and 4B drawing pencils for Art                     |
| <input type="checkbox"/> | 30cm ruler  | <input type="checkbox"/>  | Small pair of safety style scissors                       |
| <input type="checkbox"/> | Felt tip pens and coloured pencils                  | <input type="checkbox"/>  | Glue stick  |
| <input type="checkbox"/> | Pencil sharpener                                    | <input type="checkbox"/>  | Scientific calculator (Casio fx-991EX Classwiz preferred) |
| <input type="checkbox"/> | Compass and protractor                              | <input type="checkbox"/>  | Chromebook and earphones                                  |
| <input type="checkbox"/> | A4 Double-sided Mini whiteboard and dry wipe marker | <a href="#">Example 1</a> | <a href="#">Example 2</a>                                 |

## CHROMEBOOKS @ AHS

We have a 1:1 scheme at AHS so that every student has their own Chromebook. These are used a lot in lessons as well as for doing homework at home. Your parents will get information about what model of Chromebook to buy or how to borrow one from our school library. If you already own a Chromebook you should be able to use this at AHS, but you will need to purchase an AHS license.

We will introduce you to Chromebooks as part of your transition days and we will also do some introductory lessons in September.

# ART

At AHS we aim to make art fun and enjoyable. In Year 7, you will explore drawing using a range of media to understand line, form, composition and tone. You will develop two projects over the year, being marked on your ability to write about artists and develop ideas, explore and refine media and processes, record through drawing and photography and produce an outcome. You will complete an introduction to art in the first half term then begin a Collections project and then a Flower project.



## Equipment you will need for lessons :

- Drawing pencils including B, 2B, 4B A4
- Sketchbook (given to you by the school)
- Black fine liner pen/ black biro
- Colouring pencils
- Felt tip pens

## Equipment nice to have :

- Paintbrushes
- Paint/watercolour tin
- Copic Pens or colour markers such as there are lots of brands that are now affordable
- Colouring pencils such as Prisma, Castle or Arteza



# COMPUTING

## The Computing syllabus is designed for the future

Virtually all industries require skills related to Computing. An understanding in Computing helps you to be digitally literate, able to use IT confidently and responsibly, and understand both its potential and its limitations. It equips you for the jobs of your future.

In Year 7 our topics are:

### Using Media

Develop a deeper understanding of information technology and digital literacy. You will use the skills that you learn to create a Google Site about a real world cause that you are passionate about and would like to gain support for.

### Small Basic

Learn how to program using a text-based programming language called SmallBasic. You will create programs to display both text and graphics.

### Cyber Security

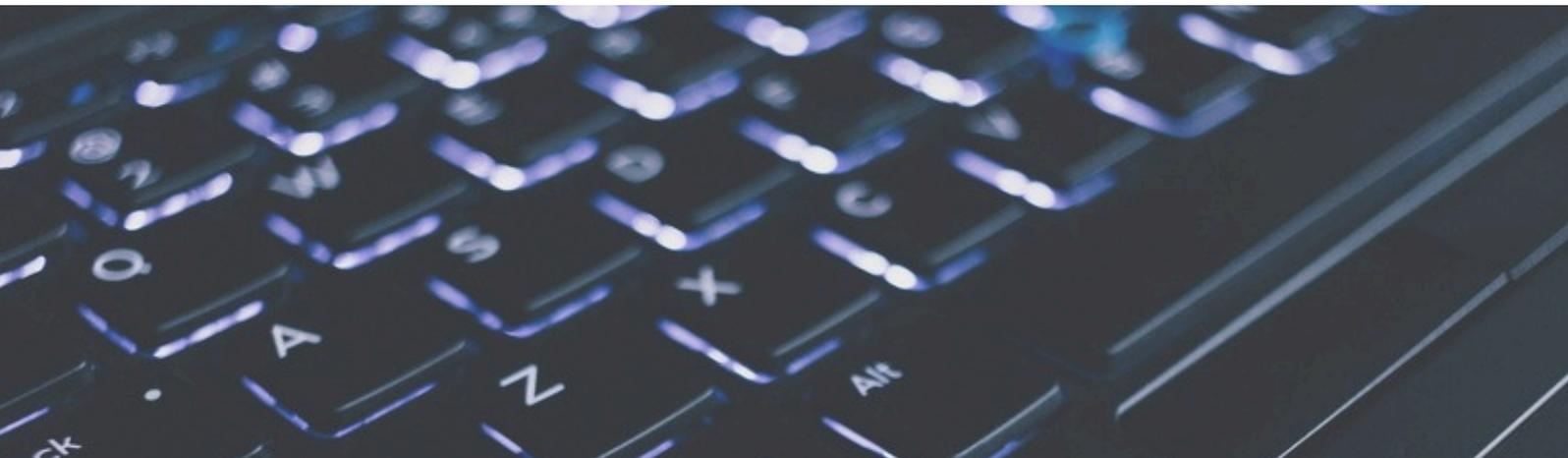
Explore the techniques cybercriminals use to steal data, disrupt systems, and infiltrate networks and learn about the methods to protect against these attacks.

### Vector Graphics

Learn how to use vector graphic editing software and create your own illustrations, logos and icons.

### Python Programming

You will be introduced to a text-based programming language called Python. Python is a powerful programming language used by many large and important companies such as Google, NASA and YouTube.



# DESIGN & TECHNOLOGY

*“Design and Technology is about making things that people want and that work well. Creating these things is hugely exciting: it is an inventive, fun activity.”  
James Dyson.*

In our fantastic Technology Block, the different ‘material areas’ are:

## Food -Design and Technology (Paper and Board) - Textiles

Food Technology is about learning a variety of cooking skills; food preparation techniques; diet and nutrition, hygiene and safety; and adapting recipes to suit your family.

Design and Technology (Paper and Board) covers the knowledge of the various materials and processes you will use for designing, manufacturing and packaging products.

Textile Technology introduces students to a range of Textile Artists and enables them to explore the range of materials and techniques they use. Students learn these decorative techniques using both machine and hand skills and in building up confidence and ability they produce a creative final outcome to each project.

During your time in DT, you will do projects in each topic area. You’ll learn about all of the subjects listed above, using a range of tools, machines and processes. In these lessons you will make things that will develop your practical skills.

We have some really exciting resources, including Laser Cutters, a 3D printer and a sublimation printer, as well as other machines that can help you make high quality outcomes in your projects. Come along to the Year 7 DT Club at lunchtime and learn how to make other items!

Extra information: You will be asked to make a small contribution towards the cost of certain materials if you want to take your finished designs home. In Food Technology, you will also be asked to provide your own ingredients for the practical sessions. In Textiles you will be asked to provide fabric and chosen component features for your final makes.



# DRAMA

You may well have been involved in dramatic productions at your primary school. At AHS, we build on the dramatic skills you've already acquired and introduce you to exciting new skills and techniques. Drama really helps your self-confidence and creativity.

In Year 7, our topics are 'Intro to Drama' 'Devising' 'Greek Theatre' and 'Noughts and Crosses'.

Some of the activities you might do include:

- Role play in character
- Creating a drama yourself
- Using a script
- Movement drama (no words, just actions)
- Soundscapes



# ENGLISH

The study of English at Key Stage 3 is interesting, challenging - and enjoyable! We aim to inspire you with current and past examples of excellent literature, and to help you to become skilled writers.

You will:

- Read and engage with a range of texts from different eras and genres - from Ovid to Ngozi Adiche
- Enjoy reading for pleasure and discussing the books you have read with classmates and your teacher.
- Write essays, stories, poems, reviews, articles and speeches.
- Take part in presentations and debates.
- Act out scenes from Shakespeare's plays.
- Possibly join the Creative Writing club or the popular Book and Film club.
- Have the chance to enter events like the Poetry or Public Speaking Competitions, as well as inter-class competitions like the Spelling Bee.

Equipment needed: A reading book for pleasure and a pencil case including highlighters.



# GEOGRAPHY

Geography is all around us; it is about studying the world in which we live. At AHS you will learn about a range of cultures, countries at different levels of economic development, the formation of diverse landscapes and how humans damage the environment but can also protect it.

Have you ever wondered....

- How you read the contours on a map?
- What climate change is all about?
- Why it rains so much in the UK?
- How population has changed and why?
- How is HS2 affecting our local area?
- Why people move?

You will discover the answers to these questions during your Geography lessons in Year 7.

We will study the following topics in Year 7:

- Fantastic Places (including map skills)
- Population and Migration
- Weather and climate

Equipment needed:

- Pencil case including long ruler



# HISTORY

History at AHS takes you back through the centuries, around the world and beyond what you thought was normal!

In Year 7 we undertake a series of investigations from a range of places, times and peoples. You'll meet Vikings, Anglo-Saxons, Normans, migrants, travellers, soldiers, African Kings, Asian merchants, Muslim scholars, Chinese emperors, and many more.

We'll get you trained and ready for deeper investigations in future years by giving you a basic toolkit for historical investigation, and we'll help you think, read, write and argue like a historian!

Equipment needed:

- Pencil case
- Curiosity



# LANGUAGES

Each of our 3 main languages, French, German and Spanish has equal standing in the curriculum, and at the end of the year students will be able to choose, numbers permitting, the 2 that they would like to continue to study in Years 8 & 9.

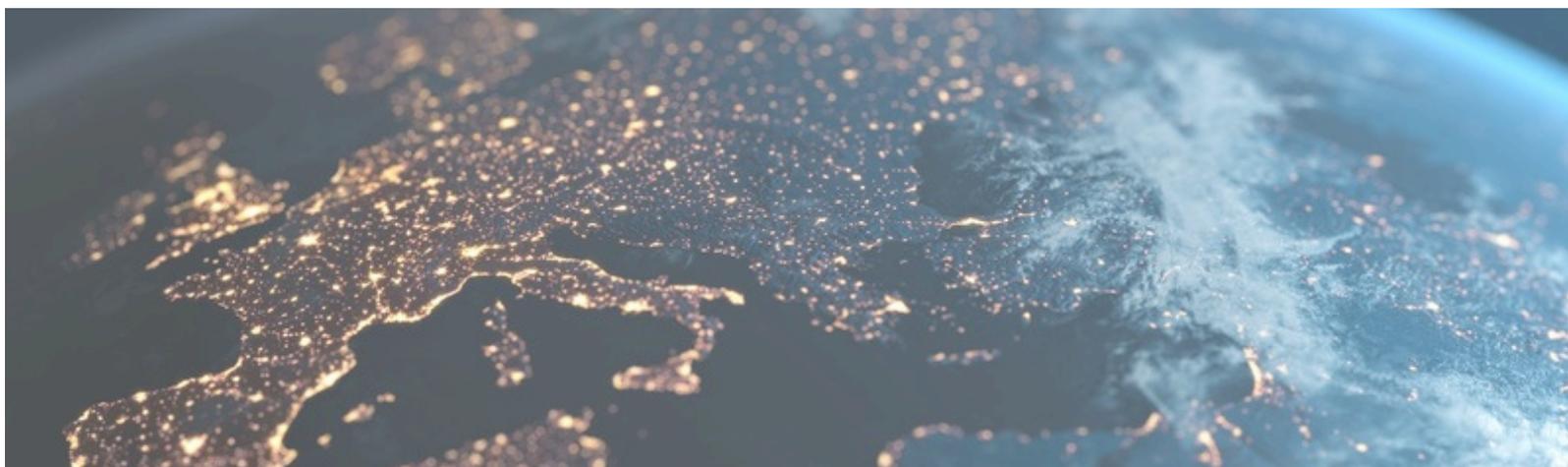
Students will spend about 11 weeks studying each language at a time, for 4 lessons a week, before swapping over to the next language. Successful language learners are immersed as much as possible in the language, and we feel that greater exposure to each language will ultimately benefit them all. We also do lessons on how to learn a language, which incorporates existing knowledge and learning done in other subjects.

However, we also realise that students don't want to be learning precisely the same things in each language, so each will have a different focus.

In French, the focus will be on learning about French culture, clothing and fashion. The final product will be a filmed reality TV-style fashion competition.

In German, you learn about sport and fitness, learn how to play handball on our handball court and film and edit your own videos of yourselves being sporty.

In Spanish, you learn about Spanish food and drink, investigate the history and geography of Spain and create a group video presentation introducing yourself, your likes and dislikes and describing where you live.



# LEARNING FOR LIFE

You may have been studying Citizenship and PSHE (Personal, Social and Health Education) at your current school. But don't worry if you aren't completely sure what these subjects are, you soon will be, as you'll be learning about them in a fun and interactive way at Aylesbury High School. We join the subjects together and call it Learning for Life (L4L).

In Year 7 L4L you will be covering topics such as:

- Friendships and Anti-Bullying
- Healthy Bodies (including puberty)
- You in AHS
- Internet Safety
- Human Rights
- Resilience

The Resilience Programme aims to develop resilient thinking habits, help you to deal with setbacks and reduce anxiety. These lessons are delivered by specialist teachers.

You will be taught in your tutor groups for all these sessions. During the sessions you will:

- ✓ Discuss and debate in pairs and larger groups
- ✓ Analyse your opinions and points of view, as well as those of others
- ✓ Create role-plays
- ✓ Learn ways to be more assertive and confident, and how to make great presentations
- ✓ Identify ways that will help you to be more organised in terms of your equipment and time.



# MATHEMATICS

In Year 7 we aim to provide you with a wide ranging and balanced Mathematical experience focused on Number, Algebra, Shape and Space and Data Handling. You will be expected to work both independently and co-operatively, making the subject exciting and interesting.

Some of your lessons will be teacher-led using the Interactive Whiteboard whilst others may be of an investigative nature, perhaps working in pairs or small groups. You will do a variety of activities which will help you learn Mathematics in a fun way, for example online quizzes and whiteboard activities. To enhance your learning, ICT will be widely used, including the setting of some online homework.

Lessons are arranged in short topics with material available to you on our very own google site. You will have 4 assessments throughout the year to assess the topics we cover during this time, but it will be an advantage for you to know up to your 12 times tables thoroughly before you arrive. We will also be improving your numeracy skills throughout the year. For some students we offer a 'buddy scheme' where students from Year 12 are available to help on an individual basis, mainly during lunchtimes. We give all students the opportunity to take part in the Junior Maths Challenge in the Summer Term. Students are taught in form groups until the end of Year 7.

**You will obviously need to be prepared for your lessons**, so don't forget to bring all your equipment to lessons including a ruler, a pair of compasses, a protractor, a whiteboard and a whiteboard pen.

In Maths we teach you how to use **scientific calculators**. On the kit list we recommend that you purchase the Casio fx-991EX Classwiz as this will also fulfil the requirements for GCSE level study. As with all personal property, please ensure it is labelled with your name.

**Mathematics is a great subject - Come and enjoy it with us.**



# MUSIC

Your Music lessons in Year 7 cover a wide range of practical projects which will give you a well-rounded, exciting musical experience. Project activities will encourage you to perform and compose your own music, as well as listen to lots of different styles from around the world, developing your ability to appraise and discuss what you hear.

During KS3 you will be introduced to the music technology suite and will learn how to use sequencing software to create and produce music.

There are plenty of extra-curricular groups to get involved in, whether you want to take part in groups just for fun or are serious about furthering your musicianship. Groups include choirs, orchestras, jazz groups, instrument-specific groups, (eg flute, choir or guitar) and more.

You will have lots of performing opportunities throughout the year, including our termly concerts (some joint with the Grammar School), carol service, musical productions and, of course, House Music.

You can learn a new instrument at AHS or continue with an instrument you already play. We have a team of private music teachers who teach here and lessons with them can be arranged by following the details available in the enclosed Parent Information Booklet.

You will meet your instrumental teacher during the first couple of weeks of term. Music lessons are rotated during the school day so that you don't always miss the same subject lesson.



# PHYSICAL EDUCATION

All Year 7s begin the year with an introduction to a number of physical challenges from around the world. Students will work individually, in pairs, groups, and teams to recognise their strengths and areas for development.

After this introduction you will cover the following activities: dance, swimming, orienteering, handball, netball, hockey, badminton, basketball, athletics and cricket. You are assessed in the following areas: **Physical ME** - Fundamental Movement Skills, **Think ME** Knowledge and Understanding, **Social ME** - Active Listening and **This is ME** - Resilience.

**Physical Outcomes:** Through PE students will develop their confidence and competence in applying techniques to a breadth of sports and physical activities. Students will understand what makes an effective performance and will learn through physically and intellectually challenging activities.

**Personal Outcomes:** Through PE students will develop resilience and interpersonal behaviours to make informed choices. Students will continue to develop a growth mindset through seizing new opportunities to learn and having a desire to succeed. Students will support others in their learning and contribute and provide ideas.



# RELIGIOUS STUDIES

In Religious Studies we want to make you think and open your mind to new ideas and new ways of looking at the world.

We explore 3 areas of study - Religion, Philosophy and Ethics; and ask lots of questions.

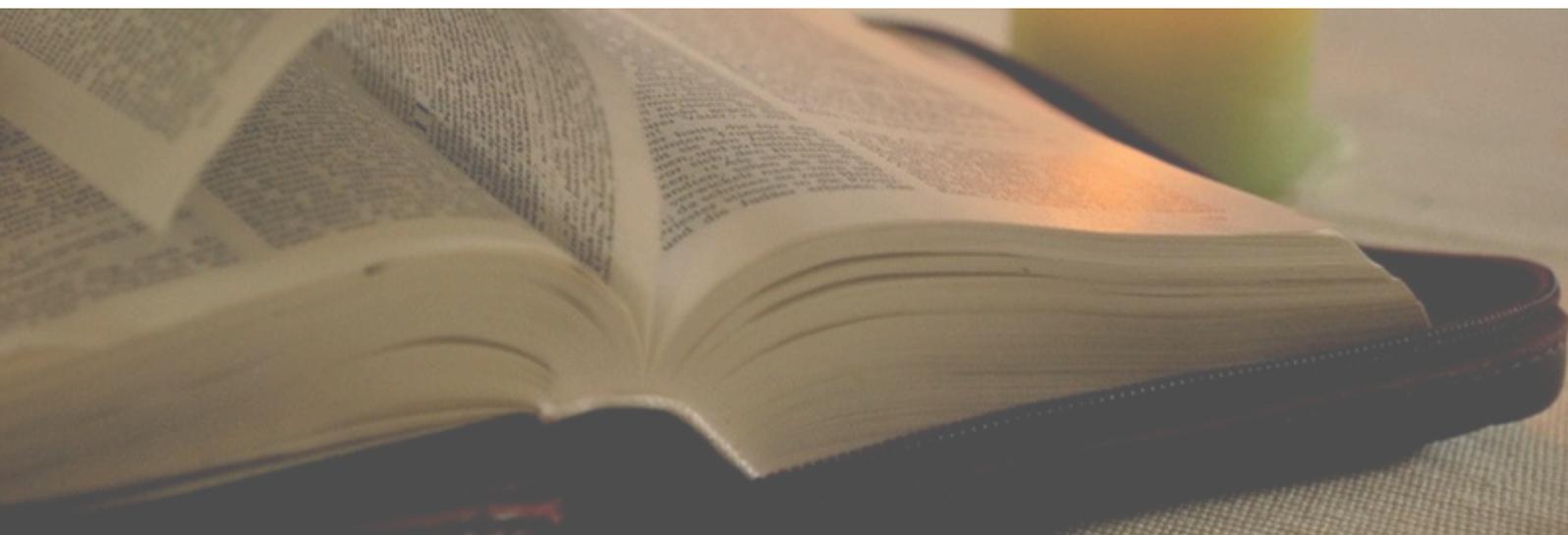
We begin by looking at religious and philosophical questions about the world and the self. We examine religious and non-religious views and reflect on ultimate questions, truth and meaning. We consider the Big Story; the overarching story of the Bible and what it means for Christians. All this provides a basis for further study in future years where we continue to consider philosophical, ethical and religious themes and study aspects of religions from Buddhism, Christianity, Hinduism, Islam, Judaism and Sikhism.

## Skills:

- Investigation - asking questions, examining views
- Interpretation - drawing meaning from artefacts, art and understanding symbolism
- Reflection - thoughtful consideration of feelings, beliefs, values and ultimate questions
- Evaluation - debate, use of evidence and argument
- Expression - articulating personal ideas, beliefs and values

## Equipment needed:

- Pencil case
- An open and enquiring mind



# SCIENCE

## What we do

KS3 Science at AHS has two main objectives: the first is to give you a firm foundation in the scientific skills and knowledge needed so that you can become effective scientists. The second, equally important, objective is to do all this whilst having fun. It is our aim to use Science to show you just how wonderful the world around us is.

## Lessons

Subjects are covered in rotation between the three Sciences: Biology, Chemistry and Physics, plus the additional topic of Experimental Skills. We explore Science through a variety of activities, eg experiments, research exercises, computer animations and student presentations.

## Units in Year 7

- Experimental Skills 1: Introduction to Science
- Biology Unit 1: What am I? (Cells, Tissues and Organ systems)
- Chemistry Unit 1: Particles and Energy
- Physics Unit 1: Space
- Biology Unit 2: Digestion
- Chemistry Unit 2: Solutions and Acids
- Physics Unit 2 Electricity and Energy

## Equipment

You will be given booklets for each topic which have to be brought to every lesson, In addition, you will be required to bring your normal pencil case and a calculator. In experimental work, you will have to tie your hair back, which means you will need to bring a hair band.

## Extras

All the equipment you will need for the first few weeks has been listed above but there are two more things that are essential to the study of Science: an enquiring mind, and a sense of fun. For anything else that you may need, school will supply it or your teacher will inform you.



# ACTIVITIES AVAILABLE

## HOUSE EVENTS

When you first arrive at Aylesbury High School, everyone in Year 7 will be allocated forms and Houses; you will belong to your House for the whole of your time at school. Everyone in your form is also in your House. The Houses at AHS are named after famous local country Houses and each house has a colour:

**Ascott, Claydon, Hughenden, Missenden, Stowe, and Waddesdon.**

In your House you can take part in lots of activities that are always really fun, such as Dance, Drama, Music, a range of sports, and plenty more. Winning for your House is a great thing to do, but taking part in House events is also an effective way to make friends in your class and with other House members in all your groups.

You will also have House Assemblies in which you and your class can take an active role. In these assemblies you will meet your House representatives who are students from Year 13.

Unfortunately, it is not possible to always ensure that siblings are put in the same House.



# CLUBS

At AHS there are always lunchtime and after-school activities to join: these will be advertised to you when you start at school. This is a great way to make friends and get more involved in things that interest you, Some of the clubs at AHS include:

- Year 7 Buddy Club
- Basketball
- Chess
- Choir
- Cross Country
- Dance
- History Club
- Hockey
- Football
- Science Club
- Design Technology
- Swimming
- Space Club
- Junior Strings
- Wind Band
- Steel Pans
- Drama

# PE TEAMS AND ACTIVITIES

There are various sports teams at AHS which compete in friendly, league, district, county, regional and national competitions.

Lunchtime and after-school sports may include:

- Athletics
- Cross Country
- Hockey
- Basketball
- Swimming
- Badminton
- Dance
- Netball
- Trampolining
- Triathlon
- Handball
- Boxercise
- Football
- Squash
- Tennis
- Aerofit
- Cricket

You will have the opportunity to participate in a variety of House sports events throughout the year which include and much more:

- Athletics
- Dance
- Football
- Netball
- Rounders
- Swimming

Look out for notices about sports clubs starting in the first week of term.



# DINING ROOM

Our catering provision is run by an external caterer, who provides a service at breakfast, break and lunch. Food can be purchased in the Dining Room, from the Catering Trailer or via the Pre Order app.

## Opening Times

Breakfast: 08:00 - 08:30 hrs

Break: 11:10 - 11:30 hrs

Lunch: 13:30 - 14:15 hrs

In addition to a choice of hot meat, vegetarian and vegan main meals at lunthimes, you will also find every day:

- A choice of sandwiches, rolls, baguettes and wraps
- Jacket potatoes with a choice of fillings
- A selection of drinks, dessert and fruit pots and homemade cakes and biscuits

More details of what is available can be found on the school website [Dining Room](#) page

## Allergies

We encourage those of you who have a food allergy to speak with the Catering Manager, who will be more than happy to discuss suitable items available on the menu.

# PRE ORDER SERVICE

You are able to Pre Order items for lunch, which is ideal if you have an activity. The offer includes items, such as; sandwiches, baguettes, paninis, wraps, hot and cold pasta pots, cakes, fruit and dinks.

Orders are placed via the 'Fusion Online' app. When you start you will receive an email to your school address, containing information on how to download and set up the app. It will also include details of your unique Onboarding code and how to set up your account login (NB: the service can also be accessed online at <https://fusion.crbcunninghams.co.uk/>)

Orders are then collected at lunchtime, from the designated pick-up point in the Dining Room.

# PACKED LUNCHES

If you do not wish to have a meal from the Dining Room, a packed lunch can be bought in from home.



# FACILITIES AT AHS

## ICT RESOURCES

ICT is a really important part of your learning at AHS. Every student has their own Chromebook; these are used a lot in lessons as well as for doing homework at home.

When you first arrive at AHS, you will be given a USERNAME to give you your own access to the school network. You can then add your private PASSWORD to this so that no one else can get to your work.

From the AHS network you can access the Internet, Google Suite programs, reference programs and lots more to help you with the production, presentation and content of your school work.

You will also be given an email address and password for our RealSmart and Google systems. This enables you to save work and use email from both school and home. Lots of your teachers will use the Google Drive and Google Classroom where you will be able to access resources from lessons and homework tasks. Google also gives you the opportunity to work on tasks with other students - but we will explain all this to you in September!

**It is really important that you do not share your password with anyone, not even your best friend!** Using the ICT facilities responsibly is very important; make sure you read the pages on ICT and e-safety in the Parents' Information Booklet.



# THE LIBRARY AND INFORMATION CENTRE

We look forward to seeing you and hope that you will enjoy using the resources here in the Library. As well as being able to take out a range of fiction and non-fiction books, our ePlatform has a selection of eBooks and eAudiobooks. We can help you to find information for school projects and homework, as well as recommending books for you to read.

## Library Opening Hours

Monday	8:15am - 4:30pm
Tuesday	8:15am - 4:30pm
Wednesday	8:15am - 4:30pm
Thursday	8:15am - 4:30pm
Friday	8:15am - 3:40pm

The library can be used for homework or quiet study during break, lunch and after school Monday to Thursday.

In Year 7, you can borrow seven items from the Library, the loan period for most books is two weeks. Library Chromebooks can also be borrowed if yours is not working.



# WELLBEING AT AHS

Our wellbeing area is here to support you as you move into secondary and help make the transition as smooth and positive as possible. It promotes a kind, supportive culture where everyone feels safe, listened to and valued. You will find a range of helpful resources, tools and advice to support your emotional health, build confidence and encourage healthy self-care habits. Looking after your wellbeing helps you feel ready to learn, enjoy life and do your best both in and out of the classroom.

Our Wellbeing Space is a calm, supportive area designed to help students pause, reset and feel supported during the school day. It is a safe, non-judgmental environment where students can take time for reflection, emotional regulation, or seek guidance from a trusted adult. It is not a place for punishment, but a space focused on care, understanding and wellbeing.

## Opening Hours

The Wellbeing Space is open from 8.00am to 3.30pm and is located near the SEND area. Students are welcome to pop by before form time, during break, or at lunchtime, depending on need and availability.

## Our Wellbeing Team

The space is supported by a dedicated team:

Mrs McNally  
Mental Health & Wellbeing Lead and DDSL

Miss Brunt  
Wellbeing Assistant for KS3 and Year 10

Miss McCarthy  
Wellbeing Assistant for Year 11 and KS5

## What you'll find in the wellbeing space

- Calm Tools
- Sensory items such as stress balls and fidget tools
- Quiet puzzles and tactile resources to support focus and grounding
- Wellbeing Activities
- Mindfulness and breathing guides
- Journaling prompts for reflection
- Books linked to wellbeing, resilience and self-care



# TRAVEL

## How will I get to School?

### Travelling by bus..

Travelling by bus takes a little getting used to but it soon gets easy.

Before you start your first day at AHS, it is a good idea to find out where your bus stop is in your village or town. This will make it much easier on the day, Also find out what time the bus will arrive at your stop so you have plenty of time to walk there on your first day.

At the end of the day you will catch your bus from the Coach Park, unless you are told otherwise. The coach park is outside the school but lots of students will be walking in that direction so you will find it easily! You will be told which lane of the coach park your bus will arrive at, and sent a map with your bus pass.

Travelling by bus can be fun. You are bound to make lots of friends on your bus, and you may already know people on it anyway.

Don't worry if you miss a bus, as there are staff from the Council's Transport Department at the Coach Park who will help you. AHS staff will also be there to help you in the first week.





## OTHER FORMS OF TRANSPORT

The roads outside school, especially Turnfurlong, are extremely busy, with little space to manoeuvre, both in the mornings and afternoons. If you come by car, why don't you suggest that your parents pick you up or drop you off further along the road in a safer area? You could then walk the rest of the way.



AHS cannot be responsible for bicycles on school property, so be sure to lock yours securely and consider having it code-marked.

We have a shelter where your bicycle can be locked up under cover from the elements.

If you walk to school, be careful crossing the roads as Aylesbury has a lot of traffic in the mornings. Even close to school and with friends, you need to be aware and remember that walking with headphones on significantly reduces your awareness of the traffic.

Parents must not drive into school to drop off or pick you up. Outside the school entrances there are road markings to show that stopping there is not allowed.

If you live close enough, you may cycle to school. However, it is recommended that you do so only when you have passed the cycling Proficiency Test, as the traffic in Aylesbury is very busy in the mornings and evenings.

You must wear a safety helmet.



# MAKING FRIENDS

Whilst it is scary to leave your old school and your friends behind, coming to a new school is a great opportunity to meet lots of new people and make really good new friends.

So if you are feeling nervous, don't worry - remember that everyone else in your new class will be feeling the same way! In a few weeks you will wonder what you were worried about!

But don't take our word for it - read on for some wise words from past Year 7s.



I have gone from having 120 children in the school and a handful of teachers to 180 students in Year 7 alone and 120 or so staff. It was rather a daunting change at first, but I am perfectly at home now.



I didn't know anyone when I first started but this really hasn't been a problem. You do lots of ice breaking activities to get to know people and joining clubs is a great way to make friends. I really liked the Buddy Club run by Year 9s as I met friends in other forms to.



My favourite subject is Science. It is wonderful to be able to do proper experiments in a proper lab. I have learnt so much, besides being able to use a Bunsen burner and other things. I also love Geography and History. Overall, AHS is wonderful and it is surely the right school for me.



AHS is so much bigger than primary school and it took me a while to find my way around, but I know my way around now. I have also made lots of new friends.

I enjoy most lessons such as Art, French and ICT. I also like Science, which is weird for me. I do German twice a week and at the moment we're learning how to play handball (a mixture between football and netball!) while having a conversation in German.

When it was arranged that I was coming to AHS, I was only 50% happy and sure I didn't want to leave my primary school, I kept thinking about how terrible it would be; how I wouldn't make any friends; how I would not keep in touch with my old friends; would I catch the wrong bus?

But actually it's been entirely different. I've made many new friends and kept in contact with all my other friends

All the teachers are really nice and I have joined the History Club and Creative Writing Club so far. I have tried my best in every subject and it has really worked.



I was quite nervous about my first day at AHS. as even though I had been to see it on Induction Day, I still wasn't really sure I knew my way around. However, it was fine because everyone was in the same situation as me, and I would never be the only one who didn't know where to go! The older students were really helpful too, telling us where all our classrooms were. I thought the teachers would be strict, but most of them are really nice.

I do have to wake up early to catch the bus, but I actually enjoy the bus journey more than I thought I would! I was worried about having too much homework to keep up with, but we don't actually get more than 2 or 3 pieces a day, I'm enjoying some lessons that I had never done before coming here: L4L, which is a bit like PSHE; and Spanish, where we are filming a Spanish cafe scene. So far, I like AHS, and I have no more worries!

# YEAR 7 BUDDIES

Each Year 7 form is assigned four Buddies. The Buddies are Year 9 students and are there to discuss any questions, problems or worries you might have. You will meet your Buddies on your transition days; they will be wearing badges to make them easy to spot!

In September, the Buddies will be coming in to form rooms during some registration sessions to offer help and support. They were new to the school once, so will have plenty of tips!

They also run a special lunchtime club to help you to make new friends with different form groups.







