

Welcome to Woodlands

Parent Information Pack



Welcome



Welcome to Woodlands!

The team and I are delighted that your child will be joining us in September. We very much look forward to working in partnership with you to make sure your child's time with us is a happy and successful one.

Your child's success and happiness at Woodlands is extremely important to us. We want our young people to thrive and be challenged both academically and socially. As a school, we have developed considerable skills in helping young people to make progress, no matter what their starting point when they join us in Year 7.

We value our contact with parents very much. There will be plenty of opportunities for you to meet the staff as your child settles in, and I hope you will be able to become involved in the life of the school.

I look forward to meeting you soon.

Yours sincerely,

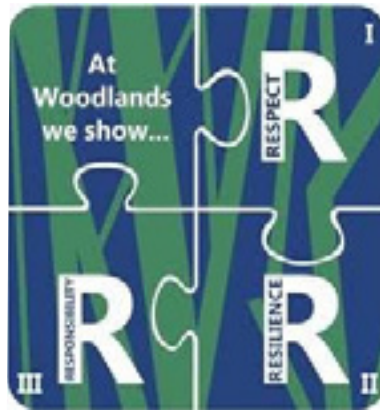
Mr Henderson

Headteacher





School Values



*Our school values are the three Rs:
Respect, Responsibility and Resilience.*

As a member of our school community, students will be expected to show these values at all times. Students will notice that every day we refer to them in lessons, assemblies and the wide range of clubs and visits we run here.

To show *Respect*, we:

- Listen actively and follow instructions first time
- Respect other peoples' right to learn in a safe environment
- Switch off all electronic devices, including mobile phones, whilst on the school site

To show *Resilience*, we:

- Participate effectively in all class tasks, offering ideas and answers
- Persevere and have high expectations of our progress
- Embrace challenges positively

To show *Responsibility*, we:

- Arrive on time
- Start the lesson quickly with our planner on the desk
- Come equipped to learn, including planner, homework and DEAR book



Term Dates

It is essential that your child attends school every day, in order to achieve their potential. This page includes the dates that your child is expected in school next year.

<i>Date</i>	<i>Event</i>
Thursday 3rd September	INSET Day - School closed to students
Friday 4th September	INSET Day - School closed to students
Monday 7th September	First day of Autumn Term Year 7 only
Tuesday 8th September	First day of Autumn Term - Y8-11
Friday 23rd October	Last day of Autumn Term 1
Monday 26th October	First day of Autumn Half Term
Friday 30th October	Last day of Autumn Half Term
Monday 2nd November	First day of Autumn Term 2
Friday 13th November	INSET Day - School closed to students
Monday 7th December	INSET Day - School closed to students
Friday 18th December	Last day of Autumn Term 2
Monday 21st December	First day of Christmas Holiday
Friday 1st January	Last day of Christmas Holiday
Monday 4th January	First Day of Spring Term 1
Friday 12th February	Last Day of Spring Term 1
Monday 15th February	First day of Spring Half Term
Friday 19th February	Last day of Spring Half Term
Monday 22nd February	First Day of Spring Term 2
Thursday 1st April	Last day of Spring Term 2
Friday 2nd April	First day of Easter Holiday
Friday 16th April	Last day of Easter Holiday
Monday 19th April	INSET Day - School closed to students
Tuesday 20th April	First day of Summer Term 1
Friday 28th May	Last day of Summer Term 1
Monday 31st May	First day of May Half Term
Friday 4th June	Last day of May Half Term
Monday 7th June	First day of Summer Term 2
Friday 23rd July	Last day of Summer Term 2
Monday 26th July	First day of Summer Holiday

The School Day



Students have five lessons each day - each one lasts for an hour. Students will also spend some time with their tutor group or in assembly.

Each day will have a different set of lessons, so students will need to keep their personal timetable with them at all times.

<i>Time</i>	<i>Lesson</i>
8.00	Breakfast club opens
8.30	Bell to start line up
8.35	Lesson 1
9.35	Lesson 2
10.35	Break time
10.55	Lesson 3
11.55	Lesson 4
12.55	Lunch time
13.25	Tutor time
13.50	Lesson 5
14:50	End of the school day

All students will line up in their class group before lessons 1 and 3, and before tutor time. The teacher will come and collect the class.

It is very important that students are on time to school in the morning. Students must be in the Year 7 playground before the bell at 8:30.

All students are welcome to attend breakfast club from 8:00, where breakfast snacks can also be purchased.

During break and lunchtimes, Year 7 have their own playground area. This is not open to other students. Year 7 can also spend their time playing football on the astroturf pitch, in the library or in the dining room.



Attendance

At Woodlands your child's attendance at school is a priority. You can see from the diamond below - if attendance is below 97% your child is at risk of underachievement.



As a parent you are legally expected to send your child to school daily. You will be committing an offence if you fail to send your child to school regularly and punctually. You can contact your child's Assistant Year Leader to discuss any attendance concerns.

Attendance



What can you do to ensure that your child's attendance is the best it can be?

- Ensure your child is on the school site by 08:30am
- Send your child to school even if they're feeling a little under the weather. We will send them home if we need to.
- Contact the school every day your child is absent and provide medical evidence where needed.
- Book all medical appointments after 2.50pm.
- Do not book family holidays during term time.
- Contact your child's pastoral team immediately if there is a reason why your child does not want to come to school.
- Attend any meetings/information sessions that you are invited to.
- Check your child's planner weekly and familiarise yourself with their attendance.
- Ensure the school has up to date phone numbers and e-mail addresses for parental and family contacts.

JUST 17 DAYS ABSENCE
FROM A SCHOOL YEAR
COULD MEAN A DROP
IN GCSE GRADES ACROSS
ALL SUBJECTS



House System

At Woodlands, we have 4 Houses. Each House is represented by a colour, a song and a logo which is designed by the students in the House. Students are divided up between the four Houses and competitions are run to encourage a healthy rivalry. Where possible, students will be in the same House as others in their tutor group, and students will wear a school tie in the colour of their House.

There are plenty of opportunities for this healthy rivalry to thrive and we hope that you child will join in with as many activities as possible so that they can win points for their House.

Last year we launched new House names to reflect modern society and diversity. Our students and staff voted for:

Attenborough



Farah



Nightingale



Rowling



Respect

Responsibility

Resilience

Pastoral Team



Mr Crowe is the Head of Year 7 and is leading the transition work. You hopefully will have heard from him by now but he is your first port of call currently if you have any questions about transition and your child starting secondary school. If you would like to contact him directly, his email address is: simon.crowe@woodlands.southampton.sch.uk

Your child will also be supported by an Assistant Year Leader and a Tutor. These staff members will be confirmed prior to transition week where you and your child will be able to meet all members of the pastoral team.

Special Educational Needs

Mrs Lowth is the SENDCO and will work with your child's primary school to ensure that your child's needs are met and catered for once they join us. If you would like to discuss anything with Mrs Lowth, please contact her directly: diane.lowth@woodlands.southampton.sch.uk

We also have a KS3 ELSA, Mrs Curran, who supports the Year 7 transition programme. If you feel that your child would benefit from emotional literacy support, please discuss this with Mr Crowe or Mrs Lowth.

Senior Leadership Team

<i>Name</i>	<i>Role</i>	<i>Email Address</i>
Mr J Henderson	Headteacher	head@woodlands.southampton.sch.uk
Miss N Iverson	Deputy Headteacher & Designated Safeguarding Lead	nicola.iverson@woodlands.southampton.sch.uk
Miss D Sutton	Deputy Headteacher	deb.sutton@woodlands.southampton.sch.uk
Miss R Connery	Assistant Headteacher	ria.connery@woodlands.southampton.sch.uk
Mr P Barber	Assistant Headteacher	paul.barber@woodlands.southampton.sch.uk
Mr T Adams	Assistant Headteacher	tom.adams@woodlands.southampton.sch.uk
Mrs D Lowth	SENDCO & Designated Safeguarding Lead	diane.lowth@woodlands.southampton.sch.uk

Uniform



Our full uniform policy can be found on our school website. Please ensure that you have read this in full prior to your child joining us. Uniform can be ordered online. More information will follow about how to do this.

Everyone must wear:

- A black blazer with the school logo on
- A plain white school shirt (not polo shirt)
- A school tie (with stripes in the right colour for your child's House)
- Optional item - Black school jumper worn with blazer
- Optional item - Summer term only - white school polo shirt instead of shirt and tie



School Trousers

Full-length plain black smart/tailored trousers (not tight-fitting, lycra, leather or denim or leggings or any kind).



School Skirts

A smart plain black pleated or a-line skirt. Pencil skirts must be no more than 10cms above the knee. This must not be a lycra tight-fitted tube skirt



As a school we strongly recommend that school trousers are purchased through Skoolkit to avoid misinterpretation of the uniform policy. Any student whose trousers do not adhere to the uniform policy, will be isolated internally until the uniform issue is rectified.

School Shoes

Plain black formal school shoes (with no logos, other colours or contrasting soles). Smart black boots are permitted under trousers or with tights. Laces must be entirely black. Trainers of any kind, including plimsolls, are not permitted.



PE Kit

Students need a full PE kit and a pair of trainers for all PE and Dance lessons. There is a choice of PE kit, so students can select something that they are comfortable with.

No other sports clothing is permitted. Please make sure that all items are labelled with your child's full name.

Compulsory PE Kit:

All students need a short sleeved school PE top, with or without a collar, a pair of navy sports socks and a pair of supportive trainers.



Students can choose to wear a pair of school PE shorts, or PE trousers.



Optional PE Items

Hoodies, coats or other non school kit items are not permitted in lessons.

If students wish to wear a warmer item for PE lessons, there is a choice of two styles With long sleeves that can be purchased to be worn with the rest of the PE kit.



All PE kit can be purchased on-line.

Equipment



In order to be successful at Woodlands, students need the right equipment for their learning every day.

<i>School Bag</i>	Must be large enough to carry A4 sized books and folders, pencil case, personal planner, lunch box and any other items needed. We would suggest a backpack style bag is most suitable for students to move around the school.
<i>PE Bag</i>	Named, and large enough to contain all PE kit and trainers.
<i>Pencil Case</i>	Containing the following items: a black pen, a green pen, a pencil, a highlighter, an eraser, a ruler, a pencil sharpener, and some colouring pencils.
<i>Lockers</i>	Available for students to store items that they do not need throughout the day. We will send more information about this shortly.



Homework

You will be set homework each week by your class teachers.

We use a system called Show My Homework to keep a record of all the homework that you have been set. You will be able to see your homework on your mobile phone, tablet or laptop.

You will be given your own password and user name when you join us, and this will stay the same throughout your time at Woodlands.

Your parents will also be given a login, so they can see what homework you need to complete!

Homework will look different in each subject for example:

- An online quiz that you can complete on your phone
- A practical project to make or create something
- A worksheet or set of questions based on what you have been learning in class
- An electronic test using subject specific software
- A set of spellings or key vocabulary to learn
- A piece of independent research to complete

Some students find it helpful to attend our Homework Club. This takes place each day after school in one of the computer rooms.

You can use the computers to check or complete homework, and there is always a teacher available to help.



Rewards



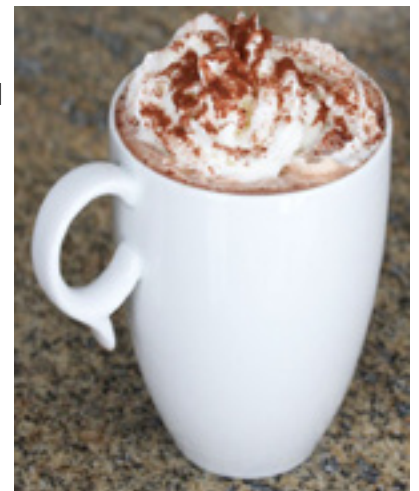
At Woodlands we believe that it is really important that we regularly celebrate the positive contributions that our pupils make. Our Reward System has been designed to ensure that we are able to efficiently and effectively recognise not only those pupils who are doing as is expected of them but also those who are going above and beyond.

Rewards will be issued at the end of every lesson and successful pupils will receive one of two rewards:

- R1: Represents that your child has met the behaviour for learning expectations within the lesson
- R2: Signifies exceptional performance and represent that your child has exceeded the behaviour for learning expectations within the lesson.

You will be able to see these rewards each day on the SIMS Parent App - so please make sure that you sign up as soon as your child joins us.

On a weekly basis, our Year Leaders review the rewards achieved by each year group with those pupils achieving the highest number of R2's being crowned our weekly "R2 Heroes." Our R2 Heroes will be celebrated in assembly and invited to a celebration event with members of the senior leadership team.



Throughout the year we will keep a running total of your child's rewards and they will have the opportunity to become a Bronze, Silver or Gold Reward Champion when they reach the appropriate threshold. These totals will also be used as a way to celebrate your child's achievements through film shows, trips and other rewards that will be offered.



Rewards

Students will also receive Rewards for taking part in our extra-curricular programme - Woodlands EXTRA!

Students will receive an R1 for every extra-curricular activity they attend.



We want to encourage students to take part in a wide range of activities during the year, so Woodlands EXTRA is split into 5 sections - with a certificate awarded when a student attends 6 sessions in a section.



<i>Get Active</i>	Sports and other physical activities
<i>Get Creative</i>	Arts and musical activities
<i>Take Action</i>	Activities that make a difference to the school or wider community
<i>Explore More</i>	Activities and visits that help students learn more about a subject area.
<i>Get Away</i>	Residential trips

Sanctions



We use a very clear consequence based system to ensure that students' behaviour for learning is always appropriate. This applies across the whole school, inside and outside of lessons. Students are expected to demonstrate the 3Rs at all times.

In lessons:

All students are expected to follow the Woodlands Way - RESPECT:

R	Respond to instructions first time
E	Engage in all aspects of learning
S	Speak and communicate appropriately
P	Present yourself and your work with pride
E	Equip yourself to learn
C	Challenge yourself
T	Track the teacher

If a student does not meet the Woodlands Way, there is a consequence which is explained in the table opposite. We expect that students receiving these consequences will learn from this and avoid making the same poor choices in future.

You will be able to monitor your child's conduct in lessons through our SIMs Parent App. This will show you any consequences your child receives as well as all of the rewards that they achieve too.

This is also tracked and monitored by your child's Year Leader and Tutor, and they will work closely with you to address the behaviour for learning through tutor intervention, parental meetings and behaviour support plans.



Sanctions

The Consequence System

<i>Consequence</i>	<i>Details</i>
C1 Verbal Warning	Low-level disruption
C2 Catch Up - Verbal Warning and Consequence issued on SIMS	Student will be asked to see the teacher at the end of the lesson for a catch up conversation.
C3 Catch Up - Consequence issued on SIMS	Student will be asked to go to another classroom or to the on call room. Students will be expected to see their teacher at break/lunch or after school for a 5 minute max catch up. If they do not do this, a 40 minute detention will be issued the following day.
C3 Same Day Detention	One off serious incident or use of electronic devices such as a mobile phone.
Senior Staff Detention	If a student does not attend a 40 minute detention, they will be placed in a 70 minute detention with a senior member of staff.
Internal Exclusion	Students work in isolation from their classes for the entire day and serve a 40 minute detention at the end of the day if deemed appropriate



Lunchtime

Hot and cold snacks are available at break and lunchtimes in the dining room. These include toast, sandwiches, hot paninis and croissants.

Every day, the lunch service provides a choice of hot meals, including vegetarian and meat options, as well as pasta served with a variety of toppings, sandwiches, cakes and drinks.

There are several meal deals available which cost £2.20 but single items can also be purchased.

Unlike at primary school, students are free to choose the items that you would prefer, and they don't have to select a full meal.

From September, our dining room will be cashless. This means that instead of paying with coins or notes, lunch money will be put onto student accounts electronically, and they will use their finger on the scanner, or a pin number to pay for meals.

Information about how to upload money to your child's account will be sent out soon. You can choose to upload money to accounts daily, weekly, or even monthly or termly. If a student is entitled to a free school meal, their account will automatically be credited with the daily spend allowance of £2.20.

This system will speed up service, and prevent loss of money in school, or spending of lunch money on the way to and from school!

All our food is freshly prepared and cooked on-site by our catering team from Autograph. You can see the menus for our school this term at:



<https://www.autographfood.co.uk/place/environments/education/our-menus/>

Curriculum



Curriculum Vision

We will provide students of all abilities to be the best that they can be in all areas of school life, with a curriculum that is underpinned by a focus on the school values of Respect, Responsibility and Resilience.

We will provide our students with high quality learning experiences that will support them in raising their aspirations and develop the study skills that will enable them to have a wider range of future choices.

The school curriculum encompasses all learning opportunities within school life, including extra-curricular activities and development of the wider social skills that will prepare our students to take their place as active citizens in society.

Progress for all students

We work hard with our primary schools to ensure that we have clear starting points for every single child. This helps us to develop teaching that meets the needs of all our students, and ensures that they are able to make progress. This could include providing additional support for those students that need it, but is also focussed on ensuring that students have high levels of challenge across the subjects that they study.

We set clear targets for each child across their subjects, using the same format that you will be used to in your Primary School - based on whether a child is meeting or exceeding the expectations for their age. We check regularly to make sure that all students are making the progress we would expect of them. Students are involved in tracking their own progress throughout the year, including in one to one meetings with senior staff.



7 lessons per fortnight

Our goal within the English department is for all students to make outstanding progress whilst enjoying their learning in a safe, inspiring and imaginative environment.

We strive to ensure all students are creative thinkers, avid readers and lifelong learners. We aim to ensure that the knowledge they learn in English will help them to secure a successful and prosperous future.



Students will study a range of drama, prose and poetry and will cover texts from a range of cultures and traditions.

You can support your child with their homework by listening to their ideas and sharing your opinion with them. Encourage them to read a range of texts, both fiction and non-fiction and question them about key messages in texts they have read.

Students are given a weekly spelling and definitions test which will help them develop their vocabulary across all their subjects.

English Subject Leader:

Mrs L Rowlands

lauramay.rowlands@woodlands.southampton.sch.uk

Mathematics



7 lessons per fortnight

The Maths department aim to equip all pupils with numeracy skills for life along with a curiosity and enjoyment of the subject. Our pupils will be efficient problem solvers who are happy to take risks and who relish a challenge.

During Maths lessons students will study units based around Number, Algebra, Ratio and Proportion, Geometry and Handling Data.

Pupils will have regular opportunities to practise their skills and apply their knowledge to problem solving tasks and real-life applications. Their lessons will be tailored to meet their individual needs, with appropriate levels of support and challenge, to ensure success for all.

You can support your child in Mathematics by regularly practising addition, subtraction, multiplication and division with a range of numbers using both written and mental methods.

The methods learnt at primary school will continue to be used and developed.

Mathematics Subject Leader:

Mrs O Bellman

olwen.bellman@woodlands.southampton.sch.uk



7 lessons per fortnight

Science at Woodlands has three key aims.

- To harness and expand our students' natural curiosity for the world around them.
- To facilitate their transformation into scientists who are able to think critically and demonstrate a high level of scientific skills including planning, conducting, analysing and evaluating.
- Last but not least, to foster a love of learning science.

We achieve this by having a varied curriculum in which they study all three sciences; Biology, Chemistry and Physics. In Year 7 students start by learning the key working scientifically skills. These skills are revisited frequently in each subsequent topic so they have the opportunity to improve and refine their skill.

Topics on the key stage 3 science curriculum include:

<i>Biology</i>	<i>Chemistry</i>	<i>Physics</i>
Cells	Particles	Energy
Body Systems	The Periodic Table	Electric Circuits
Plant & Animal Reproduction	Acids & Alkalis	Space

At Woodlands we also like to expand our students exposure to Science outside of the classroom by offering students the opportunity of a number of extracurricular trips and visits including Lifelab at Southampton General Hospital.

Science Subject Leader:

Mrs E Rex
emma.rex@woodlands.southampton.sch.uk

Geography



4 lessons per fortnight

In order to become an active citizen in the ever increasing global world, the study of Geography is even more important than ever before. At Woodlands the study of Geography is crucial to understanding our place in the world and things that can affect us on a daily basis

Lessons are engaging with a focus on improving the literacy of all students.

What topics will your child study in Year 7?

- Autumn: Key Skills such as reading and creating a map as well as understanding our physical place in the world
- Spring: Tectonics and climatic hazards
- Summer: Rivers and Climate in Britain.

Useful Geography websites:

www.bbc.co.uk/bitesize/ks3/geography/

www.youtube.com

www.teachnet-uk.org.uk

www.bbc.co.uk/news/world

www.metoffice.gov.uk

www.beijingtrip.com/attractions

www.explorethecanyon.com/explore-learn/grand-canyon-facts.cfm



Geography Lead Teacher:

Miss P Patel

priyani.patel@woodlands.southampton.sch.uk



History

4 lessons per fortnight

It is important to study the past in order to make sense of the present. In History we aim to go enrich students with the knowledge needed to think critically, argue effectively and evaluate thoughtfully.

Students are taught how to rigorously analyse a variety of sources and interpretations to produce their own judgements on the past.

What topics will your child study in Year 7?

- Autumn 1: Medieval England - the Norman Conquest
- Autumn 2: Medieval England - the role of the church, Magna Carta, the Black Death and the Wars of the Roses
- Spring 1: Early Modern England - Henry VII and Henry VIII
- Spring 2: Early Modern England - Edward VI
- Summer 1: Early Modern England - Mary I
- Summer 2: Life in Tudor England

Useful History websites:

<http://www.bbc.co.uk/bitesize/>

<http://www.schoolhistory.co.uk/>

<https://spartacus-educational.com/>

<http://www.johndclare.net>



History Subject Leader:

Miss G Hicks

georgina.hicks@woodlands.southampton.sch.uk

Languages



4 lessons per fortnight

In the Languages department, we strive to make our lessons enjoyable and accessible to all, by using a variety of teaching techniques and different learning activities.

Students will study either French or Spanish throughout their time at Woodlands.

We place a high importance on giving students the opportunities to achieve success in their learning and also on improving communicative skills such as writing and speaking.

The units of study include:

- Describing myself
- Talking about my pets
- All about my family
- Describing my school
- What I do in my spare time

Languages Subject Leader

Miss J. Mitchell

julia.mitchell@woodlands.southampton.sch.uk





2 lessons per fortnight

In Year 7 students spend their time in Art lessons developing basic skills in pencil control, designing and making as well as developing their imaginative skills.

Key projects in Year 7 are:

- Observational drawing.
- Collagraph printing
- Nature clay relief tiles.
- Mythical Creature illustrations



During each project, students learn about different styles of art and design and experiment with a range of media.

Final pieces will be produced for assessment in drawing, painting, print-making and clay.

Art Lead Teacher

Mrs S J Osben

sarah-jane.osben@woodlands.southampton.sch.uk

Computing



2 lessons per fortnight

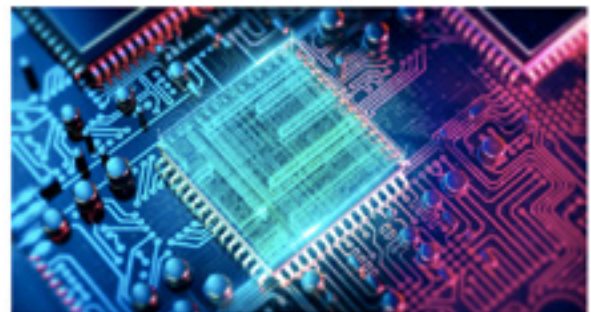
In order to ensure students are equipped with skills to access the modern world, our Computing classes focus not only on teaching students the skills of how to use programs, but also how to create the programs themselves and how to stay safe when using any computer devices.

E-safety plays a large part of our teaching here at Woodlands. The first unit of work we deliver looks into ways students can protect themselves and what to do if they were to find themselves in a dangerous situation when using online media. We revisit e-safety regularly throughout the year to highlight the importance of remaining safe at all times so it is in the forefront of students' minds.

We teach a lot of computer programming concepts in Year 7. We use fun and interactive programs that allow students to understand the key concepts before we begin with the more challenging text based coding at the end of the year and in later years.

You can support your child's progress in this subject by downloading software that students can use to develop their programming skills and use the many online tutorials.

- Scratch
- Kodu
- Small Basic



Computing Lead Teacher

Mr K Wooton

kevin.wooton@woodlands.southampton.sch.uk



Dance

2 lessons per fortnight

In Year 7 the topics students will study are:

- Friendship and rivalry (term 1)
- The Lindy Hop (term 2)
- Musical Theatre (term 3)



Through these topics students study the key skills of composition, performance and appreciation.

One of the best ways for your child to further their dance knowledge is by watching clips of the style we are studying on Youtube or watching any dance TV shows.

Students will need their PE kit for all dance lessons but will not require footwear as Dance is completed barefoot. Students with long hair will need to ensure that they have means to tie their hair back for lessons for health and safety reasons.

Students in Year 7 are encouraged to join the KS3 dance club, students of all abilities and levels of experiences are welcome (this begins at the end of September). There are also opportunities for students to participate in dance shows and competitions to develop their dance skills further.

Dance Lead Teacher:

Mrs M Pearce

michelle.pearce@woodlands.southampton.sch.uk



Drama

2 lessons per fortnight

Drama supports the development of many essential and transferable skills needed in all subjects and aspects of life, such as communication, group work, confidence and evaluative skills. Drama is not only ideal for developing performance skills, but also for students wishing to develop their confidence, creativity and communication skills.



We provide a programme of study that uses a variety of skills development exercises, to build students' competency and explore the world around them.

In lessons, students will explore published play texts and also devise plays and performances of their own, using a range of drama skills and techniques.

Additionally, students are encouraged to become involved in the Woodlands Drama Club.

You can support your child with Drama by talking to them about their lessons, encouraging them to get involved in Drama Club or in school shows, and by discussing with them the merits of performances (TV, film or theatre) that they have watched.

Drama Lead Teacher:

Miss E Westley
liz.westley@woodlands.southampton.sch.uk

Music



2 lessons per fortnight

The Music department offers a totally hands on exploration of a huge variety of musical forms as well as many extra-curricular opportunities to further enhance learning.

We have worked with film composers, professional orchestras and have been part of some exciting vocal projects across the city. We also study how to use the latest music technology to create and mix your own music.

Please support your child by encouraging them to listen to a broad variety of music from these three areas of study:

- World music
- Classical music
- Popular music from 1920 onwards



It would also help if you encouraged your child to join the school singing group or learn an instrument at home or school.

Music Lead Teacher:

Mr O Bellman

owen.bellman@woodlands.southampton.sch.uk



2 lessons per fortnight

The emphasis in Year 7 PE lessons is placed upon maximum enjoyment and participation, acquiring and developing new skills, communication, and the ability to evaluate self and others' performance.

This is done through a wide range of sports including:

- Athletics
- Badminton
- Bench ball
- Basketball
- Cricket
- Football
- Netball
- Rounders
- Rugby



The best ways to support your child are by ensuring they always have their full PE kit, and encouraging them to attend a minimum of one club per week.

A good website to support PE knowledge is:

www.bbc.co.uk/bitesize/gcse/pe

Head of PE:

Miss J Lawrence

jessica.lawrence@woodlands.southampton.sch.uk



1 lesson per fortnight

PSHE is Woodland's Personal, Social, Health Education programme. At Woodlands we believe that it is an integral part of your child's education that supports academic achievement.



The PSHE programme follows the core themes of:

- Health and Well-being
- Relationships
- Living in the wider world

Year 7 will be studying the following topics:

- How to manage transition and responsibilities at secondary school.
- Anti-bullying and peer support
- Puberty and personal hygiene
- Staying safe online
- Healthy lifestyles
- Addiction
- Careers: what are my goals?
- Emotional health

If you have any questions about the topics covered in our PSHE programme, please contact the subject leader.

PSHE Lead Teacher

Mrs S Lambeth

sarah.lambeth@woodlands.southampton.sch.uk



1 lesson per fortnight

Religious Education provides students with the opportunity to de-construct their own beliefs so that they are able to consider the viewpoints of others, become tolerant citizens and make judgements about key global issues which will be vital to their futures.

What topics will your child study in Year 7?

- Autumn: Christianity
- Spring: Islam
- Summer: Buddhism



In order to support your child's developing knowledge of RE and wider issues, please try to encourage them to read a newspaper or watch the news at least once or twice a week. If possible, find news stories that connect to lesson topics and discuss the topics with them.

Useful Websites

<https://www.bbc.co.uk/bitesize>

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Respect

Responsibility

Resilience