



## Students Section

Dear Student

This week we'd like to introduce you to our final group of teachers who would like to share information about their exciting subjects with you.



Hi Year 6,  
My name is Mr Clarke and I am the Head of Physical Education here at PCS. Our department consists of



Mr. Brasier, Mr Burns, Ms Leggett, Mr Broadbent, Mr Dumbrell, Mr Radmore, Mr Kendall and myself.

Whilst at PCS throughout years 7-11 you will have 2 hours of core PE per week. You will take part in a broad and balanced curriculum that offers a variety of physical activities across Invasion Games, Net and Ball Games, Striking and Fielding, Outdoor Adventurous Activities, Gymnastics, Health and Fitness and Athletics.

Our ethos is to develop physically literate, socially confident, free thinking individuals, who understand the importance of living active and healthy lifestyles and who value the physical, mental and social benefits of lifelong participation in physical activities.

You'll also get the opportunity to attend a wide range of extra curricular activities that differ inline with the curriculum throughout each term.

### Kit

Students are expected to be wearing the correct kit for PE throughout the year. All kit can be purchased from the school suppliers.

The kit includes:

- Black PCS shorts (Compulsory)
- Red PCS t-shirt (Compulsory)
- Base layers under compulsory kit (Lycra leggings must be black with no logo, top can be black or red no logo.) Tights are not allowed.
- Black PCS tracksuit bottoms
- PCS mid layer
- PCS rain jacket

### Jewellery

- No Jewellery can be worn in lessons at any time due to health and safety concerns. Taping is not allowed.

**If your child wishes to have their ears/nose pierced, this needs to be done during the longer holidays to ensure on their return they are able to remove them to be able to participate in lessons.**

For further information regarding our PE curriculum please visit our website:

<https://www.phcs.org.uk/page/?title=Physical+Education&pid=57>

We look forward to you joining us here at PCS and taking part alongside others in Physical Education.

Kind regards,  
Mr James Clarke



Hello, Mr. Cornish here.



I teach in the Design & Technology Department which includes making things in wood, plastic, fabric and metal, and learning about nutrition and cooking techniques.

Many of you will have already enjoyed designing and making things, or helping to make meals for your family. When you start at PCS you'll get the opportunity to use tools in one of the workshops. You'll also cook wonderful recipes in our Food Technology rooms.

We'll teach you how to do this safely and give you opportunities to develop products and dishes that give you skills for life. Hopefully, as your skills develop you will be able to use more complicated machines such as the laser cutter, and kitchen equipment such as pasta rollers.

All of the teachers in our department are really looking forward to meeting you and helping you develop your skills.

However, we'd really like to see what making skills you already have and to see what you've been up to, wherever that's been.

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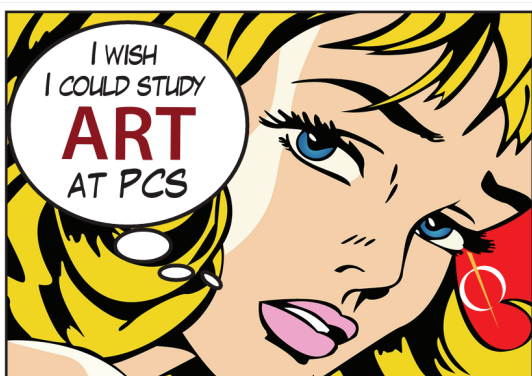
you and helping you develop your skills.

So, I'd like you to email me a picture of something that you've made.

It could be a cake, a shed, an embroidery, a painted Warhammer set, a Minecraft mansion, a fruit pie, an electric lamp, a 3D printed model ...basically anything you've made.

My email is **phillip.cornish@swale.at** and I can't wait to see what you can do.

See you at school. Mr. Cornish



Hello brilliant year 6s!

It's Mrs Parr here. I'm the Head of art and photography at PCS and myself and the arts team are really looking forward to meeting you.



All you need to bring to your art lessons is some basic equipment (pencil, pen, rubber, sharpener and ruler) and an open mind, be ready to learn and be willing to discuss different skills and artists working in the world around us. We look at historical and contemporary (alive!) artists and designers and they inspire our own ideas, alongside the inspiration from the world around us.

At the start of year 7 we go right back to the start and learn how to draw

from observation, how to plan a drawing and how to shade to make the drawing appear 3-dimensional. The second project is a painting project, where you learn about designing and colour mixing. The final project is a fun printing project.

To get ready for year 7, start looking at how artists make a drawing appear realistic. Look up some amazing graphic designers who have created the design (concept art) work for Star Wars or Arcane. See if you can turn a shampoo bottle into a spaceship, like Spacegoose!

The key thing is to come in and be positive about what you already know and be willing to listen and learn.

If you do drawing or anything creative at home, let me know - it would be great to see your artwork.

My email is **charly.parr@swale.at**

See you soon!

Mrs Parr

## Transition Leader

*Dear Transition leader,  
I will be joining PCS soon and I'm really worried about the bigger children and the busy corridors.  
What should I do? Year 6 Peacehaven*

Dear Year 6 student,

*Thank you for reaching out to us. It is said that a worry shared is a worry halved, so you have taken the first step!*

*I, just like you, used to worry about the older students because I'm quite small!*

*However, I realised that they are actually friendly and not as intimidating as I thought. They are*

*usually busy chatting with friends or hurrying to their classes, so you won't have to interact with them much.*

*If you ever feel lost or upset, most of them are willing to help, and there are always teachers and adults around in the corridors to assist you if needed.*

*Regarding the busy corridors, we have a one-way system to make moving around much easier. Also there are shortcuts which avoid the main corridors.*

- Be courageous.
- Don't bottle up your worries.
- Use the Year 7 only spaces; they are a great escape from the 'big people'!

*I hope this advice proves helpful.*

Transition team

***I will be joining PCS soon. My question for you is, how will PCS be different from my primary school? R from Peacehaven***

Dear Year 6 student,

*Thank you for getting in touch. There are a number of differences between primary and secondary school. Firstly, you have to wear a blazer and a tie according to your year group, this is good because the ties make you feel part of your year group and help you recognise people who are in your year.*

*The blazer is also a good addition to the uniform as it looks smart, and when you look smart and feel smart it improves how you conduct yourself.*

*The layout of the school is easy to find your way around, as there are many big vibrant posters guiding you to different subjects. The school is a nice size as it is not too small, making it less crowded for students, this can*



reduce risks of injuries.

However, the school is not too big either, so students will not have any issues getting lost and being late to lessons, this also reduces anxiety in some children. PCS provides a range of different out of school hour clubs for its students, for example; dance, football, rugby, drama, music, a revision/homework club and also a breakfast club for those who may need to arrive at school a bit earlier.

Following on from this a select number of the physical/sport clubs offer fixtures against other schools around the area. These clubs also boost children's social skills and can improve mental health.

Unlike primary schools, every year group has their own Pastoral Leader in which they can go to about any worries or issues they may have. Each Pastoral Leader is very friendly and easy to talk to and they communicate very well with other staff/students to suit every child's needs and problems.

Hope this helps and I look forward to meeting you in person soon,

Year 7 Transition Leader.

***I will be joining PCS soon. What advice would you give to help me not to worry too much about all of the different changes?  
J from Peacehaven***

Dear Year 6

I know you may feel nervous and anxious about starting PCS. I know I did and that is totally ok.

One of my fears was that no one would know I was dyslexic and I would struggle to keep up, but it was fine because my Year 6 teacher at Telscombe had spoken with PCS and all my teachers were made aware of it.

*After my first week I thought I am never going to be able to find my way around the school, it seemed massive compared to our lovely little primary school. But it took two weeks for me to know my way around.*

*Another fear I had was not being able to make new friends. I can be quite shy, but I didn't need to worry. My mentor group is the best, even though it is made up of children from all different schools we get on so well and are great friends.*

*My main piece of advice would be if you are worried, upset or anxious about anything please ask for help. There are lots of people who can help and students who will point you in the right direction.*

*Be happy*

*Year 7 student*

## Parent Corner

Dear Parents and Carers,

We have received numerous queries from parents about supporting their child during the transition process. Therefore, we have compiled a list of 'top tips for parents and carers':

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Therefore, we have compiled a list of 'top tips for parents and carers':

- Reassure your child that feeling anxious about the transition is normal and that things will improve with time
- Look at the transition section on the website together to ensure your child knows who to contact or where to seek help if needed.

- Consider practising the route to school, especially if your child walks or cycles.
- Start waking up earlier during the last week of the holidays to ease the transition to early starts for school.
- Help your child establish good routines, such as packing their bag the night before and creating a daily checklist for school items and homework deadlines.
- Encourage your child to maintain a regular bedtime and set an alarm for the morning.
- Support your child in adhering to the uniform code for a positive start at school. They'll want to wear trainers but they are not part of the school uniform!
- Inform us promptly if there are any issues that could affect your child's day. (Refer to 'Who should I contact?')
- Provide a quiet workspace for homework completion, or suggest the use of school homework clubs if needed.
- Ensure all belongings, including shoes, are named and labelled.
- Encourage your child to participate in lunchtime or after-school clubs as an excellent way to make friends.
- Advocate for a "device-free" time at least one hour before bedtime for a peaceful end to the day.

For additional tips, resources, and advice, please visit the "Starting Secondary School" section on the BBC Bitesize website:

<https://www.bbc.co.uk/bitesize/groups/c5vpkq11934t>