

# St. Ninian's High School



Written by Year 7 Core Skills students  
to help Year 6 students learn about life at SNHS.

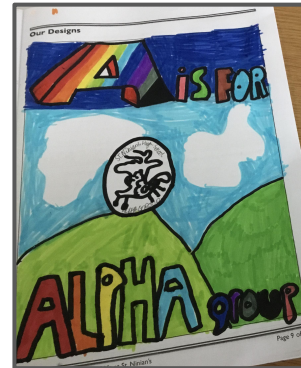
# Alpha Group

Written by Mian, Gracie, Taylor and Lewis from 7C

The Alpha group is for any student that goes above and beyond in their learning and does well in their Interim report. An Interim report is where your teachers will input data on your progress each term.

All students in Year 7 are eligible for the Alpha group. To get into the Alpha group you have to average over 2.45 on your Interim 1 report in Term 1. You will be given a skills score between 1 - 3 for all your subjects and then an average over all score. The skills are: self-awareness, emotional intelligence, self- motivation and learning power.

Every term new people are added to or removed from the Alpha group. You get to wear a coveted Bronze badge. If you stay in the Alpha group you can keep wearing the badge. The badges are Bronze in Year 7, Silver in Year 8 and Gold in Year 9. You get to wear the badge with pride!



# Art and Technology

Written by Caitlin from 7A

You can do drawing and you can have fun .

You can do painting stuff.

You can do sketching.

You learn perspective and 3D.

You can make a house out of fabric.

You can make bunnies out of fabric.

You can make sock monsters out of fabric.



# Aspire

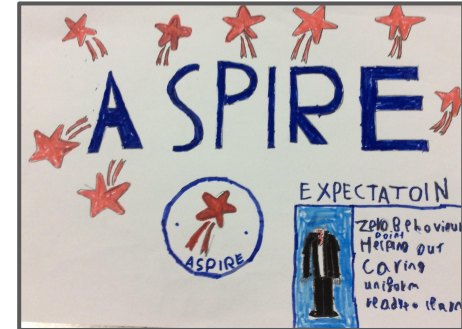
Written by Connor, Brad and Gabriel from 7B

Aspiration is one of our 3 learning models which include, Respect, Aspire and Empower. Aspire to be a role model and inspire others to respect you.

We are set targets and encouraged to improve from feedback. The good work we do is rewarded with Epraise points. It's a little like Class Dojo, but you can buy rewards like Skip the Queue passes. Check the SNHS website for more details.

<https://snhs.sch.im/>

Aspiring is encouraged at school as it can help you become the best version that you can be.



# Assembly

Written by Seb and Jai from 7J

Assemblies take place in the morning during Tutorial from 8:40-9:10 am.  
In assembly the Head of Year, Mr Cretney, will talk about the Stats from the week before. They include:

- Top Epraise student in Year 7
- Students of the Week
- Top Tutor Group

Sometimes there will be guest speakers in assemblies.  
Tutor Groups always sit in Tutor Group order (7A, 7B, 7C etc) and when you are sat with your tutor group in Assembly, you will be sat in register order.



# Attendance

Written by Sammy, Alessia, Phoebe and Poppy from 7F

All students are expected to arrive at school by 8:30 am so they are ready to attend Tutorial at 8.40 am. Students arriving after 9.10am must sign in at the School Office on arrival and will receive a late mark. If you get 4 lates in a week you will get a Stage 4 'lates' detention which lasts for 30 minutes after school.

Try and aim for 100% attendance. If you are ill, you are advised to stay off school, but if you have been sick you have to stay off for 48 hours so that you don't give it to anyone else.



# Behaviour

Written by Eva M, Ollie and Arron 7I

In this school we value good behaviour. How you act it is one of the most important things, because if everyone acted poorly, the school would be a wreck! If you do happen to misbehave, you will be presented with a Stage 3 which will take 15 minutes of your break. If you behave well, you will be rewarded with something like “Student of the Week “ and epraise points.



# Boys' Sport

Written by Caiden, Dylan T and Josh 7F

The type of sports we do are rugby, football, basketball, badminton and cross - country.

You will need a red and blue rugby top, blue shorts, blue socks, football boots and astros. For outdoor Games and for indoor Games a red t-shirt. The equipment is not to be damaged so look after it. There is also a Sports Day in June every year and Inter House games in every sport.

On your timetable you will have a single Games lesson and double Games lesson. Your single Games lesson is called P.E. In this lesson you will practice sports skills. In your double Games lesson, you will take part in activities and matches outdoors. You always start with a warm up.

If you want to play in the School team, practice is after school on a Thursday for the A, B ,C and D teams.





# Breaktime

Written by Eliane, Willow and Taylor from 7B

Once your second lesson ends, it's time for break! You get 20 minutes before you go to your next lesson.

During break you can go into the Canteen and get a snack. 5 minutes before break ends, there will be a warning bell so you can get to class on time.

During break, you can either play football on the field, play basketball on the court or just hang out with your friends. When you are outside you must put your rubbish in the bin. If you don't you will have to pick up all the litter.

Don't kick the plastic bottles around and don't throw them - they should only be used for drinking.

When you're on the field with your friends and you don't hear the warning bell, Mr Cretney or another member of staff will remind you that you have to make your way to your next lesson.

Just make sure that you're not late!



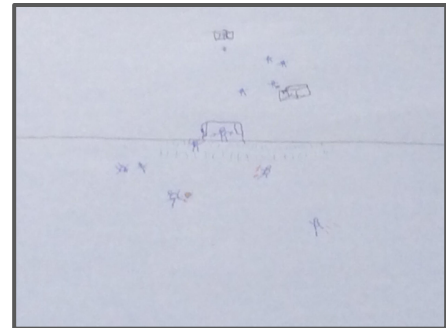


# Breaktime

Written by Zach from 7A

Break starts at 10:50 am and then ends at 11:10 am. You can get food at break time like crisps and chocolate and you can get drinks like flavoured water.

You can play football outside and also run around. You can sit down and play on your phone and talk to your friends. When it's raining, we stay inside and talk to our friends.



# Buses

Written by Mila and Roxy from 7C

If you happen to need to take a bus to school, don't worry! Just before the end of Year 6 you will be handed a bus time table; the times are written as a 24 hour clock. It's 40p without a bus card and 30p if you do have a bus card. You just scan it as you walk onto the bus. Your parents can buy and add trips on the [Bus Vannin](#) website so you don't have to worry about it. Most of the school buses are double decker, but some can be single for the smaller journeys.

If you miss the bus, you'll have to walk to school if you are close enough. You could also check the public buses or try and get to a different stop. If the bus driver sees you running, they might stop for you and let you on the bus.

If you forget your bus card and have no money, you might be able to convince your friends to pay for you. You can then pay them back..

Drawing by Max, Lily and Evie from 7G



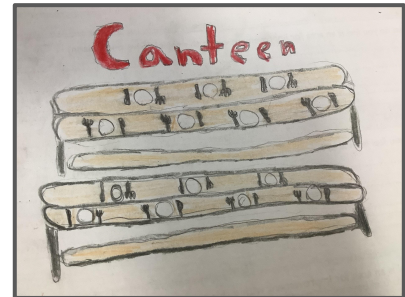
# Canteen

Written by Evie, Mia and Ethan 7G

The canteen is a big hall where you all go to eat. The food is amazing and you'll have a massive selection of food for break and lunch. At break you have snacks ranging from pastries to crisps.

Lunch on Mondays is chip day. If you want to have a packed lunch there is another area to queue up, but you can still sit with everyone else. Dinner cards are used to store money - they are just like a bank card. You hold it up to the scanner and pay for your food.

Having allergies or having a certain diet is no problem because there is food for people who have allergies or are vegan/vegetarian. You just need to mention this to the Dinner staff.



# Core Skills

Written by Ollie, Eva M and Arron from 7I

Core Skills will be a new lesson for you at St. Ninian's and it has something called the Elli Dimensions in it. You should use the Elli Dimensions skills in school every day. The Elli Dimensions include:

Changing and Learning : seeing something that you can get better at.

Critical Curiosity : getting below the surface of things to see what is really going on.

Meaning Making: looking for patterns, connections and understanding in what you are learning.

Creativity: playing with possibilities and imagining how situations could be otherwise.

Strategic Awareness: thinking about learning and planning how you will go about it.

Learning Relationships: working on problems with others, especially friends.

Resilience: sticking to things for a while, even when they get difficult.



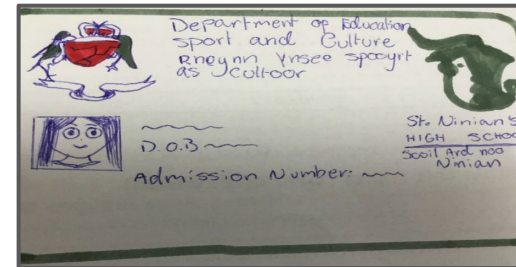
# Dinner card

Written by Evie, Lois and Leon from 7G

At St Ninian's, we use a dinner card for lunch instead of using cash. The card sometimes needs topping up at the machines in the front entrance, next to Student Support, or your family can do it in advance online.

Dinner cards are small plastic cards with a picture of you, your name and your information. The school take your photo on Welcome day and give you your dinner card on the first day of High School.

If you forget your Dinner Card just tell a dinner lady that you've forgotten your card and they will ask for your full name so they can select you and charge you for the food and drinks. If you don't have any money on your card, either top it up or say your name just like if you have forgotten your card and you can pay the next day.



# Epraise

Written by Isabella, Maya and Olivia from 7F

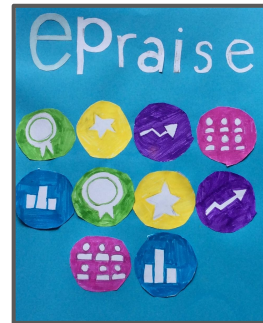
Epraise is an online school rewards system where your teachers can give you points. These points are called epraise points. You can be rewarded with epraise points when your teacher is impressed with what you have done in the lesson, at home or around the school.

On the epraise website you can see your overall points and attendance. You can also purchase things on Epraise with your points e.g. skip the queue pass plus a friend=60 points.

You can also see which accolades you have achieved. You can achieve accolades for doing things like representing the school in Sports fixtures or doing a litter pick.

On epraise there are milestones which make you want to work harder to reach your next milestone. You get milestones by getting a certain amount of epraise points e.g. Bronze 50 points.

Another way to spend your points is to donate to a Charity. The way this works is that each year group will choose a charity and then that charity will be put onto epraise so you can donate points to them.





# Fire exit

Written by Maisie, Alice and Abigail from 7E

When the fire alarm goes off, we line up in our tutor groups on the Netball court.

If the fire alarm goes off there are 3 options of stairs to get you outside.

1. The back stairs that go past the Science corridor.
2. The staircase that goes behind Maths and English corridor.
3. The Drama & Music corridor stairs at the back.

Don't run, walk. Be calm and make your way to your Fire Station.





# Friends

Written by a student in 7J

Friends are people who you can talk to and make memories with. They will also be very important to you and if you lose them, you'll be very upset.

Friends don't have to be people you've known for the longest, they are the people who walked into your life and said they care about you and would do anything for you and proved it.

I love all my friends and care for them alot. I prove that I care about them with the manners I show them and the way I talk to them.

SNHS is great for making new friends and new memories.





# Games

Written by Alia Jweinat from 7H

Games is a lesson were you participate in a wide variety of sports, games, exercises and dances. We change the sport we do every few weeks. There are two P.E. lessons in a week. One is a single 50 minute lesson and the second one is a 100 minute lesson. There are different sports for both of these lessons. If you enjoy these sports, you can attend Year 7 fixtures during the day.

The boys and girls have their separate lessons/ activities in different halls.

We also have an Astro field that we use for sports like hockey and football. For sports like basketball, we would use our regular sports hall.

Outside on the field,we have a couple of sand pits that we use for Long Jump - Athletics.



# Head of Year

Written by Liam Carey from 7H

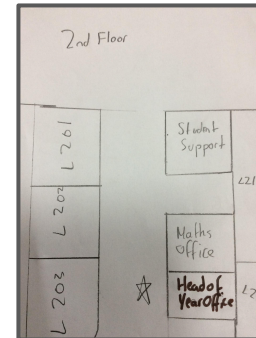
Mr. Cretney will be your Head of Year in Year 7. You can find him on the field or in and around the Heads of Year office near room L208. He oversees all issues and affairs relating to Year 7, including your future tutors and students.

Sometimes he goes around to each Tutor Group's classroom and hands out rewards and notices.

He also presents rewards during assembly every Wednesday, where he shows the statistics of the week. Every end-of-term, he also hands out bigger rewards such as Smarties or paid breakfasts.

He is a Computing teacher by trade and he admires integrity. (He also hands out lots of accolades!)

He manages the Year 7 Tutor Groups' Google Classroom where he posts the assembly slides and other notices for anyone who is absent.





# Help

Written by Gracie, Mian, Taylor and Lewis from 7C

## **Student Support**

If you are worried about something, stressed or had a fallout with your friends, you can go to Student Support. It is a lovely, helpful, calm place and the Staff always know how to help. They will always try their hardest to help you.

Where is Student Support? It is next to the card readers on the middle floor.





# Isle Listen

Written by Gracie, Mian, Taylor and Lewis from 7C

## What is Isle Listen?

Isle Listen is an organisation that comes into school and talks to you. If you feel like you need extra support, you can ask to be referred to them and then you will meet with them for a number of weeks. They help you and will listen to any worries you have and will support you in any way that they can. They won't share your information with anyone unless they think you or someone's else is in danger.

Their website is [islelisten.im](http://islelisten.im)



# Joining Clubs

Written by Mila and Roxy from 7C

Clubs are a very fun thing to do at lunchtime and after school.

There are different clubs like Zentangle, Maths catch-up, English catch-up and Chess club. All you need to do to go to them is get a lunchtime pass from the Office and get it signed by the teacher running the club.

It is a great opportunity to catch up on the work you missed in the lesson or just talk with your friends.

Clubs only run at lunchtimes. It is also a great opportunity to find new interests and friends.





# Kahoot!

Written by Joshua from 7D

Kahoot! is a game that you play when the teachers think you deserve a treat.

Most of you have probably already played it. It is a multiplayer, multi choice game, plus it's ultra fun!

Every question you get right is points for you. Whoever answers quickest, gets more points and the person with the most points wins. Good luck!



# Languages

Written by Liam Laporte from 7D

In Year 7, we have 2 languages that we learn. These are Spanish and French. They are so much fun. We sometimes get to play a Kahoot or a Blooket. When we become older and want to get a job, you could become a translator.

You will get judged by the percentages you get in your tests. We do lots of listening tasks and some really fun tests every 2 weeks. In French we do lots of bloomers every week. We also usually do speaking and worksheets. Languages are so much fun. We love them all the time!





# Library

Written by Hana, Aine and Isabelle from 7I

We have a library that we use for reading lessons.

You might have done Guided Reading in Primary School. At SNHS we have Library lessons where you read for the whole lesson! The library has computers at the back, so if you need them you can use them. The seats are very comfortable! There are lots of books to choose from and you can even bring your own book!



# Manners

Written by Tasmin from 7J

You must show good manners all the time, whether it's at school or at home.

By showing you're polite you need to say:  
Thank you. Sorry. Excuse me. Please.

At SNHS playing our PART is important ... and so are manners.





# Milestones

Written by Hana, Aine and Isabelle from 7I

Milestones are related to epraise. When you reach a certain amount of epraise points you get a milestone. There are six: Bronze (50 points), Silver (100 points), Gold (200 points), Ruby(300 points), Sapphire (400 points) and Platinum (500 points). Good luck!

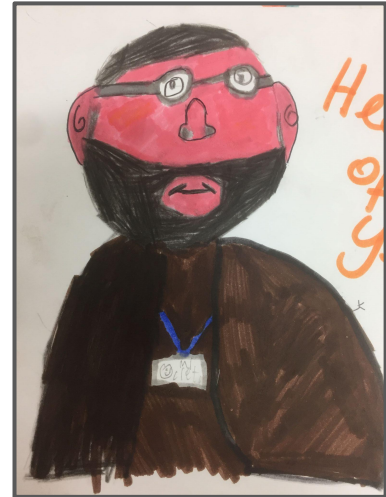


# Mr Cretney

Written by Ryan from 7J

Mr Cretney is the Head of Year 7. He has a very majestic beard.

He mostly teaches Computing and takes assembly. His office is in L209.





# Newsround

Written by Billy Kneen from 7D

Once a week my tutor group watches Newsround. It is a show most people and schools around the UK watch. It also tells you about the world and wildlife news like climate change. After we watch it, the whole class discuss what we have watched. The topics are very interesting and you can watch it anywhere and at any time. We also do a Quiz of the Week which relates to most of the topics on Newsround.



# Nutty Tilez

Written by by Travis 7J

We use 'Blooket' a lot in Languages. It's a fun website where you play games, but you also learn at the same time. It is a fun way to learn! We also use 'Linguascope'. It is a good way to learn because there are competitions and prizes and you can learn more and work independently. This is online language work.

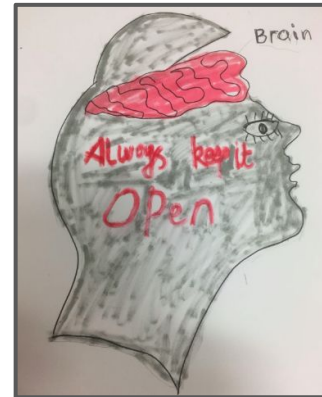


# Open mind

Written by Seren and Olivia from 7J

It is very important to be open minded when you first come to school.

This is useful because it's a new experience and you have to be ready to work in different circumstances. You also have to be prepared to socialise and make new friends.



# Opportunities

Written by Izzy, Jo, Max and Leyton from 7G

At St Ninian's, you will have a lot of different opportunities, such as sport competitions, getting awards, making new friends and starting many different clubs. Opportunities like these can lead to greater things to help you achieve different things at St Ninian's. If you want to participate in the Sport competitions you would have to go to after school clubs, if you want to join the choir or orchestra you would have to go to the lunchtime clubs.

To get awards at the end of every term you will get a prize for lots of different things, for example getting 100% attendance, no behaviour points and improvement of behaviour.



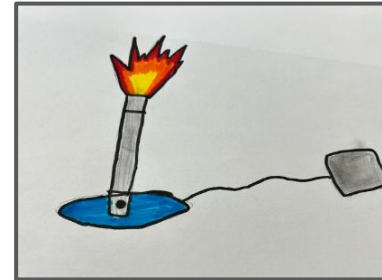


# Practicals

Written by Lula-Belle from 7D

At Bemahague High School we do all types of practical lessons including Science, Core Skills, Maths, Food Tech , Textiles and Woodwork.

A Science practical is what you might call an experiment and we use different chemicals and equipment. A Food Tech practical is just cooking and baking food. In Core Skills, we have different types of projects including the Improvement Project. This is when you pick any topic of your choice and set a goal to reach. We always have an exhibition at the end. We did this project 'An A - Z of St. Ninian's High School' in Core Skills! In Woodwork we carve and shape things out of wood and in Year 7 you will make 2 spatulas and a spice rack.



# Progress Zone

Written by Anna and Amira from 7B

All students are welcome in the Progress Zone.

The Progress Zone supports children with:

- Communication and interaction difficulties
- Cognition and learning needs
- Social, emotional and mental health issues
- Sensory and/or physical needs.

There are 250 children who are supported by the Progress Zone.

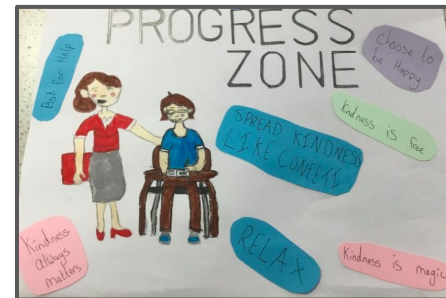
Written by Jamie from 7A

The Progress Zone is on the middle floor on the left side of the school.

You can chill on the blue chairs with your friends. You can eat in the kitchen at break and lunchtimes.

Staff at the Progress Zone are Mrs Higgins, Mrs Sutherland, Mr Watney and Support Staff.

In the 7A Tutor room at lunchtime is Games Club.



# Queues

Written by Abbie, Bobby and Molly from 7C

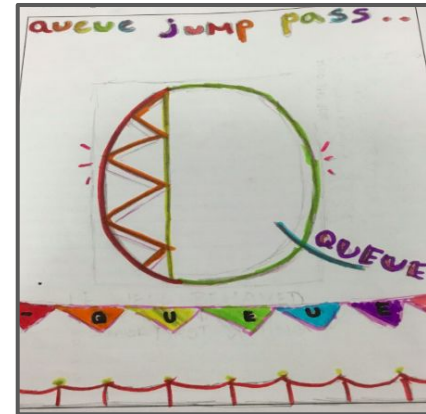
## Lunch Queues

The lunch queue is the queue you line up in for when you're going for your lunch. You can use a queue jump pass to skip the lunch queue. There are different sittings for each year group. First sitting is when you go for your lunch first, second is where you have your lunch second, and third sitting is when you go for your lunch third. The sittings change each week so you won't always need to wait as long.

## What is a queue jump?

To get a queue jump pass, you have to earn epraise points by being well behaved and trying hard in lessons. This means you get to skip the queue. You can then trade your points for either a single queue pass (40 points) or you can bring a friend with you (60 points).

Hint: it's best to use it when you are on third or second sitting.



# Reception

Written by Tamsin, Alexia and Katie from 7J

Reception is to your left when you come in through the doors of the front entrance.

Go to Reception to sign in if you are late, have come back from an appointment or if you have any queries or questions.

The Medical Room is where you go if you are feeling ill and are going home.

It is located behind the main office and you can go there when you are either ill or have had an injury.

If you ever need or want to go to the Medical Room, make sure you speak to the Office staff - they will help you and look after you.



# Rules

Written by Mia, Evie and Ethan from 7G

Like all schools, St. Ninian's High School has rules. They are not unreasonable, and they're not hard to follow. If you break the rules, then you'll receive 2 warnings. If you break the rules again you will given a Stage 3 sanction, which is a break time detention during the following day's break. These Stages carry on, or they can skip to a higher Stage if you repeatedly break the rules.

Some rules include:

- Always be pleasant and polite
- Walk calmly in the corridors
- Always wear the correct uniform
- Do not use your device in "No phone" zones
- Do not take food out of the canteen (except water)

Those aren't all the rules - there are others. You can find them inside your planner. Remember though that there are lots of rewards when you follow the rules.



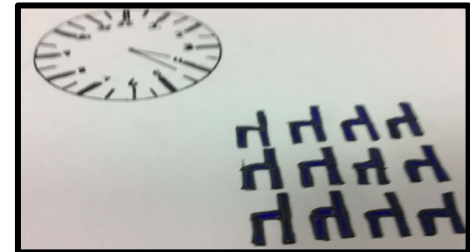
# Stages

Written by Finn, Conor and Nikodem from 7F

**Stages** are a big part of life at Bemahague and you really want to avoid them! Here are some things that you should probably know and some rules. You are not allowed to eat in corridors or non designated areas. This will be an immediate S3. You are also not allowed to have more than 4 lates in a week as this will be a Stage 4 - an afterschool detention. If you refuse to take the slip you will lose your right to appeal which is the only way you will avoid detentions. Dangerous behaviour is an immediate S7 (suspension).

**Detentions** There are three different types of detention. Breaktime (S3), late detention (S4 :30 mins after school) and S4 (1 hour after school).

**Rewards** are available if you don't get more than 1 detention in a term. These rewards are themed to the holidays coming up. So, for Christmas it would be a selection box and for Easter it would be a chocolate egg.



# Student Support

Written by Kyle, Ray and Charlotte from 7G

## What is Student Support?

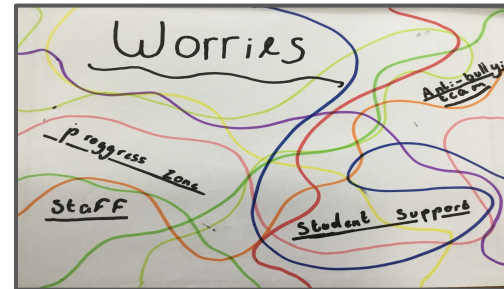
Student support is an office with two members of staff - Miss Kennaugh and Mrs Warrilow - who are there to help you! They could help if you got lost or you can also talk to them about things that are happening or if you are being bullied.

## Where can you find them?

You can either find them wandering around the corridors or you can find their Office next to the main entrance.

## How do they help?

They help by talking through an issue in a lesson, help you if you are worried about something or there to give you passes like uniform passes and daily planners.



# Tutor Groups

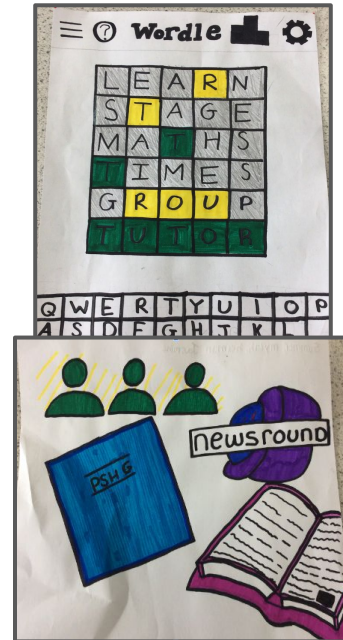
Written by Summer, Mylah, Heiman and Jasmine from 7F

You are in your Tutor group from Year 7 until Year 11. In your Tutor group you do lots of fun things such as : Wordle, Newsround, assembly, reading, Word of the Week, word searches, puzzles, litter picking, sponsored walks and PSHE.

You will make a lot of friends around school and even in your tutor group.

Assembly is once a week where we talk about important things like students ePraise , Tutor Group ePraise , Tutees of the week and our school.

There are two bands; A band and B band. The difference is different lessons at different times. When A band have PE/ Games , B band will have a different lesson and when B band have PE/Games A band will have a different lesson.





# Tutorial

Written by Sophie from 7D

Tutorial is the first lesson of the day, but it definitely does not seem like a lesson as you do fun things, such as watch Newsround, play games, do quizzes and on Fridays you get to go out for walks, play football or sometimes just stay inside and play games such as Chicken Run.

P.S.H.E is another morning activity. We talk about mental health and how to be kind. You're told your attendance, given a list of your behaviour points and told about news going on in the School. It's really fun and informal and you have it every morning.



# Uniform

Uniform is a big thing in High School. You need to be smart and wear the uniform correctly as you could get a Stage if you don't. If you come to school with the incorrect uniform you can get a uniform pass so you don't get in trouble, but you need a note from home.

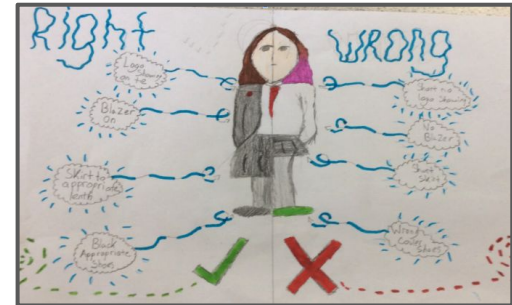
**Ties:** you need to be able to see the logo on your tie.

**Blazers:** you can keep all your stuff in your blazer. It needs to have the school badge on it.

**Shirt:** your shirt has to be tucked into your skirt or trousers.

**Skirts:** should be lower than your knees.

**Hair:** you are not allowed to have dyed hair/bright colours through your hair



# Vision

Written by Evie, Lois and Leon from 7G

We want every student to be happy, confident and successful. Students are encouraged to develop as individuals during their time with us.

The foundations for success at St. Ninian's have always been built on the positive relationships and mutual respect shown between students, staff, parents and governors.

Our ethos is to foster the character of our students through the development of good habits which reflect our three core values of Respect, Aspiration and Empowerment.



# Word of the Week

Written by Isabella, Maya and Olivia from 7F

In Tutorial, your teacher will probably mention the Word of the Week.

This is a word that will be chosen by Mrs Hunter. The Word of the Week can be seen on the screen in the Foyer but you also write it into your planner each week. There is usually a task involving the word too!

e.g. Optimist: Someone who always sees the bright side of any situation.

Winston Churchill once said “ A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty”





# eXpectations

Written by Olivia, Isabella, Maya from 7F

At School you will have expectations from the teachers and these are some of them:

1. Show up to class on time
2. Always wear the correct uniform
3. Do all your homework
4. Revise for tests and don't cheat
5. Always be punctual and ready to learn
6. Remain silent when being spoken to by your teachers
7. Stay 'on task' and don't disturb other students
8. Follow instructions first time, every time
9. Speak to others in a respectful way
10. Avoid physical contact with others



# Year 7

Written by Jessica, Ashton and Emma from 7C

When you first arrive at school, you will find the rest of Year 7 on the bottom corridor as this is where your Tutor Rooms will be. If it is ever raining at break and lunch time, this is where you are expected to go.

In Year 7 there are a few things that are different from Primary School, such as:

- More rewards for everyone
- Less assemblies
- Fun fixtures out of school

All the Year groups have assembly separately. The Year 7s have it on Wednesdays and as you change Year groups, the day you have assembly on will change too. The Year 7 curriculum is quite simple, it just builds on the stuff you learn in Primary School with a few new things along the way. If you need help, there is always someone in school to help you. We are all part of a big community!



# Zentangle

Written by Danika Naidoo from 7H

Zentangle is a school club that Mrs Hunter runs.

In Zentangle you will look at multiple patterns and learn how to draw them. You can go to Zentangle at lunch times. You will use Creativity and it takes a lot of thought to make a Zentangle pattern. Don't worry though, anyone can make a Zentangle pattern!

You will need a Club pass to go to this club. You will have to go to the office or find Mrs Hunter and get her to sign your pass and then at lunchtimes you give your pass to whoever is on the corridor and they will let you through.

A Club pass has blue on the sides and white in the middle. Zentangle is held at lunchtimes in S206, the Core Skills classroom.

