



# Welcome to Debenham High School!

The Headteacher, staff and present pupils of Debenham High School would all like to welcome you.

We hope that you will be happy here. This booklet is to help you find out about your new school, so that you will know what to expect when the new term begins.

Pupils usually join the High School from these Primary Schools:-

Bedfield  
Helmingham  
Wetheringsett

Earl Soham  
Creeting St Mary  
Sir Robert Hitcham, Debenham

Stonham Aspal  
Occold

Sometimes, pupils join us from other schools because they and their parents choose this school, or because they move into the area.

The full address of my new school is:-

Debenham High School  
Gracechurch Street  
Debenham  
STOWMARKET  
Suffolk  
IP14 6BL

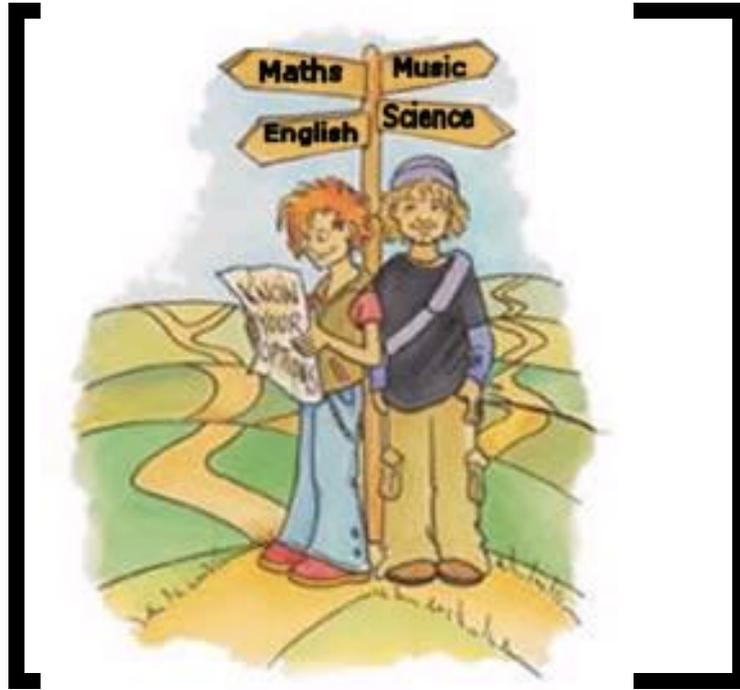
The telephone number is: 01728 860213

The Email address is: [office@debenhamhigh.co.uk](mailto:office@debenhamhigh.co.uk)

The Headteacher's name is: Mr Martin

My Head of Year is: \_\_\_\_\_





We hope that you will not feel too much like the boys in the cartoon, although you may be a little confused at first. However, as soon as you learn to find your way around the school you will feel less anxious.

On the map over the page, highlight or colour these key places:

- Your Form Room
- The toilets
- The Dining Room

My Form Teacher is: \_\_\_\_\_

My Form Room is: \_\_\_\_\_

All schools are similar, whether they are Primary Schools or High Schools

Each morning pupils arrive at school, and wait outside or in the covered way until the bell rings at 9.05am. Pupils then hang up their coats and go to their classroom for registration. After assembly they work in lesson 1 and 2 until morning break; then work again in lessons 3 and 4 until lunch. After lunch, there are 2 lessons and they return home at 3.45pm.

High Schools are larger than Primary Schools. There are more pupils and more staff or teachers. For some special lessons the children go to special rooms and have different teachers. However, one teacher, the form teacher, looks after each group or form of pupils.

You will go to your Form Room for Registration at 9.05am and 1.55pm. Bells will ring at these times.

# MAP OF THE SCHOOL



## SCHOOL SUBJECTS

In your first three years at Debenham High School you will follow courses in many different subjects:-

English

Maths

Science

Drama

French

Physical Education

Computer Science

Geography

History

Religious Education

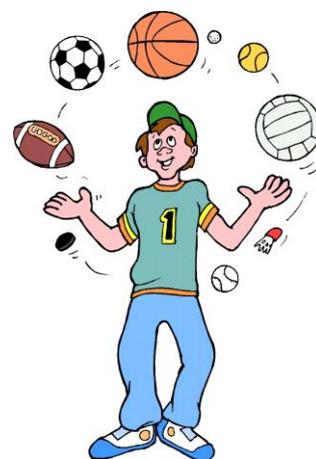
Music

Art/ Design Technology

Personal Social Health & Economic Education

Some of these will be new to you!

**CAN YOU NAME THESE SCHOOL SUBJECTS?**



## THE TIMETABLE

|                  | 9.25 – 10.15 | 10.15 – 11.05 |   | 11.20 – 12.10 | 12.10 – 1.00 |   | 2.05 – 2.55 | 2.55 – 3.45 |
|------------------|--------------|---------------|---|---------------|--------------|---|-------------|-------------|
| M<br>O<br>N      |              |               | B |               |              | L |             |             |
| T<br>U<br>E<br>S |              |               | R |               |              | U |             |             |
| W<br>E<br>D      |              |               | E |               |              | N |             |             |
| T<br>H<br>U<br>R |              |               | A |               |              | C |             |             |
| F<br>R<br>I      |              |               | K |               |              | H |             |             |

Each subject is taught in a different room with a different teacher.

There are \_\_\_\_\_ lessons per day. Each lesson is approximately 50 minutes long.

School starts: 9.05am

Registration: 9.05am - 9.15am

Assembly: 9.15am - 9.25am

Break: 11.05am – 11.20am

Lunch: 1.00pm – 1.50pm

Registration: 1.55pm – 2.05pm

School Ends: 3.45pm

CAN YOU WORK OUT WHAT TIME IT SHOULD BE AT:-

a) The beginning of lesson 1? \_\_\_\_\_

b) The beginning of lesson 4? \_\_\_\_\_

c) The end of the school day? \_\_\_\_\_

## LOG BOOKS

All pupils are given a Log Book at the beginning of the school year. It contains useful information about the school, and you must record in it all homework set. When you receive your Log Book, get to know the different sections and **SHOW IT TO YOUR PARENTS / CARERS.**

You must have your Log Book with you **EVERY DAY**, and you must get it signed by your parents/carers **EVERY WEEK**. If you forget your Log Book you will have to see your Head of Year on that day to get a homework record sheet and the next day to show that you have copied your homework into your Log Book.

Keep your Log Book in good condition. Do not lose it. Do not deface it by scribbling on or in it, tearing it. It is a very important resource. If you lose your logbook, you must inform your Form Tutor and purchase a new one from the school office. **A replacement will cost you £2.50.**



## HOUSES

Everyone at Debenham High School, pupils and staff, belongs to one of the five Houses. These are:

|    |          |               |
|----|----------|---------------|
| 7D | Da Vinci | colour White  |
| 7O | Owens    | colour Gold   |
| 7A | Austen   | colour Purple |
| 7N | Nelson   | colour Blue   |
| 7C | Curie    | colour Green  |

We have changed the names of our Forms this year to match the name of your House, your new Form is as above.

During the school year different competitions take place between the Houses and they compete for the House Cup. The School tie comes in five different colour combinations, each one representing a different House, and pupils wear whichever tie is the right one for their House.

# UNIFORM

## Female students

- All students must at all times wear a school branded jumper and shirt.
- White reversed blouse with collar (not a T-shirt) or white shirt and House tie. (Blouse/shirt should not be tight fitting, and should be long enough to remain tucked into waistband.)
- House ties are available from our uniform supplier Price and Buckland. They can be bought as a traditional tie or as a clip on tie, either style must be worn with the tie and top button fully done up.
- Plain black skirt – we have a specific school skirt. This is available through our school supplier, Price and Buckland. Please note that this skirt is branded with the school logo. No other skirt is permitted.
- or Full length plain black trousers, as per the Price and Buckland website. Trousers worn that do not conform to this specification will not be permitted. The bottoms of the trousers must not completely cover the shoe, nor should the ankle be visible.
- Plain black belt (optional), plastic or leather with no studs or decoration
- Plain socks or black/natural tights must be worn (not trainer socks)
- Black smart flat shoes (not trainers, boots, sandals, sling backs or canvas).
- Black blazer with the school logo (optional)
- No make-up.

## Male students

- All students must at all times wear a school branded jumper and shirt.
- White shirt (not a T-shirt) and House tie. (Shirt should be long enough to remain tucked into waistband.)
- House ties are available from our uniform supplier Price and Buckland. They can be bought as a traditional tie or as a clip on tie, either style must be worn with the tie and top button fully done up.
- Full length plain black trousers as per the Price and Buckland website. Trousers worn that do not conform to this specification will not be permitted. Plain black belt (optional), plastic or leather with no studs or decorations.
- Black smart shoes (not trainers, sandals or boots)
- Plain socks must be worn (not trainer socks)
- Black blazer with the school logo (optional).

## All students

- Plain white T-shirts may be worn under the school shirt during the winter months, but should not be visible at the neckline or cuffs.
- Hair styles should not be exaggerated or attract undue attention and colours should be natural.
- Visible tattoos are not permitted
- We discourage the wearing of jewellery, but the following are acceptable:  
a single plain stud or small hoop per ear in lower lobe; one fine gold or silver chain necklace, with no pendant or decoration; one narrow, discreet bracelet or charity band. No rings and no other piercings are permitted. Excess jewellery will be confiscated. On the first occasion this will be returned to the student at the end of the school day. After multiple confiscations the items will only be returned to a parent or carer.

## PE kit

All PE kit worn (other than shoes) must be school specific items. Compulsory items of PE uniform are:

- polo shirt
- shorts or skort
- reversible long sleeved sports shirt
- DHS socks
- training shoes (preferably white) with non-marking soles

Optional items of PE uniform are:

- tracksuit top and bottoms
- base skins
- Girls leggings must be school supplied version
- Football boots are strongly recommended for use in wet and muddy weather
- For all rugby and hockey lessons, the wearing of a gumshield is strongly recommended.

Named items of uniform must be surname only, no abbreviations or nicknames.

Please note that **NO** jewellery may be worn during PE lessons for health and safety reasons.

ALL items of clothing and belongings **MUST** be clearly labelled with the pupil's name. Any unidentified clothing found in the school will be returned to lost property and held for a term. Parents who have difficulty financing school uniform are invited to contact the Head of Year, in confidence, for assistance.

## Mobile phone and music players

Students are discouraged from bringing any mobile phones, music players or other electrical equipment to school. The school recognises that some parents, for reasons of safety, may wish their daughter or son to bring a phone to school. Any device remains the responsibility of the student and the school cannot be held liable for any loss, breakage or theft.

If students and parents chose to bring any such device to school the following expectations will be enforced.

All mobile phones, music players or other electrical equipment must be kept switched off and out of sight at all times on the school premises. Any use of phones is prohibited – this includes making or receiving calls / text messages / photographs / videos; listening to music; using as a calculator / conversion software; and checking the time.

In case of emergency, or where there is a particular need, students should ask a senior member of staff for permission to use the phone in an office.

The use of personal musical devices anywhere on the school site is not permitted.

If a student is seen using a device at school it will be confiscated. Multiple offences will result in an after school detention and parents will be asked to come to school to collect the device from school.

## HOMEWORK TIMETABLE

A timetable will be provided within the first six weeks of the new Academic Year. The example timetable below will give you an idea of how much homework to expect each week, there will be occasions where homework might change to make sure that homework best supports the learning which is taking place in lessons.

| Subject   | Monday      | Tuesday    | Wednesday  | Thursday | Friday |
|-----------|-------------|------------|------------|----------|--------|
| Maths     | All groups  |            |            |          |        |
| English   |             | All Groups |            |          |        |
| Science   |             | 7D, 7A     |            | 7N       | 7O, 7C |
| French    | 7D          | 7O         | 7A         | 7C       | 7N     |
| Geography | 7D, 7O & 7C |            |            | 7A, 7N   |        |
| History   | 7O          | 7D         | 7A         | 7C       | 7N     |
| IT        |             |            |            |          |        |
| RE        |             |            |            |          |        |
| DT        |             |            | All groups |          |        |
| Art       |             |            |            |          |        |

## LUNCHTIME ARRANGEMENTS



In the High School cafeteria meals are locally sourced, freshly prepared and well balanced and made by our own kitchen staff. A choice of menu is available daily including meal deals, vegetarian and pasta options and a salad bar. All meals comply with the Healthy Schools Initiative by the School Food Trust. All food is individually priced. Snacks are also available at break times in the morning and a satellite service at lunchtime offers grab and go food.

### Arrangements for going into Lunch:

Cooked lunches are eaten in the dining room. Year 7 pupils may eat packed lunches in either the dining room, the school hall or under the covered way – NOWHERE ELSE!

Pupils eating a packed lunch should not go into the Dining Hall until 1.20pm. Pupils having a cooked lunch take it in turns to go into the dining room first. This is done on a rota basis:

| MONDAY   | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY   |
|----------|----------|-----------|----------|----------|
| 11       | 10       | 9         | 8        | <b>7</b> |
| <b>7</b> | 11       | 10        | 9        | 8        |
| 8        | <b>7</b> | 11        | 10       | 9        |
| 9        | 8        | <b>7</b>  | 11       | 10       |
| 10       | 9        | 8         | <b>7</b> | 11       |

Each year knows when it is their turn to go in to lunch by the number of times the bell is rung:

|         |   |         |
|---------|---|---------|
| Year 7  | - | 1 Bell  |
| Year 8  | - | 2 Bells |
| Year 9  | - | 3 Bells |
| Year 10 | - | 4 Bells |
| Year 11 | - | 5 Bells |

You must not line up outside the dining room until your bell is rung.

If you would like a hot snack or sandwich, you can buy these at the outdoor catering pod under the canopy anytime between 1.00pm and 1.30pm

## SAMPLE MENU

|                            | £       | p  |   | £      | p   |
|----------------------------|---------|----|---|--------|-----|
| Special Dish of the day    | 1.      | 40 | Baked Beans                                 |        | 40  |
| Vegetarian Dish            | 1.      | 30 | Salad Portion                               |        | 45  |
| Meal of the Day            | 2.      | 30 | Cheese Portion                              |        | 60  |
| Lunch Bowl Special         | 1.      | 70 | Salad Pot                                   | 1.     | 30  |
| Vegetarian Meal of the Day | 1.      | 50 |   |        |     |
|                            |         |    |   |        |     |
| Pizza                      | 1.      | 30 | Sandwiches (various)                        | from 1 | 10  |
| Pasta Dish                 | 1.      | 30 | Garlic Bread Slice                          |        | 35  |
| Sausage Roll               |         | 80 | Homemade Speciality Bread                   |        | 35  |
|                            |         |    |   |        |     |
|                            |         |    | Hot Pudding & Custard                       |        | 75  |
| Jacket Potato (Plain)      |         | 70 | Cold Pudding                                |        | 75  |
| Jacket Potato (filled)     | from 1. | 00 | Cakes/ buns/ cookies                        | From   | 45  |
| Chips (only Fridays)       |         | 90 | Yoghurt                                     |        | 50  |
| Fresh vegetable portion    |         | 40 | Fresh Fruit                                 |        | 35  |
| Sauté Potatoes             |         | 60 |   |        |     |
|                            |         |    |   |        |     |
| Homemade Soup & Bread Roll | 1       | 30 | Flavoured Milk                              |        | 60  |
|                            |         |    | Fruit Juices                                |        | 60  |
|                            |         |    | Bottled Water, 330ml                        | From   | 50  |
|                            |         |    | Cold Water from Machine<br>(bring a bottle) |        | FOC |

The menu changes daily and there is always a choice; a vegetarian meal is always available. At mid-morning break there is a variety of snacks available, e.g. pizzas, baguettes, wraps and fresh fruit. There are also drinks such as fruit juices, milk, water, and orange.

## CLUBS

At lunchtime and after school there are many clubs to attend if you wish:

Eg;

Craft Club, Chess Club, Table Tennis Club, Textiles Club, Computer Club, Drama Club, Science Club, Fitness Club and Mr Rockett's 'Warhammer' Club.

There are also many sporting activities, which change at different times of the year.

Have a look at the list and pick some clubs you would like to attend. Try to get involved with a variety of clubs, it will help you meet new friends with similar interests and will keep you busy during lunchtime.

| EX-CURRICULAR ACTIVITIES - Summer Term 1. |                 |                         |                     | AFTER SCHOOL (4 - 8 PM) |                     |                 |                |        |
|---|-----------------|-------------------------|---------------------|-------------------------|---------------------|-----------------|----------------|--------|
| DAY:                                      | ACTIVITY:       | LUNCHTIME (1 - 1.30 pm) |                     | STAFF:                  | ACTIVITY:           | FOR:            | VENUE:         | STAFF: |
|   |                 | FOR:                    | VENUE:              |                         |                     |                 |                |        |
| MONDAY                                    | Chess Club      | All years               | Physics Lab (Rm 23) | AHo                     | GCSE Food Tech      | Y11 GCSE        | Field Tech (1) | JTh    |
|   | Textiles Club   | All years               | Textiles Room (8)   | MLa                     |                     |                 |                |        |
| TUESDAY                                   | Flute Choir     | All years               | Music Room (29)     | DRa                     | Computer Club       | Y7 - 11         | Room 20        | JRo    |
|   | Mixed Fitness   | All years               | Leisure Centre      | VSa                     |                     |                 |                |        |
| WEDNESDAY                                 | Cricket         | Ys 9 & 10               | Field               | NMI                     | GCSE Technology     | Yrs. 10 & 11    | Workshop(10)   | GWr    |
|   | GCSE Technology | Y11                     | Tech Workshop (10)  | SHW                     |                     |                 |                |        |
| THURSDAY                                  | Windband        | All years               | Hall/Music Rm       | CRa                     | Warhammer Athletics | Y7 - 11         | Room 21        | SRa    |
|   | Indoor Football | Y11 boys                | Leisure Centre      | NMI                     |                     |                 |                |        |
| FRIDAY                                    | Rounders        | Ys 7 & 8                | Field               | CTh                     | GCSE Art            | Y10/11 students | Art Rm (7)     | JMi    |
|   | Activity Club   | Y11                     | Tech Workshop (10)  | SHW                     |                     |                 |                |        |
| SATURDAY                                  | Orchestra       | All years               | Hall/Music Rm       | CRa                     | Cricket             | Yrs. 7 & 8      | Field          | NMI    |
|   | Warhammer       | Y11                     | Tech Workshop (10)  | SHW                     |                     |                 |                |        |
| SUNDAY                                    | GCSE Technology | Y11                     | Tech Workshop (10)  | SHW                     | Cricket             | Yrs. 7 & 8      | Field          | NMI    |
|   | GCSE Technology | Y11                     | Tech Workshop (10)  | SHW                     |                     |                 |                |        |

## MUSIC



In addition to your normal class music lessons, you may also choose to learn to play an instrument. There are different musical groups each lunch time including Orchestra, Bands and Choir amongst many other musical activities. For more information about music activities, please contact Mr Rinaldi, Head of Music.

## THE FIRST DAY

- On your first day you must bring with you your pencil case, your PE kit, trainers (plimsolls) for drama, your packed lunch and your bus pass, if you have one.
- Make your way (via bus, foot or car) by 9.05am. If you travel by bus, your bus pass will be sent to your home address before the beginning of term. You must have it with you on the first day and every school day after that, as the bus drivers will check passes and will not let you on the bus without a valid one. If you don't get your pass on time, call 0345 606 6067.
- When you arrive, go to the playground or covered way and meet with other pupils until the bell rings.
- When the bell rings, make your way to your form room (the room you were in on Induction Day). In registration you will have a regular opportunity to discuss your progress with your Tutor, who will want to look through your work in each of the subjects you do. If you have any worries about your work or life at school, the registration time gives you a chance to discuss these with your Tutor. In fact, if there is anything which is making you unhappy it is important to tell your Tutor, so that he or she can try to help. Each form also has 2 Peer Mentors attached to them – these are older pupils from Years 9 – 11 who are there once each week to talk to, support and get to know the form. **Remember**, we can't help you unless we know what is wrong.
- When you have registered, you will be sent to Assembly, usually in the Main Hall.
- When Assembly ends go to your first lesson; which is on your timetable in the back of your log book.
- Bells will ring at the end of each lesson.
- At break time, you may go to the canteen and buy a snack if you wish, or go out to play. It is during this time NOT lessons when you should fill up water bottles in the covered way or dining hall and go to the toilet.
- When the bell rings for lunch, you should go to the covered way or main hall if you have packed lunch. If you are having a hot lunch from the canteen you must listen out for your year bell (1 bell ring) to tell you when to go to the canteen.
- At 1.50pm warning bells will ring. This tells you to go to your form room for afternoon registration with your Form Tutor. When the second bell rings you should be sat down quietly waiting for the register to be taken.
- When the bell rings again at 2.05pm you and your Form will make your way to afternoon lessons.
- The school day ends at 3.45pm. If you travel by bus you must line up in the front playground. Each bus is numbered on the ground and you must queue up in the bus line you travel on. If you are being collected, your parents/carers should collect you from the Leisure Centre Car Park. To get there you must go via the MUGA. Those walking home into Debenham should leave via the gate in the front playground.

***Congratulations! You made it through your first day.***

## MY FIRST DAY AT DEBENHAM HIGH SCHOOL WILL BE

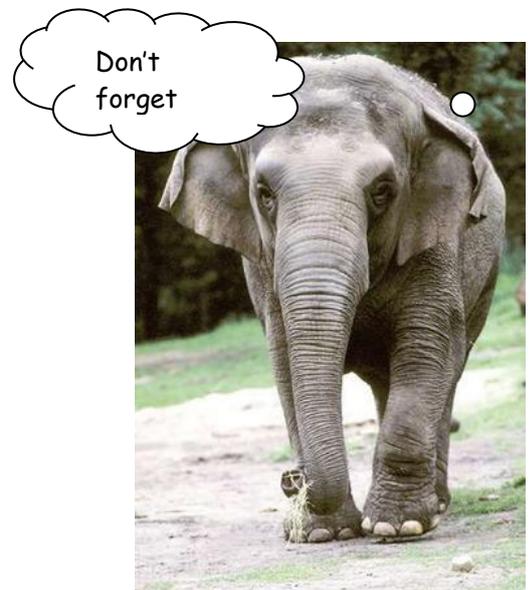
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Your bus pass will be sent to your home address before the beginning of term. You **must** have it with you on the first day and every school day after that, as the bus drivers will check passes and will not let you on the bus without a valid one. If you don't get your pass on time, call 0345 606 6067

### WHAT WILL I NEED?

Write down a list of the things you will need to bring to school.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

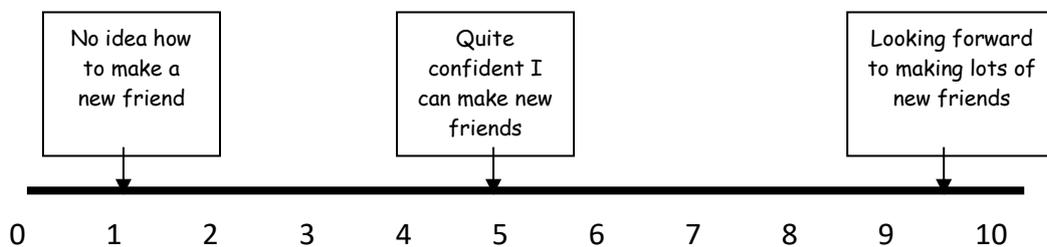


## MAKING FRIENDS

Everyone has strengths and weaknesses. Some pupils find it really easy to get to the top level on a computer game whilst others never get past Level 1. Some pupils have no problems drawing amazing life-like pictures whilst others find it difficult to draw a good stick-man.

It's the same with making friends. Some pupils love meeting new people, are very chatty and make lots of friends easily. Others don't know how to begin to make even one new friend. Some of you will have come from one of the larger primary schools and will know lots of people in the year already. Others may be one of only a small number or the only person from their school. It is important for us all to make an effort to meet new people and make new friends.

Mark where you think you fit on the scale?



Below are a few hints and tips to help you make a new friend. Why don't you practise with a classmate?

- Smile;
- Tell them your name and ask what they're called;
- Find out what they are interested in, you may find you have similar interests like sport, art, etc;
- Talk about shared interests or something they like which you haven't heard of;
- Ask them if they want to do something at break-time, meet up for lunch or join the same lunchtime club.



## QUESTION TIME

**You probably have lots of questions to ask your tutor, but one thing that tends to worry pupils is homework. This is your chance to ask your tutor about it. If you can think of any others, jot them down at the bottom of the page!**

1. How long will I be expected to spend on homework each night?

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2. How will I know what to do?

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3. How long will I have to complete it? \_\_\_\_\_

4. What should I do if I get confused when I'm writing the homework instructions in my diary?

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5. What will happen if I forget to do it or forget to bring it in?

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6. What should I do if I find the homework is too difficult?

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Are there any questions you have? Write them down here and ask your tutor or helpers

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## WHAT DO I DO IF . . .



Here are some questions often asked by new pupils. See if you can work out the correct answers to each question.

1. Who can I talk to if I am unsure or unhappy about something? a) Apologise to the teacher at the beginning of the lesson or before, and try not to do it again.
2. How do I address teachers? b) Speak to your Form Tutor, to your Head of Year or any other teacher or to your parents/carers
3. What do I do if I am wearing incorrect uniform? c) Politely; Sir..... or Miss.....
4. What do I do if I forget one of my books? d) Speak to your Form Tutor, to your Head of Year or to any teacher and/or fill in a form and put it through the Pastoral Office letter box or visit the school's bullying website at [www.debenhamhighschool.suffolk.sch.uk/BULLYINGWEB/HOME.htm](http://www.debenhamhighschool.suffolk.sch.uk/BULLYINGWEB/HOME.htm)
5. What should I do if I am going on holiday?
6. What should I do if I am being bullied? e) Get a note (in your Log Book) from your parents, show it to your Form Tutor so that they can sign it, then show it at the school office when you sign in/ out.
7. How do I know which lesson to go to next?
8. What do I do with something valuable? f) Check with staff in the office to see if it has been handed in there. If it's PE kit, check with PE teachers to see if it is in the PE office. Check all the cloakrooms.
9. Who do I see if I have lost something? g) Go to the office and ask to sign in
10. Where do I go if I have a cut? h) Get a note from your parents (in the Log Book) and show it to your Form Tutor
11. How do I make sure I will be able to find something of mine which I might have lost? i) Go to the office, where you will be taken to the medical room and looked after
12. What do I have to do when I have been away for a day? j) Look at your timetable in your Log Book
13. What do I do if the bus was late and registration time is over? k) Get a holiday form from the office for your parents/carers to complete. Return it to the school mailbox for authorisation
14. What do I do if I am going to the dentist in school time? l) Valuables should not be brought to school, but if you have to bring something in for a special reason, take it to the office and ask for it to be looked after until the end of the day. DO NOT leave it in your coat pocket or bag
15. What should I do if I cannot do PE? m) See your Head of Year with a note from parents, to get a uniform pass  
n) Write your name on it  
o) Get a note from parents/carers (in your Log Book) and show it to your PE teacher

Write your answers here:

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_ 4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_  
7) \_\_\_\_\_ 8) \_\_\_\_\_ 9) \_\_\_\_\_ 10) \_\_\_\_\_ 11) \_\_\_\_\_ 12) \_\_\_\_\_  
13) \_\_\_\_\_ 14) \_\_\_\_\_ 15) \_\_\_\_\_ 16) \_\_\_\_\_

Here are some comments from some of our Year 7 pupils. They were unsure at first, but have all settled down well.

..... In the summer holidays I was looking forward to coming to the big school and people kept putting me off but I did not take any notice of them. When I came here I made friends with Philip and David.

..... When I first came to this school, I thought that no one would help, but I was wrong. I asked several teachers where my lessons were and they all told me where to go. As soon as I got to school, I already knew half of my way around the school because our people from the little school had been shown around the High School. I made a lot of friends the first week at school and I think that it is a nice school.

..... When I first came to this school, I was a bit frightened that I would get lost. But it wasn't as bad as I thought it would be. I got lost the odd once or twice, but I soon got to know my way about. It seemed a bit strange because I came from a small school and this is a lot bigger. There are lots of people to be friends with. In your second day you will fill in a timetable. I soon found out there were lots of clubs to go to and lots of activities to join and it's good fun at this school.

..... When I first came to Debenham High School I felt a lot older. I felt a bit lost when I started the lessons, but as soon as I got used to all the different kinds of times and what classroom you were supposed to be in, at what time, I started to enjoy being at Debenham High School.

..... When I first got to school, I was very nervous because the school looked very big and I thought I would get lost, but after a few days I got used to it and I felt very silly because there is nothing to be scared of because you have got your friends all around you.

..... When I started school at Debenham, I was a bit worried about the older children and what I would do if there was a problem. After the first week we had two peer mentors who came in to our form group to do activities to get to know us. I am now not scared of the older children and can talk to our matched peer mentor if I have a problem with new friendships.



# SCHOOL RULES

We have rules in the school, to make sure that you are always safe and looked after; please do not break these rules:

1. You **MUST NOT LEAVE THE SCHOOL SITE** without:
  - a) Written permission from your parent/carer
  - b) Approval by Mr Martin, Mrs Ramsay or Miss McBurney
  - c) Signing out at the office as you leave and signing in when you return
2. You must have your **LOG BOOK** with you for every lesson.
3. **FOOD** must be eaten in either:
  - a) DINING ROOM
  - b) COVERED WAY
  - c) SCHOOL HALL

Please keep our school tidy. Do not drop LITTER. Use the bins provided.

4. **PE KIT** must be brought for all appropriate lessons.  
All jewellery **MUST BE REMOVED** during PE lessons and handed in to the PE office for safekeeping.
5. **CHEWING GUM** is not permitted on the school site.
6. **SCHOOL UNIFORM** must be worn **CORRECTLY** on all occasions.  
In case of difficulty a UNIFORM PASS must be obtained from Head of Year or Mrs Ramsay and carried for inspection by any teacher.
7. No visible piercing other than a single stud in the lower ear lobe is allowed.
8. Do not bring **VALUABLE ITEMS** (e.g. personal stereos, computer games, MP3s or iPods) in to school.
9. Mobile phone and music players - Pupils are discouraged from bringing any mobile phones, music players or other electrical equipment to school. The school recognises that some parents, for reasons of safety, may wish their child to bring a phone to school. Any device remains the responsibility of the pupil and the school cannot be held liable for any loss, breakage or theft. If pupils and parents choose to bring any such device into school the following expectations will be enforced.  
All mobile phones, music players or other electrical equipment must be kept switched off and out of sight at all times on the school premises. Any use of phones is prohibited – this includes making or receiving calls / text messages / photographs / videos; listening to music; using as a calculator / conversion software; and checking the time.  
In case of emergency, or where there is a particular need, students should ask a senior member of staff for permission to use the phone in an office.  
The use of personal musical devices anywhere on the school site is not permitted.  
If a student is seen using a device at school it will be confiscated. Multiple offences will result in an after school detention and parents will be asked to come to school to collect the device.

**CHECKLIST FOR  
MY FIRST DAY AT  
DEBENHAM HIGH SCHOOL**

Full Uniform

School bag with:

|                                    |  |
|------------------------------------|--|
| Pencil Case                        |  |
| PE Kit                             |  |
| Trainers                           |  |
| Packed Lunch (if needed)           |  |
| Bus Pass (if needed)               |  |
| Lanyard or Key Ring for locker key |  |