

# Starting Year 7

## A simple guide for students

Welcome to Stoke Dameral Community College!  
We are here to help you.



### 1 Your school day

School starts  
at 8.40am.

Try to arrive by  
8.35am.

School finishes  
at 3.00pm.



### 2 Breakfast and break

Free breakfast is  
available before school.

You will have break time  
and lunch time.

Bring a water bottle.



### 3 Who can help me?

Your tutor can  
help you.

The Year Team can  
help if you feel worried.

It is okay to ask  
questions.



### 4 Friends

You will meet  
new people.

Some students  
feel nervous  
at first.

Staff can help  
you make friends.



### 5 Learning

Teachers will help you  
learn new routines.

Homework is online.

Do your best and ask  
for help if you need it.



### 6 Uniform and equipment

Wear your school  
uniform every day.

Bring your bag and  
pencil case.

Keep your things ready  
the night before.



### 7 Mobile phones

Phones stay  
switched off in  
your bag during  
the school day.



### 8 Getting to school

Practise your  
journey to and  
from school.

Know who to ask if  
you are worried  
or lost.



### 9 Clubs

You can join  
clubs like sport,  
art, music,  
drama and  
computing.



### Remember



It is okay to feel nervous.



Lots of children feel the same.



Adults in school will help you.



You do not have to do it alone.



### Top tip:

Practise your morning routine and  
your journey before September.



You belong here. We can't wait to meet you!