

Year 7 Information Evening

#AHSWalksTall



Visit Our Website:
www.ahs.bucks.sch.uk



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Welcome to Aylesbury High School



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Fire Evacuation Procedure

The fire signal is a continuous ring of the bell. If this is heard everyone must evacuate the building immediately

Our meeting point is in front of the school by the front entrance

Should we need to evacuate, please do not re-enter the building until a school representative has said it is safe to do so



Who is here tonight

- Mrs Forster - Headmistress
- Arpana Valji - Governor
- Miss Morrin - Head of Year 7
- Mrs Queralt - Deputy Headteacher
- Mrs Crafts - SENDCo
- Mrs McNally - Wellbeing Lead





we are so
happy to
have you!



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Our Vision

‘Developing uniquely talented young adults who are independent, strong and confident’



Our Mission

To create a welcoming environment which draws the very best from all in our community. Achieved by providing an ambitious education that stimulates creative and critical thinking, values diversity and facilitates dynamic personal development.



Our Values

Research shows that behaviours, habits and attitudes are the strongest determinant of students success.

Help us to foster these values in our young people by rewarding them for their processes, not outcomes.

Eg reward them for qualities such as grit, determination, perseverance, not for getting top marks.



Boundless Aspiration	Curious Engagement	Resilient Bravery	Selfless Generosity
Embrace challenges and growth: aim high, know where you are headed, be true to yourself and take the lead. Learn from setbacks and celebrate achievements: embrace mistakes as learning opportunities and take pride in your accomplishments. Be disciplined: plan and execute thoughtfully, break down complex tasks into manageable steps, consider the best approach and work to achieve it.	Be inquisitive: ask questions to delve deeper, consider how your learning links to wider contexts and think critically about what you see, hear and read. Immerse yourself: get involved in the learning opportunities available to you both in and out of school, be an active participant and try something new. Be imaginative: take the initiative and explore a little further - research a career, visit somewhere interesting, enter a competition.	Be brave: step outside your comfort zone and take a risk but know that it's OK to ask for help. Be persistent: believe in yourself and persevere, even when things get tough. Stand up for what you believe in: confront a challenging topic and speak up when you feel something is wrong.	Be part of our community where everyone feels like they belong: be kind, embrace diversity and act with integrity. Work collaboratively and be a team player: value what others say, give constructive feedback, show reliability and commitment. Care for your environment: clear up after yourself, recycle and reuse what you can, put litter in the bin.



Ofsted:

‘This is a calm and joyful place’

Empowering Excellence Through Networks

Our active membership in ICGS and GEN ensures we remain at the absolute forefront of girls' education and world-class pedagogy.



Girls' Education Network (GEN)

- **Collaborative Research:** Staying at the forefront of pedagogical developments tailored for girls.
- **Leadership Programming:** Access to bespoke programs that build confidence and agency.
- **Empowering Opportunities:** Cross-school initiatives designed specifically for student growth and belonging.

PARTNERS: AHS, BHS, DCHS, WHS, WGS, KGS, QEGS

International Coalition of Girls' Schools

- **Global Advocacy:** Part of a worldwide voice representing 500+ girls' schools across 20 countries.
- **Evidence-Based Learning:** Access to global action research on how girls learn and thrive.



Risk-Taking at Age 9

Girls are as confident as boys when taking risks, significantly outperforming their peers in mixed settings.



Breaking Stereotypes

Students are not held back by pressures of conformity or gender stereotypes felt in mixed-sex classrooms.



100% Female Student Leadership

Every leadership role is held by a girl, normalizing the expectation that women lead and manage.



Active Voice

Classrooms are designed for collaboration, where girls speak freely and challenge viewpoints with confidence.



Specialist Wellbeing

Pastoral care tailored specifically to the developmental needs and unique pressures faced by young women.



Goal Achievement

Our students report a greater belief that they can achieve their goals in both school and life.



Safe Foundation

We provide the psychological safety to learn from setbacks and return significantly stronger.



STEM Without Limits

Students are more likely to pursue Physics and Computer Science without invisible gender biases.



Physical Resilience

High participation in sports without body image anxiety builds physical confidence and healthy habits.

Learning Without Limits

Cultivating Ambition at AHS

In classrooms designed specifically for girls, no subject or role is out of reach. Our students:

-  Pursue a wider range of STEM subjects
-  Take on leadership roles early and often
-  Participate more actively in lesson discussions
-  Work in active, healthy collaboration

Vice-Chair of the Board of Trustees (Governing Body)

- Mrs Arpana Valji



Our core functions as trustees:

- To provide strategic leadership for the school, setting a clear strategy working with the leadership team and stakeholders
- To hold the headmistress to account for the effective implementation of the strategy and the operational plan including in relation to the use of resources
- To assure ourselves that the school is compliant with regulatory, statutory and contractual requirements including safeguarding
- To oversee strategic relationships with external stakeholders, including the involvement of parents, other schools and communities



Miss Claire Morrin

AKA Mrs Claire Gent from September

Head of Year 7

cmorrin@ahs.bucks.sch.uk

cgent@ahs.bucks.sch.uk from September

The transition programme at AHS



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Transition is a process not an event!



Common Queries

Will I make friends?

How will I manage the journey?

How will I fit in all the homework?

How do I take advantage of all the clubs and activities at AHS?

Will I keep up with all the work?

Do have a good look at the material on the [Entry to Year 7 page](#) of the website as this should answer lots of questions!

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Transition Days 7 and 8 July 9am-3pm



What to bring:

- Primary school uniform on day 1 (7 July)
- T-shirt, leggings/shorts and trainers on day 2 (8th July)
- Pencil case
- Packed lunch and water. No nuts!
- Any students with epipens or inhalers must bring them with them
- Please make sure that we are aware of any medical needs.





Summer Camp

27th & 28th August

9.00am-2.00pm



sTall

Staggered Start Thursday 3 September

Just Y7 and Y12

Bring pencil case, packed lunch (or money on cashless canteen account) and PE kit

Students need to be in the hall at 8.45 so leave in good time. **Please plan the journey with your child to and from school ahead of time.**

Traffic can be very heavy in Aylesbury in the mornings!





Mrs Harriet Queralt
Deputy Headteacher (Pastoral)
Designated Safeguarding Lead (DSL)

Chromebooks @ AHS



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Why 1:1?

- Teach and learn in ways that aren't possible with pen and paper
- Encourage collaboration and creativity
- Makes IT access much easier



Why Chromebooks?

- Looked at ipads and Windows too
- Already using Google-based systems successfully
- Affordability
- Battery life and boot up time



Practicalities

- Charging
- Security
- Personalise
- Cases



Do I have to buy one?

- Strongly encouraged
- 99% of our students do
- Long term loan option for FSM and PP students
- Daily loan option from library
- It must be a Chromebook (Not laptop or Macbook)
- Please complete [google form](#) to let us know



Internet Safety: Keeping Our Students Safe Online

What are the challenges our students face?

Cyberbullying

Inappropriate
Content

Online Predators &
Grooming

AI chatbots

Gaming and Online
community risks

Social Media Pressures
& Misinformation

Data Privacy &
Sharing



So what can we do about this?



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Our curriculum covers:

- Passwords
- Keeping accounts private
- Think before you post
- Not communicating with strangers
- Cyberbullying
- Grooming
- Sending unsafe images
- Fake news and misinformation
- Scams
- Social media pressure
- The use of AI



Filtering and Monitoring in school

Filtering is the process of blocking or allowing websites for use. Students who try to access blocked websites will see a red block page with detailed information.

Monitoring is the process of scanning page content and typed words to determine potential safeguarding risks. These reports are sent to the DSL as they arise.



At School



- Students can only log on to their AHS accounts
- These are closely filtered and monitored
- They cannot access dangerous sites
- Any concerning searches are flagged to me

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At Home



- Unless you take steps to prevent it, students can log on to personal accounts
- These are not filtered or monitored by the school
- They could search anything unless you put controls in place



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Online Safety at Home

- Router level filtering
- Google Family Link
- Device-free bedrooms
- Parental Controls
- Consider a brick phone



Router Level Filtering

BT Parental Controls: [How to set up BT Web Protect and filters](#)

Sky Broadband Shield: [Setting up age-ratings and safe search](#)

Virgin Media Web Safe: [How to customize your security settings](#)

TalkTalk HomeSafe: [Activating the network-level filter](#)



Google Family Link

[Google Family Link](#)

Allows you to manage apps

Prevents the addition of 'unsupervised' personal accounts on students' Chromebooks that bypass school filters.





It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018, <https://www.wolcom.org.uk>, <http://uk.businessinsider.com/new-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies, https://www.researchgate.net/publication/305330661_The_impact_of_screen_time_on_children's_health, <https://www.bbc.com/news/health-45684441>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.06.19

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<https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.org.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies:

Mobile Phones are not allowed out at AHS

- Must be turned off and out of sight in school until 3.30
- Students must not ring / text home during the school day
- Staff can contact home for them if needed
- Any phones seen or heard will be confiscated
- Smart watches are not allowed



Mobile Phones at home

- Have an agreement on screen time
- Teens need at least 9 hours sleep
- And should not use screens for 2 hours before bed
- Let's help them with FOMO
- Can we all agree not to allow phones after 8pm?
- And to not allow devices in bedrooms overnight?





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- We've been asked to share [this](#) information from a group of our parents
- They have a [Whatsapp group](#) if you would like to join

Phone Controls - Apple Screen Time

Set a Passcode: Settings > Screen Time. Tap Use Screen Time Passcode and set a 4-digit code

Prune the Apps: Delete all social media, browsers (like Chrome), and games.

The "Whitelist" Strategy: Go to Always Allowed.

Remove everything except the essentials: Phone, Messages, Maps, and Music.

Block the App Store: Go to Content & Privacy Restrictions > iTunes & App Store Purchases.

Set Installing Apps and Deleting Apps to "Don't Allow." This prevents them from downloading new distractions.

Disable the Browser: In Content & Privacy Restrictions, go to Allowed Apps and toggle Safari to OFF.

Enforce "Downtime": Set a schedule (e.g 8:00 PM to 7:00 AM) where the phone becomes a brick #AHSWalksTall



Phone Controls - Android

- Hide Distracting Apps: Open Family Link on your device.
- Select your child's profile and go to Controls > Content Restrictions > Google Play.
- Set age limits to the lowest possible setting or manually "Hide" specific apps
- Disable Chrome: You can disable the browser entirely within the app management section of Family Link, effectively cutting off the "unfiltered" internet.
- Set App Limits: For apps they must have but might over-use (like Spotify), set a daily limit
- Use the Daily Limit and Bedtime features to ensure the phone automatically locks at a specific hour.
- Go Gray: Changing the screen to Grayscale (found in Accessibility settings) makes the phone significantly less "addictive"
- Download "Minimalist Launchers" from the Play Store (like Before Launcher or Indistractable) that turn the home screen into a simple list of text words rather than colorful icons.



More information

Internet Matters: [Parental Control Guides](#)

NSPCC Online Safety: [Keeping children safe online](#)

UK Safer Internet Centre: [Guides for Parents and Carers](#)



Our Year 8 Outward Bound Experience

‘I realised that there is more to life
than my phone’

‘I can survive without my phone!’

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Uniform

In order to try to save parents money on uniform we have an [Affordable Uniform Policy](#) which explains which items are necessary and which are optional.

You can buy some items from local suppliers rather than the AHS branded items as long as the items are the correct style.

Our online Uniform supplier is [SWI Schoolwear](#) - please see their guide to [Online Ordering](#). Once you have set up an account, you will be taken to the AHS uniform page.



Uniform

Please do look closely at our [guide](#) to what is and what isn't acceptable

We want to save you money and keep students out of uniform detentions!











Home School Expectations - student

I aim to:

- Work to the best of my ability, aiming to fulfil my potential in all that I do
- Attend school and lessons on time and appropriately equipped:take responsibility for my work - be organised, meet deadlines and work towards my targets
- Ensure that the school site remains a pleasant and safe place, helping to keep it clean and tidy
- Have consideration for the learning needs of other students
- Dress according to the school uniform policy
- Behave with respect and consideration for others in school, treating everyone fairly
- Be aware of the need for safety in school
- Make the school aware of any problems or concerns that affect me or my work at school
- Make the best of opportunities to represent the school and conquer or face new challenges
- Make the most of opportunities to take responsibilities within my form and the school



Home School expectations - Parent/ Carer Commitment

I will:

- Work with my child and their teachers to enable her to fulfil her potential
- Encourage my child to manage books and equipment effectively
- Provide an area in the home where my child can work in peace and quiet
- Take an interest in my child's work and encourage them to maintain progress and achieve their targets in all subjects
- Commit to supporting the School in the delivery of the full AHS curriculum to my child
- Attend consultation evenings and discussions and communicate with teachers when appropriate
- Not discuss school matters outside official routes
- Reinforce school policies, such as the school Behaviour Policy and Uniform Policy
- Support the school in solving problems of disruption and behaviour
- Encourage my child to be aware of and respect others' needs, opinions and beliefs in school, treating everyone fairly
- Alert the school early to changes in circumstances which may affect my child's progress
- Avoid taking my child out of school unnecessarily

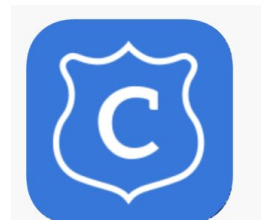


- AHSA (Aylesbury High School Association) is the school PTA organization who usually meet virtually on the first Wednesday of each month (although can vary).
- Our role is to bring parents, students and teachers together through various events to help with fundraising for items for the school (over £75k raised in last 5 years).
- Your role - Join the committee, attend the meetings, volunteer and take part in events or donate prizes and partake in events and follow us on social media (Facebook or X). We encourage new parents to get involved and help support the AHSA who in turn help support the school and your child.
- AHSA manage events such as Quiz nights, raffles, 50:50 , year 7 disco and year 11 prom and with your help we could do more and always welcome fresh input and ideas.
- As well as following us on social media we also encourage you to sign up to Classlist app to stay up to date on events and you can contact us on ahsachair@ahs.bucks.sch.uk for any questions.
- Satish, Anna and Zoe are all here tonight

Classlist



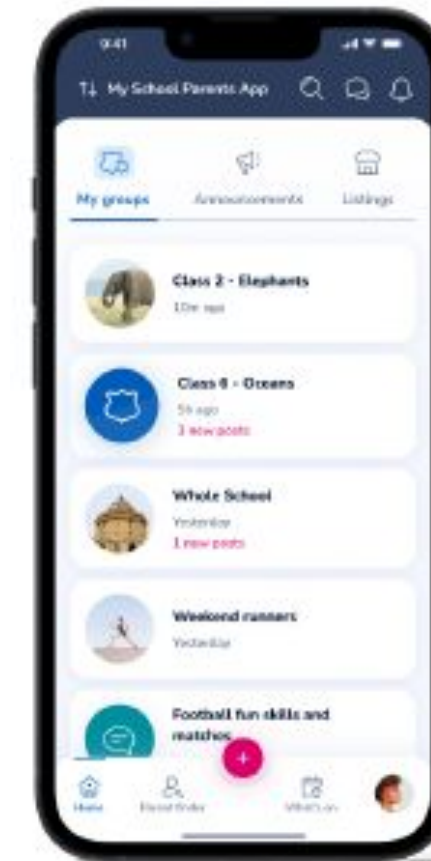
- AHS Association encourage new parents to get involved and help support the AHS Association who in turn help support the school and your child
- The Classlist app was launched by AHS Association and communicated by our headmistress of AHS earlier this year as a way to allow parents to interact and hear about AHS Association events and bring a sense of community
- Classlist is successfully used at thousands of schools across the UK.
 - You control exactly what information you share and can even keep your personal contact details private while still receiving messages.
- When you sign up to Classlist you enter your child's name and class so you are then organized into year and class communities. We know you may not know their class just yet but this can be updated once you do know.



What is Classlist?



- Build meaningful connections with other parents in your child's class, putting faces to names and creating lasting friendships
- Stay effortlessly informed about school and PTA events that matter to your family
- Share wisdom and support by posting questions to other parents who understand your journey
- Simplify your family life by connecting with nearby families for car-sharing, uniform and sporting equipment exchanges
- It is fully GDPR-compliant, you can share as much or as little as you desire and you do not need to share phone numbers with others like WhatsApp groups



Parents love Classlist to:

- 👤 Connect with class families
- 📅 Organise meet-ups and birthday parties
- 😊 Hear what's happening at school and ask questions
- 🎫 Get tickets to events

GDPR compliant, private and secure.
www.classlist.com



Classlist - How?



- Join the AHS Classlist now by downloading app on your phone and automatic approval up to 3rd July if you scan the QR code
- You can still join any time via QR code or simply download app and join “Aylesbury High School PTA” and wait for approval
- We are also looking for people to become Class reps to help with class representation across the school and support events
- To ensure our community remains the supportive, positive space we all deserve, everyone using Classlist agrees to follow Community Guidelines that foster mutual respect and constructive engagement.



Join our parent app
Aylesbury High School PTA

For quick approval, scan the code by Thu 03 Jul



You can also copy this link:

<https://classlist.page.link/kLbXLEgDZmkx62it8>

Health and Wellbeing

Who is here to help?

Our Core Team: Dedicated staff supporting your child's emotional and physical wellbeing.

Mrs McNally - Wellbeing Lead

Miss Brunt - Wellbeing Assistant

Miss McCarthy - Wellbeing Assistant & Counsellor

Mrs Randall - First Aid Administrator

Universal Care: Every child's first point of contact is their Form Tutor, who works directly with our specialist team to catch worries early.



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Health and Wellbeing

Our Wellbeing Space:

A quiet, safe and welcoming space separate from the busy corridors.

Open Access: Pupils can drop in during break and lunch to speak to a member of the team, or just enjoy a quiet space.

Structured Support: Used for scheduled 1:1 check-ins, transition groups, and guided emotional regulation.

Break and lunchtime Clubs: Young Carers, Busy Bees

Advice & Support: We liaise with external agencies eg CAMHS, Young Carers

It takes courage to admit you cannot do it alone.

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Mrs Crafts - SENDCo

SEND Team

Donna Fox-Learning practitioner and dyslexia specialist

Galia Khalid- teaching assistant- manages our SEND classroom

Yudy Ali - PP lead and KS3 teaching assistant

Gemma Goodwin- KS3 teaching assistant

We encourage students and parents to communicate with us to avoid difficulties getting bigger than they need to be.

It is a strength to ask for help.





Key Dates

Transition
Days:

Tue 7 and Wed 8 July
9 am - 3 pm

Summer
Camp:

Thurs 27 and Fri 28 Aug
9 am - 2 pm

First day of
term:

Thurs 3 Sept 8.45 start
(Just Yr 7 and 12)

Year 7 New
Parent Evening:
Meet the AHSA,
Tutors and
other parents:

Thurs 8 Oct 5.30 - 7.00pm

Checklist!

- Order [Uniform](#)
- Purchase parentmail items:
 - Chromebook licence
 - Locker payment
- Complete Chromebook [Google form](#)
- Sign up for summer school by 7 July



Entry to Year 7 page on our website - under “Menu” ahs.bucks.sch.uk



Year 7 entry September 2025

Welcome to those joining Year 7 in September 2025! We will keep this page up to date with all the information you need on transition - please do check that you have seen all the information below.

Welcome Letter	+
Admission Form - Please complete by 18 April	+
Parent Information Booklet	+
Student Information Booklet	+
Uniform and equipment list	+
Instrumental Lesson request form	+
Key Dates	+

Lots of useful information can be found here, including the Parent and Student Information Booklets.



AYLESBURY HIGH SCHOOL

#AHSWalksTall

 www.ahs.bucks.sch.uk

 01296 388222

 office@ahs.bucks.sch.uk



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