

To Year 6,

My name is Jack, and I am currently in year 7 at Verulam School. I am writing this letter to you to let you know the amazing times you can have at secondary school!

I know you might feel a bit worried joining year 7, but trust me, you will enjoy it. First of all, you will make a bunch of new friends (it's easier than you think!) It is not as hard as you would imagine because when I first joined I thought I would be overloaded with homework, but it is much less than I expected and that helped me a lot so hopefully that reassures you and makes you feel at ease.

### **What to expect on your first day.**

Firstly, you will be welcomed by various, friendly teachers who will be there to guide you and help you in your new experience. You will be introduced into your form groups where you will get to know your new friends and form tutor. You will spend the whole day in form time getting to know how the school is run, which will include a tour around the school which will help you learn to navigate your way around. This may seem daunting but before you know it you will know the school like the back of your hand! Some of the places you will find along your way will be, the sports hall (which is one of my favourites!) there is also a gym included in this and year 7's can use this on Monday lunchtimes. For the rest of the day you will be playing fun games with your form to get to know your new classmates.

### **The Five Fingers of Faith.**

The five fingers of faith are five people of your choice that make you feel safe and are always there to help you with any worries or fears you may have. For example, these are mine – my favourite teacher, my friends, my form tutor, my head of year and Mr Flack (Head of Pastoral). These are the people you should choose to speak to if you need anything at all.

### **Clubs and Activities.**

At Verulam we have a variety of fun and enjoyable clubs that are available for you to join, such as – football, badminton, chess, drama and music plus more to come.

### **Rewards.**

There are many opportunities to earn rewards at Verulam – the system we have is called House points. When you are well behaved or achieve a certain goal or good work, your teacher will reward you with house points which are calculated through the year and the form with the highest house points will receive a big prize at the end of the year!

### **Games.**

Games is part of PE which takes place at our sports field which is situated on Sandpit Lane, this is a 15 minute walk from Verulam (good way to get your legs warmed up!) Once your year group arrives at the field you will get ready in the changing rooms. Finally, you will be put into groups and have a certain sport to focus on.

**Thank you for taking the time to read this letter from me, hopefully it has given you an idea of what to expect and helped to reassure you with any worries you may have.**

**I hope you have an amazing time in secondary school and I wish you the best of luck and don't forget to always have fun!**

**Good luck from Jack in 7B – you will be just fine!**