

**Welcome to  
Harwich and Dovercourt  
High School**

**A guide for Year  
7's joining us in  
September 2021**

# Personal Details

Name: \_\_\_\_\_

Primary School \_\_\_\_\_

Favourite Subject \_\_\_\_\_

Favourite Sport \_\_\_\_\_

## Five things I'm good at

1.

2.

3.

4.

5.

## Dear Student,

Starting a new school is very exciting, but it can also make you feel a little bit worried as well. We want you to know that you will be VERY welcome at HDHS and quickly feel part of the HDHS team!

This booklet is for YOU. It tries to give you some information about Harwich and Dovercourt High School, as well as showing you what we expect from all our students. Read it carefully before you join us in September. Then you will know that you can work hard and make progress from the start of your very first day.

We are all very proud of our School and enjoy working here. We hope you will soon feel the same.



# The School Day



8:35-8:55	Tutorial
8:55-10:10	Period 1
10:10-10:30	Break
10:30-11:45	Period 2
11:45-11:50	Lesson changeover
11:50-13:05	Period 3
13:05-13:45	Lunch
13:45-15:00	Period 4

*Work hard dream big*

## The “Lighthouse” (Canteen)

The Lighthouse is open to students 3 times each day:

Breakfast 8am - 8.30am

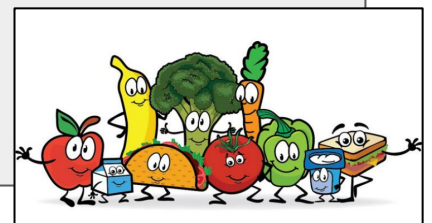
A great choice of hot foods, cereal, fruits and drinks.

Break-time

Grab & Go e.g. hot paninis, sandwiches, popcorn, yogurt, fruit and a selection of drinks

Lunch-time

Grab & Go e.g. Pizza, hot wraps, pasta pots, sandwiches, burgers plus a hot main meal option and various desserts



# School Expectations

1. Follow all instructions first time. No arguing or questioning instructions.

We need to show Preparedness and Independence by following instructions. This allows everyone to learn and will help us achieve the best we can achieve.

2. No shouting out, chatting off task or negative/disrespectful comments.

This disrupts the learning of others. We need to show Respect to others and Positivity about learning.

3. Complete all work set in class to the best possible standard.

We need to show Perseverance by working hard and thinking hard. We need to show Ambition.

4. Phones/Headphones etc: Not seen, not heard, not confiscated.

We will only make progress by giving our full attention at all times. This requires Perseverance and Ambition.

## Equipment



Reading Book  
Planner  
Pen  
Pencil  
Eraser  
Ruler  
Colouring pencils

Maths set:

- Set Square
- Protractor
- Compass
- Calculator

**You must bring your school bag to school every day**

Life is full of  
choices - choose  
carefully.

# Getting Involved

We love our year 7s to get involved with school life and there are lots of ways to earn rewards and badges.

- 100% attendance - Bronze, Silver and Gold
- Student Leader
- Year 7 Star
- Reading Leader
- Helping out at school functions
- Sports personality of the year
- Tutor Assistant/ Tutor Leader



You never know how much you can do until you try.

Joining clubs is a great way to make friends

Ideas for clubs and activities you would like HDHS to run:

*Be bold, be courageous, be your best*

# Reading

HDHS is a reading school and we encourage all our students to read for pleasure and purpose:

**Reading for purpose - we read to get information and learn more.**

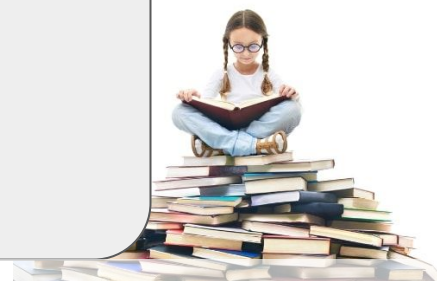
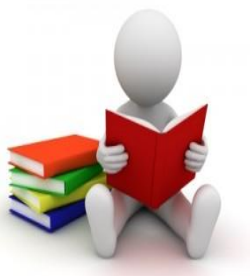
**Reading for Pleasure - we read to escape, hide from the world, enjoy the world, feel an array of emotions, be imaginative.....**

As a reading school, we value reading greatly and consider reading daily as a vital component to support the academic and social progress of all of our students.

**Research has proven that students who regularly read on average twenty minutes a day generally perform in the top 90% in their GCSE exams.** This twenty minutes of reading needs to be happening from Year 7 to allow students to reach their full potential.

My favourite books so far

- 
- 
- 
- 
- 
- 



## Top Tips for Making Friends

- Smile!
- Be friendly and helpful
- Talk to others during break and lunch-time
- Show an interest in other people's activities
- Be kind
- Try and see situations from other people's points of view as well as your own - Imagine how you would feel if you were in their shoes
- Remember your friends do not 'belong' to you. Share your friends.
- Its ok to have different friends, just try not to leave people out.
- Be honest and trustworthy.
- If you have a problem with a friend talk to them about it, but choose a suitable time and place - don't drag others into an argument.





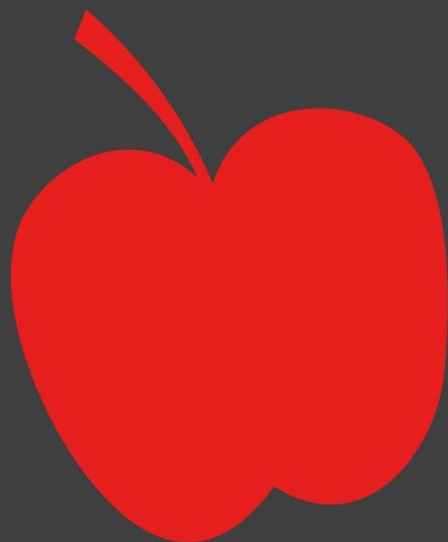
# My Targets for Year 7

A large yellow rectangular area with a thin black border, intended for writing targets. On the left side, there are four black circles arranged vertically, serving as bullet points or markers for the start of each target line.



**Don't be  
afraid to  
ask for help**

**It means  
you're  
learning!**



and  
so the  
adventure  
begins

Class of  
2026