

Little Heath School



WELCOME

**Information for
New Parents/Carers
2020 – 2021**



Little Heath School
Little Heath Road
Tilehurst
Reading
Berkshire
RG31 5TY

Telephone: Reading: 0118 9427337
Website: www.littleheath.org.uk

Email: office@littleheath.org.uk or
Mrs M Baker, Key Stage 3 Secretary
mbaker@littleheath.org.uk

Dear Parent/Carer

We have great pleasure in welcoming your child as a new member of Little Heath School. Transition between primary and secondary school is an incredibly important time for families and we hope this handbook helps to answer some of the questions that might arise in the days leading up to and during the beginning of the Autumn Term. In addition, our school prospectus can be found on the school website.

Obviously this year is more than a little bit different to previous years, but we feel that it is really important that we don't keep saying to you and your children, 'Well, this isn't how we'd usually do things...' because we don't want them to feel like they are getting less of an experience. Yes it is different, but we want to make sure that we do all that we can to make them feel special, rather than feeling like they are missing out.

We will be running a virtual Transition Meeting for Year 7 Parents. Here you will have the opportunity to 'meet' the KS3 team, Mrs Jessop (Head of Year 7) and Mrs Rayner (Assistant Headteacher Key Stage 3) Ms Button (Deputy Head Teacher Key Stage 3) and Mr Ramsden (Headteacher). We will send you a link to this video and it will 'go live' from 8th July (the date we had arranged for our Transition Evening). More details to follow!

We would really like to offer you the opportunity to ask any questions you have, so we have created a specific transition email address for you and your children to pose any questions you may have and we will make sure that we answer them during the meeting. Please send any questions to transition@littleheath.org.uk

We are also working closely with primaries to run some virtual Q+A sessions and we will be in touch with some more details about further virtual meetings for some of our smaller primaries and students who haven't been able to go back to school.

We just want to reassure you that we will make sure that we look after your sons and daughters and will make sure that although they haven't had the usual visits to LHS, they will undergo a proper and thorough introduction to Little Heath when we start back.

We are all looking forward to the start of Year 7 in September, when we hope that we will all be starting together. Obviously more information will follow as soon as we know more.

Mrs Jessop	Mrs Rayner	Ms Button	Mr D Ramsden
Head of Year 7	Assistant Headteacher	Deputy Headteacher	Headteacher

MY CHILD HAS MISSED OUT ON THE USUAL TRANSITION, WHAT WILL THAT MEAN?

We are really mindful of the fact that Year 6 have had a tough few months and not at all what they, you, their primaries or we planned or hoped for, but the most important thing you need to know is that we will make sure that your child feels safe, happy and confident at LHS. We have been working closely with primary schools to ensure that we find out as much as possible about your children, so that we can place them in a tutor group where they will find some new friends, build relationships and flourish.

We will also spend time compensating for the lack of transition at the start of term with time with their tutor and tutor group, getting to know one another, the school and making sure they feel safe and happy. Like we have said many times, our focus will not be on what could have happened, but what will happen for them. You can do your bit, by being really positive about how we will help them and encourage them to realise that everyone in new Year 7 will be feeling the same. Please encourage older siblings to be kind and supportive about this being special for them, rather than scary.

Obviously at the moment we do not know what September will look like for all schools, so for now, we will explain what we hope we will do, but if and when we know more, we will send you additional information.

WHAT WILL MY CHILD'S FIRST DAY AT LITTLE HEATH SCHOOL LOOK LIKE?

We are all looking forward to meeting your child on the first day of term and hope they are excited about the occasion too! Staff and students will be available from 8.30am to welcome students at the front of school. Please arrive by 8.50am on Thursday 3rd September. They will be shown to the Main Hall where they will meet their form tutor and start the day. Time will be spent with their tutor group, looking at their timetable, getting to know one another and familiarising themselves with where they need to go and what they need to do before starting lessons. Their day will end at the normal time of 3.25pm. Please be aware that Little Heath Road can get extremely busy and it might be worth arranging to meet away from the school gates and encouraging them to walk home if possible

HOW DOES LITTLE HEATH SCHOOL COMMUNICATE WITH HOME?

Most communication between the school and parents is via the 'In Touch' e-mail system. This is a dynamic e-mail system that has been at the heart of our close partnership with parents for the past four years. Letters about school events and trips, school reports and newsletters are all sent home by 'In Touch'. Occasionally we may contact you by text, for instance to inform you if your child is absent from school and we are unaware of a reason. Some letters may still come home via 'pupil post' but we are doing this far less often now. It is, therefore, vital that we have up to date records of your contact details including e-mail address and we ask that you inform the school office if and when these change.

WHO SHOULD I CONTACT IF I NEED TO TALK TO SOMEONE ABOUT MY CHILD?

Your child's Form Tutor will usually be your first day to day point of contact, but the Head of Year 7, Mrs Jessop or Mrs Harper, our Achievement Leader may also be contacted if problems arise. Please telephone Mrs M Baker, the Key Stage 3 Secretary, on 01189 439512 if you have any other enquiries and she will be able to direct you to the appropriate person. When a message is left, staff will call back as soon as they can but this may not be immediately if they are teaching. All teachers' email addresses can be found on our website.

WHAT ARE THE SCHOOL HOURS?

School begins at 8.50am and ends at 3.25pm.

HOW IS THE TIMETABLE ORGANISED?

Each day has five one hour lessons. We work on a two week, ten day timetable. It is, therefore, important that students check their timetable the night before and check whether it is a Week 1 or Week 2 before they pack their bags for the following day. Please can we ask you to help them with this at first to establish a good routine.

LESSONS	TIME
AM Registration	8.50am-9am
Period 1	9am-10am
Period 2	10am-11am
Break time	11am-11.20am
Period 3	11.20am-12.20pm
Period 4	12.20pm-1.20pm
Lunch time	1.20pm-2.05pm
PM Registration	2.05pm-2.25pm
Period 5	2.25pm-3.25pm

WHICH SUBJECTS WILL MY CHILD STUDY IN YEAR 7?

English, Mathematics, Science, Religious Studies, Art, Music, Drama, French, History, Geography, Physical Education, Technology, ICT and Project 7. Project 7 covers a Personal Development Programme, with personal, social, health and careers education, as well as some work on study skills, financial management, current affairs and relationships. It is vital for your son/daughter's academic progress that he/she develops good study skills. Further details of the Key Stage 3 curriculum can be found on the school website under the curriculum tab. In addition, students will follow a programme of tutor work to complement their lessons including Circle Time, where they will discuss important current affairs issues or challenging and interesting topics that the students discover. They will also learn how to use a Library and reference material. We also run the Accelerated Reader Programme in school, which is designed to support, develop and enhance students' reading and comprehension skills.

WHAT ABOUT HOMEWORK?

Satchel One (Sometimes referred to as Show My Homework) is our main method for setting homework and both students and parents receive a login to access this site. As parents you can see what homework has been set, how long it should take, the submission date and it allows you to download relevant resources. It will really help your son/daughter if you can help them to use this initially and build a habit of checking the website regularly. Many children and parents download the app so that it is easily accessible on their phones.

We regard independent study at home as an essential part of a student's study programme and we do expect parents/carers to support this element of the school policy. If you are concerned that your child is not studying properly at home, please do not hesitate to contact us. It is important that students take responsibility for their own learning, as well as doing the set work to a good standard. Students should not, therefore, restrict their study to the basic homework; they should read widely and watch appropriate supplementary programmes on the television or access appropriate websites and videos to help learning. If they have access to the internet, we encourage sensible use. Youtube has so many videos on all topics covered in school and many students find this to be an invaluable addition to their studies. It is also helpful if they can discuss both their academic studies and current affairs with you on a regular basis. It is your interest that will make the most difference. A homework club operates Monday to Thursday from 3.25pm to 4.15pm in the Inclusion Department and the library can also be used for additional study.

HOW CAN I HELP MY CHILD TO ENJOY SUCCESS AT LHS?

Your child is the most important person and we will always tell them that, so they must not worry about something without telling anyone. Please encourage them to talk to someone if they are worried about anything. Their tutor will always want to help, but the Key Stage 3 office is always manned and it is where Mrs Jessop (Head of Year 7), Mrs Harper (KS3 Achievement Leader) and Mrs Baker (KS3 Secretary) can be found. Ms Button, Mrs Rayner and Mr Linz are all also available to talk to and ask for help.

Encourage them to grab opportunities... make new friends, try new things... new clubs or school trips. If they did brilliantly at primary, continue to work hard, but if they didn't, this is their opportunity for a fresh start and we will give them it, so please encourage them to be the person they want to be!

Please make sure that they are fully equipped with the stationery they need and help them to pack their bags initially to ensure that they have the correct books, PE kit etc each day. Many parents have a copy of their timetable on the fridge on a board in the child's bedroom.

Find somewhere they can work peacefully at home. Getting into good study habits from the start of secondary school can make a big difference, so perhaps negotiate the best way to work. Some students love getting homework out of the way before doing anything else, others like a break after school. You know your child best and encouraging them to find their favoured way of working at home will be invaluable.

When tackling homework or difficult topics at school, please encourage a Growth Mindset approach. If your child says, 'I can't do it.' Try getting them to look at it differently and say, 'I can't do that, yet.' When we talk to them about first learning to swim, ride a bike or play a computer game, they don't give up after the first go, they try and try and try until they can do it, but all too often with a difficult topic at school, they will say they can't do it and give up. We find this image as a really helpful way of looking at learning development.



Development of skills will be hindered if students cannot read well and you can assist in this by ensuring that your son/daughter reads regularly. Encouraging your child to read in their spare time remains the best way you can support their learning. Please try to talk to them about their Accelerated Reader tests and encourage them to read to you or younger siblings, if possible.

Please monitor their use of social media. We often find that when students start secondary school, their social media use increases and some of the children are really not able to cope with this. Many disagreements and misunderstandings can be avoided if parents keep an eye on their children's social media use and encourage them to make sensible choices. We often ask students to imagine social media conversations taking place in real time. Would they say those things in real life, would they stand and point and laugh at someone being bullied? So often the children look horrified at such suggestions and re-think the way they behave online.

WHO PROVIDES MY CHILD'S BOOKS AND EQUIPMENT?

Text books and exercise books are supplied by the school and are the responsibility of the students. We really encourage all students to take pride in their work and keep their books neat and tidy. They can be covered if you wish. Books that are lost or damaged must be replaced. They will be provided with an additional note book for them to use to support their learning.

Every student should have the following equipment, which will be checked regularly by form tutors:

Pencils	Pen – black or blue ink
Ruler	Rubber
Colouring pencils	Pencil sharpener
Calculator, protractor and compass	Many students also bring coloured pens and highlighters

Students would find a set of their own simple geometrical instruments and a French dictionary useful. Our Resources Department sell a range of products at competitive prices.

HOW DO I FIND OUT ABOUT MY CHILD'S PROGRESS?

Your child's school reports are sent to parents/carers by email three times during the academic year. You will receive an Introductory Report, an Interim Report and an End of Year Report. We will ensure that an explanatory document accompanies the report, but if you ever need any support with understanding anything to do with reports, please get in touch. The date of Parents' Evening will be available to parents at the beginning of the academic year.

Parents/carers are welcome to contact the school at any time if they are worried about their child's progress. Initial contact should be made with either the Form Tutor or Head of Year via Mrs M Baker, the Key Stage 3 Secretary. If the enquiry relates to a specific subject you may wish to contact the Head of Department for that subject, or the individual teacher. All email addresses can be found on our website.

WHAT IF MY CHILD NEEDS EXTRA HELP?

Some students spend some lessons each week in the Inclusion Department. However, most support for special educational needs and disabilities is provided with Teaching Assistants in the classroom. The Head of Year 7 and the Head of the Inclusion Department are in contact with our partner primary schools about students with special educational needs before the students transfer to Little Heath School. However, if you feel that you need advice or guidance regarding any form of special educational need then please contact the school and we will be happy to help.

HOW DOES THE SCHOOL REWARD ACADEMIC ACHIEVEMENT AND EFFORT?

The school operates a House System whereby teachers award house points for reasons such as positive contributions in lessons, excellent homework, resilience or a great attitude to learning. In addition, house points can be given for representing the school in sport or contributing to a school event, being kind to others or making a contribution to the school community. Our houses are Arundel, Conway, Stirling and Warwick and your child will learn which house they are in when they meet their tutor. If your child already has an older sibling at the school, they will not necessarily be in the same house. We believe it is most important to place children in the tutor group that is right for them, rather than purely based on siblings. And we believe that a little bit of healthy competition and rivalry can't do any harm!

Our motto in KS3 is 'Spread Kindness and Celebrate Success'. We feel very strongly that we want our students to feel proud of their achievements and we encourage them to recognise strengths in others and regularly ask them to nominate one another for praise. Heads of Year run praise assemblies where we share the good work, progress and behaviour of our students on a regular basis. We also encourage our students to thank their teachers through our KS3 nominations process each half term and this is really well received by staff and students alike.

At the end of Year 8 we celebrate the achievements of students in Key Stage 3 with a special Graduation Ceremony. This marks the end of Key Stage 3 and is a celebration of students' work and effort throughout Year 8. Students graduate with a Pass, Merit or Distinction and prizes are awarded by Departments and Form Tutors to recognise exceptional performance. More information about this at the start of Year 8!

WHAT CLUBS CAN MY CHILD JOIN?

Little Heath School offers a wide variety of clubs at lunchtimes and after school. They are an important part of school life and contribute to the education and development of the 'whole' child. Some clubs we offer in Year 7 include a Science Club, Art Club, Homework Hub, Drama Productions and a range of Sporting Clubs including football, netball, hockey, trampolining and athletics. Details of clubs on offer are issued to parents, carers and students each September.

WILL MY CHILD GO OUT OF SCHOOL ON VISITS?

Little Heath School offers a wide and varied range of educational visits, including theatre, art, sports, careers and museum trips. Some take place in the school day and others are residential. We always aim to give good notice of these trips and for larger visits we offer a stage payment scheme. Most planned visits are published in the calendar for parents at the start of the year which can be found on the school website. If you would like further advice on school trips, please contact the Education Visit Co-ordinator or Finance on 01189 439523.

LITTLE HEATH MAIN SCHOOL LIBRARY

The Library is open Monday to Thursday from 8.00am to 4.00pm and Friday from 8.00am to 3.30pm. Staff are always on hand to help with any query. Many students enjoy spending time in the library before and after school, as well as break and lunchtimes. Computers are available to complete homework or additional research.

Each student is allowed to borrow up to four books at one time. Books can be borrowed via the computer operated issuing system at the Library desk. Books must be returned or renewed by the date stamped on the date label in the front of the book. Students are responsible for looking after their books and they should not allow anyone else to borrow books in their name. Cost of replacement will be charged for any books that are lost or damaged.

The Library System, Eclipse.net, allows students, staff and parents to view the school Library catalogue online. Students are encouraged to use this to help with research, to write reviews about books they have read, and search for new books they may like to read. The Little Heath Library catalogue covers over 10,000 books as well as thousands of approved websites. There is a link to the Library System on every student/staff desktop within school. When outside school, access can be gained to the school Library System via the Library page of the school website. Students can obtain their own individual login details from Mrs Cossey in the Library, and this will allow them to view their past and current loans. If you would like to know these login details so that you can track your child's borrowing history, or perhaps help them choose their next read, then please contact Mrs Cossey.

Having the Library accessible in this way and having parents engaged with reading will help to support our commitment to improving literacy standards.

Your child will be participating in the Accelerated Reader program. Accelerated Reader is a computer program that helps teachers manage and monitor children's independent reading practice. Your child picks a book at his/her own level and reads it at his/her own pace. When finished, your child takes a short quiz on the computer (passing the quiz is an indication that your child understood what was read). Accelerated Reader gives both students and teachers feedback based on the quiz results, which the teacher then uses to help your child set targets and direct ongoing reading practice.

There are some books in the Library that are designated as 'Young Adult' reads. These are books that are written for teenagers and they contain more mature themes. These books are available to all students to borrow. If you do NOT want your son/daughter to be allowed to borrow 'Young Adult' books then please let us know.

Our spacious Library is used extensively, with lessons taking place throughout the day, and students from all year groups make excellent use of the Library resources for independent research. During break and lunchtimes we have a relaxed and welcoming atmosphere.

Mrs H Cossey
Library Manager

hcossey@littleheath.org.uk

Library Direct No 0118 9439538



WHAT DO I DO IF MY CHILD IS ILL AND NEEDS TO BE ABSENT FROM SCHOOL?

Good attendance is vital to your child's progress. It is, of course, the legal duty of a parent/carer to ensure their child attends school regularly, but equally it is important that when children are ill, they are at home.

If your child is ill please call the Attendance Officer, as soon as possible, on that day and on each subsequent day of absence. The number is 01189 427337 and select option 1 to leave a message. In the message please give your child's full name, tutor group and brief reason for the absence.

Most students at Little Heath School maintain better than 95% attendance (i.e. less than five days absence in an academic year) and many achieve 100% attendance. When attendance falls below 95% parents will be contacted by the Attendance Officer and if it falls below 90%, by the Education Welfare Service.

Parents must request the permission of the Headteacher to take students out of school for holidays or other events in term time. There is a form for this which can be collected from Main Reception and must be completed a month in advance of the proposed absence. Permission is only given in exceptional circumstances and, for obvious reasons, must be obtained before making any booking. We thank you for your cooperation.

WHAT WILL HAPPEN IF MY CHILD IS ILL IN SCHOOL?

If your child becomes unwell during the school day we will contact you if we feel it necessary for you to collect them.

We are able to administer one paracetamol as a painkiller and will do so if permission has been given via the Admission Form.

Should a student require any medication in school hours, a supply of this medication may be sent to Main Reception clearly labelled with the child's name, class and detailed instructions of dosage.

If your child is prescribed an EpiPen or inhaler for any medical conditions, it is advisable for you to send a spare one into school for emergencies. You will be asked to complete a separate form, please contact us to discuss this further.



WHAT HAPPENS IF MY CHILD ASKS TO BRING SOMETHING VALUABLE TO SCHOOL?

Any valuable items such as jewellery or electrical equipment should not be brought into school. If they are this is at the owner's risk. For safety reasons mobile phones may be brought into school at the student's own risk but **should be switched off and stored inside bags throughout the school day** Any student using their phone whilst in school will have it confiscated and parents will need to come in to collect the phone at the end of the day.

Please discourage your child from attempting to bring valuable items into school. **There is no school or Local Authority insurance policy covering personal belongings.** All valuables (e.g. watches and money) should be handed to the PE staff for safe keeping during PE lessons, although they can accept NO responsibility for these items.

WHAT DO STUDENTS DO FOR LUNCH IN SCHOOL?

A choice of cooked meals and snacks are served in the school canteen and at our outdoor eating area at both break and lunchtimes. We operate a cashless biometric service where you are able to place money on your child's account via ParentMail.

Packed lunches which are provided by parents/carers can be eaten in our designated outside areas when the weather is fine and inside in wet weather. We respectfully request that packed lunches do not contain nuts to avoid any issues with students who may have nut allergies.

All students should bring a refillable drink bottle to remain hydrated during the day. There are several water stations throughout the school for students to use. Unfortunately, we are unable to provide plastic cups for students use.

FREE SCHOOL MEALS

Free School Meals (FSM) are provided to children whose parents/guardians are in receipt of:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- Income Support
- Income Based Job Seekers Allowance*
- Income related Employment Support Allowance
- support under part VI of the Immigration and Asylum Act 1999 (from the National Asylum Support Service)
- the guarantee element of State Pension Credit
- Child Tax Credit, provided you're not also entitled to Working Tax Credit and have an annual income of no more than £16,190
- Working tax credit run on-paid for four weeks after you stop qualifying for Working Tax Credit

*Children who receive Income Based Job Seekers Allowance in their own right are also eligible to receive free school lunches.

To apply for free school meals at LITTLE HEATH SCHOOL, you will need to:-

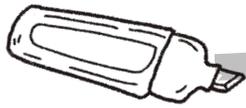
Apply online at www.westberks.gov.uk/freeschoolmeals. West Berkshire County Council will contact you about your application and to confirm that you qualify.

Apply over the phone through Customer Services on 01635 503622 – just have your National Insurance number ready.

Download the Application Form provided on the website, then complete and return to the address given on the Application Form.

The current allowance for FSM is £2.30 per child per day which permits them to have a hot meal or sandwich/baguette and a piece of fresh fruit. These can only be obtained from the canteen or the Healthy Eating Shack during lunchtimes. Any additional items purchased over this amount or during break time will need to be paid for via the 'cashless' system.

WHAT IS THE SCHOOL'S UNIFORM POLICY?



We are proud of our school uniform at Little Heath School, as it represents the sense of community and belonging that is so important to our school ethos. We want students to be proud to wear the Little Heath School badge, and to recognise the importance of having a smart appearance both in school and within the wider community.

At the same time, we have tried to keep our school uniform as simple and accessible as possible. We continue to work closely with local suppliers in order to provide parents with a range of options for purchasing uniform, including online shopping.

Little Heath School uniform is available from the following retailers:

- Stevensons
- Tilehurst Schoolwear
- Marks and Spencers (non logo items only)

Little Heath School uniform includes:

- LITTLE HEATH SCHOOL logo polo shirt – red logo for lower school (Years 7 and 8) and silver logo for upper school (Years 9, 10 and 11).
- LITTLE HEATH SCHOOL logo v-neck jumper – red logo for lower school and silver logo for upper school. Hooded tops and cardigans are not allowed.
- Smart black tailored school trousers as identified below. No other styles are acceptable.
- Girls may wear a smart, plain black school skirt as identified below. No other styles are acceptable.
- A plain, dark waterproof school coat for outdoor wear only.
- Black shoes that are suitable for school - plain, polishable, with a low heel and without logos. Canvas shoes, sandals, boots and trainers are not permitted (of course, trainers can be worn as part of the school's PE kit).
- Details of the kit required for PE lessons can be found on a later page of this booklet.
- Students are allowed to wear a watch, a plain ring and one earring in each ear. This earring must be a stud or small sleeper. Facial piercings are not allowed in any form.
- Hair styles should be neat and tidy, and should not reflect extremes of fashion, for example patterns in hair or bright colours.
- Students should not wear excessive make up. False eye lashes are not acceptable.
- Coloured nail varnish or false nails are not permitted.

Please find below a list of suppliers who stock the Little Heath School uniform:

Skirts

Stevensons	Drop Waist Knife Pleat skirt (black)
Tilehurst Schoolwear	Charleston Pleated skirt (black)
Marks and Spencer (non logo items only)	Permanent Pleat skirt (with Triple action Stormwear) Girls' 2 pack (black)

Trousers

Our suppliers have been able to stock trousers for boys and girls that are of the same style, to provide choice for parents.

	Boys	Girls
Stevensons	Belted school trousers (black)	Senior school trousers (black)
Tilehurst Schoolwear	Pembroke/ Falmouth school trousers (black)	Lingfield school trousers (black)
Marks and Spencer (non logo items only)	Supercrease Pleat front trousers (stain resistant with Stormwear) (black)	No trousers currently suitable as LITTLE HEATH SCHOOL uniform

BOYS' PE KIT

Black shorts with red and white trim

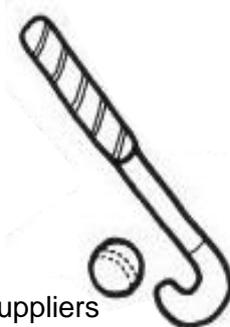
Black reversible bonded games jersey with red and white trim

GIRLS' PE KIT

Black skort with red and white trim **or** black shorts with red and white trim

Black girls cut polo with red and white trim **or** black polo shirt with red and white trim – logo or non logo

All items above are made by Falcon Sportswear and are available at our uniform suppliers



BOYS' AND GIRLS' KIT

Black LITTLE HEATH SCHOOL games socks

Trainers (no pumps or plimsoles)

Football boots/astro turf boots *

Shin pads for football and hockey

Gum shield for rugby and hockey

Towel



OPTIONAL KIT

Black polo shirt with red and white trim – logo and non logo (for indoor or summer activities)

Black ¼ zip top with red and white trim by Falcon

Black tracksuit bottoms (no leggings)

A sports under layer for cold weather



*The boots need not be bought until needed, as the PE programme is organised in such a way that classes take part in activities requiring boots at different times in the Autumn and Spring Terms.

All items of PE and games kit must be named. All jewellery must be removed (not taped over).

Long hair must be tied back.

Inhalers must be brought out to lessons by those with asthma.

If a student cannot physically take part in the lesson, a note from home is necessary to explain the circumstances. Without a note students will be put in detention. Students **must** still bring their kit and either gently join in parts of the lesson or help to coach, organise or referee.

WHAT PE ACTIVITIES WILL MY CHILD DO?

The school has a vibrant PE Department and follows a National Curriculum Physical Education programme. Year 7 students will receive two one hour lessons per week. In Year 7 students will be taught a selection of sports including rugby, netball, basketball, football, hockey, athletics, gymnastics, dance, tennis, badminton, cricket, rounders and health related fitness.

In Key Stage 4, students have the opportunity to opt for GCSE PE or vocational sport courses and in Key Stage 5 'A' Level PE and BTEC Sport Level 3.

For those children who want to extend their learning, we provide a wide range of extra-curricular activities at lunchtimes and after school. These include a wide range of inter-form and inter-school competitions. Transport home after a club or practice is the responsibility of the parents/carers.

The school facilities include a Gymnasium and a fully equipped Sports Hall. Our extensive outdoor facilities comprise of football pitches, cricket pitches, tennis courts, netball courts, jumping pits and all weather astro turf. The school has extensive additional playing fields close to the school site.

Regular exercise is widely recognised as essential to good health.

1. As part of the National Curriculum, all students are required to participate in a programme of physical education throughout compulsory secondary education.
2. Of equal importance, regular exercise is needed to reduce the risk of hypokinetic diseases – those related to the lack of regular physical exercise. It is also a widely held opinion that moderate exercise can boost the immune system, which is vital in the battle against viral infection.
3. The PE department keeps detailed and confidential records of students' injuries and illnesses. This helps to ensure that all staff that need to know are aware of any problem which may prevent a student from enjoying full participation in any activity.
4. Children who suffer from asthma should also forward details from the doctor to the school. Students with asthma will be expected to use their inhalers before the lesson (where appropriate), to carry their inhalers with them or to pass them on to their PE teacher for safe keeping.
5. Please inform teachers of any minor ailment or injury, by writing a note that the student can carry in their bag. The student will be expected to stay with the class and may be asked to organise, officiate or evaluate a part of the lesson in PE kit. It should be noted that students often find that a little light, controlled exercise can help alleviate minor complaints.
6. The PE kit is designed for comfort and safety. When it is cold outside, we are very keen to ensure that everyone is still warm enough to enjoy the activities. Extra layers, gloves, woolly hats and black track suits can all be worn, according to the specific activity. When it is hot and sunny, we advise students to bring water, sun cream and wear sun hats.

IS MY CHILD ALLOWED TO CYCLE TO SCHOOL?

Yes. However, all bicycles must be kept in good condition and used with due regard to road safety. Bikes cannot be ridden on the school site. They must be stored in the bike stores provided during the school day and should be locked with a suitable bike lock. The school also lock the blue bike stores from 9.00am to 3.15pm each day to help ensure safe keeping. We strongly recommend that you ensure your son/daughter wears a cycle helmet and reflective bands when riding to and from school.

WILL MY CHILD BE ABLE TO GET A BUS TO SCHOOL?

Reading Buses provide a dedicated bus service for Little Heath School. Full details of routes and prices are available via www.reading-buses.co.uk/schools.

SMILE

The **SMILE team** are a group of older students who are there to provide a friendly face and act as a source of support for our younger students.

They are Peer Mentors who have taken part in a nationally recognised programme of training, and their central role and aim is to help Year 7 students settle in and enjoy their first year at Little Heath School.

The Student Voice Office is open at break and lunch for Year 7 students, where they can come by and have a chat. They can come and talk to the team about anything that is on their mind. It might be that they are having trouble with homework or perhaps having trouble with a friend; maybe they just need a bit of a confidence boost. Whatever the reason, the SMILE team are there as a friendly ear for them to come and talk to, and they will try to help out as best they can.

The SMILE team visit tutor groups in the first half of the new Autumn Term so that our new Year 7 students can get to know them. As the year goes on, the team continues to work in tutor groups and some of our mentors do some individual work with certain students who perhaps need a bit of extra support.

The SMILE team want to be of support in any way they can and look forward to meeting your son/daughter when they join us at Little Heath School.

Mr Linz (Student Voice Co-ordinator) and the SMILE team jlinz@lilittleheath.org.uk

CAN I MAKE A DIRECT FINANCIAL CONTRIBUTION TO THE SCHOOL?

We need your support. The Little Heath School Foundation is a Charity and all charitable funds have to be spent for the benefit of the school and students. Periodically we will write to all parents/carers to ask for a voluntary contribution per family. Any amount, however large or small, is gratefully received and will be put to good use. All fundraising at present will go towards the new building project.

SIMS Parent App

We have a convenient way to enable you to keep emergency and important contact information for your child(ren) up to date by accessing our SIMS Parent app.

You will receive a registration email with a unique invitation code when your child starts at Little Heath School in September. Once you have completed the registration process you can then download the app from either the Google Play store or the Apple App store. You should then be able to choose your child(ren)'s record and submit any data changes at any time. You will be able to access the system from a smartphone, tablet or PC – anytime, anywhere.

The app will allow you to update emergency contact and important medical information at the touch of a button, whilst also enabling you to provide consent and make necessary changes for your own child for photographs, trips and biometrics.

SCHOOL TERM DATES FOR 2020-2021

Autumn Term – 2020

Staff Training Days	Tuesday 1 st September 2020 Wednesday 2 nd September 2020
Start of Autumn Term (1) Half Term	Thursday 3 rd September 2020 26 th October – 30 th October 2020
Start of Autumn Term (2) End of Term	Monday 2 nd November 2020 Wednesday 16 th December 2020

Spring Term – 2021

Staff Training Day	Tuesday 5 th January 2021
Start of Spring Term (1) Half Term	Wednesday 6 th January 2021 15 th February – 19 th February 2021
Start of Spring Term (2) End of Term	Monday 22 nd February 2021 Thursday 1 st April 2021

Summer Term – 2021

Start of Summer Term (1) May Bank Holiday	Monday 19 th April 2021 Monday 3 rd May 2021
Half Term	31 st May – 4 th June 2021
Start of Summer Term (2) End of Term	Monday 7 th June 2021 Friday 22 nd July 2021

SCHOOL POLICIES

A full list of the school policies can be found on the website or on request from the school office.

The website address is www.littleheath.org.uk

Please remember, you and your children are now members of the Little Heath Family, so if you are worried about anything, please get in touch. Don't wait for a situation to get bigger before you get in touch. We want to do whatever we can to help your child to have the best possible experience at LHS, so let us know! Email us please.

Also, keep up with the great stuff that's going on at LHS by following us on facebook!

FOLLOW US ON FACEBOOK @LHSReading