



Information Booklet

Llyfryn Gwybodaeth





Resilience, Respect, Belonging
Flourish In Life Through Learning

Welcome to Eastern High

At Eastern High, we are committed to delivering excellent teaching, encouraging curiosity, and preparing students with the skills they need for the future. Our curriculum, built on resilience, respect and belonging, helps students grow in confidence and achieve success.

We are a supportive, ambitious school community where students "Flourish in Life Through Learning." This information booklet provides a snapshot of our school, highlighting the opportunities and experiences we offer to your child to help you make an informed choice about your child's education.

We believe every student can succeed with the right support and high quality teaching. Students from Years 7 to 11 are supported by a dedicated House Team offering personalised guidance. For those with additional learning needs, our ALNCo and ALN team, work to ensure all students can access and enjoy their learning.

Having been part of the school since 2014, I am proud to step into the role of Acting Headteacher. I look forward to welcoming you into our school community.

Kay Adams
Acting Headteacher



Senior Leadership Team **Tîm Arweinyddiaeth Uwch**



Mrs Stafford
Assistant Head Teacher



Mrs Rees
Assistant Head Teacher
(ALNco)



Mr Johnson
Assistant Head Teacher



Mrs J Cobbold
Associate Assistant
Head Teacher



Ms C Pearson
Associate Assistant
Head Teacher

House Leaders **Arweinydd Tŷ**



Miss Trousdell
House Leader
Ty Coch (Red)



Mrs Nicholl
House Leader
Ty Gwyrdd (Green)



Mr Chorley
House Leader
Ty Glas (Blue)



Ms Pawsey
House Leader
Ty Melyn (Yellow)

The School Day

Diwrnod Ysgol

8:40 - 8:55

Learning Family

8:55 - 9:55

Lesson 1

9:55 - 10:55

Lesson 2

10:55 - 11:15

Break Time

11:15 - 12:15

Lesson 3

12:15 - 1:15

Lesson 4

1:15 - 1:45

Lunch Time

1:45 - 2:45

Lesson 5

2:45 - 3:00

Learning Family

No student is allowed to leave the school premises during the day without permission.





School Uniform

Wig Ysgol

- White collared shirt
- Black school V neck jumper
- Plain black footwear
- Plain black trousers or plain black knee length skirt
- House tie
- Eastern High blazer

Compulsory uniform

Black blazer, school crest available from reception

White long or short sleeved shirt

House tie

Plain black skirt - to the low thigh/ knee

Plain black trousers only - no jeans, combats, leggings or skinny fit

Black shoes or trainers - completely black, including the sole

Optional/ Allowed

Plain black V-neck jumper/ cardigan - no brand names/ no other colours/ no hoodies

Plain black tailored shorts (summer uniform only)

Only religious headwear to be worn

Not Allowed

Cross (all colours)/ trainers that are not all black e.g. Converse

Cycling or lycra shorts/ sports shorts. Short skirts above the low-thigh

We take pride in our uniform and we expect all students to be in uniform every day.

If there is an issue, please advise your Learning Family Tutor.

Please ensure that you label your child's uniform to prevent loss of items.

Pupils are advised to bring in a reusable water bottle to access the water fountains.

Lesson Expectations

Beth alla i ddisgwyl yn fy nheithiau?

At Eastern High, students will continue to develop all the skills that they have learnt in Primary School. Teachers are committed to providing a broad and balanced curriculum and highly effective teaching so that students can flourish in life through learning.

In lessons, students can expect:

- Encouragement and praise
- To experience lessons where activities promote effort, respect and understanding
- Personalised learning pathways so that all can succeed
- Support with literacy, so that students develop reading, writing and speaking
- Positive relationships with teaching and support staff
- Positive feedback that helps to improve and make progress
- To develop thinking and problem solving skills
- Mutual understanding and respect
- Differentiated tasks to support and stretch learners
- To work with classmates and independently
- To learn in lots of different ways
- To take responsibility for their own learning
- To enjoy lessons



Getting to school

Cyrraedd yr ysgol

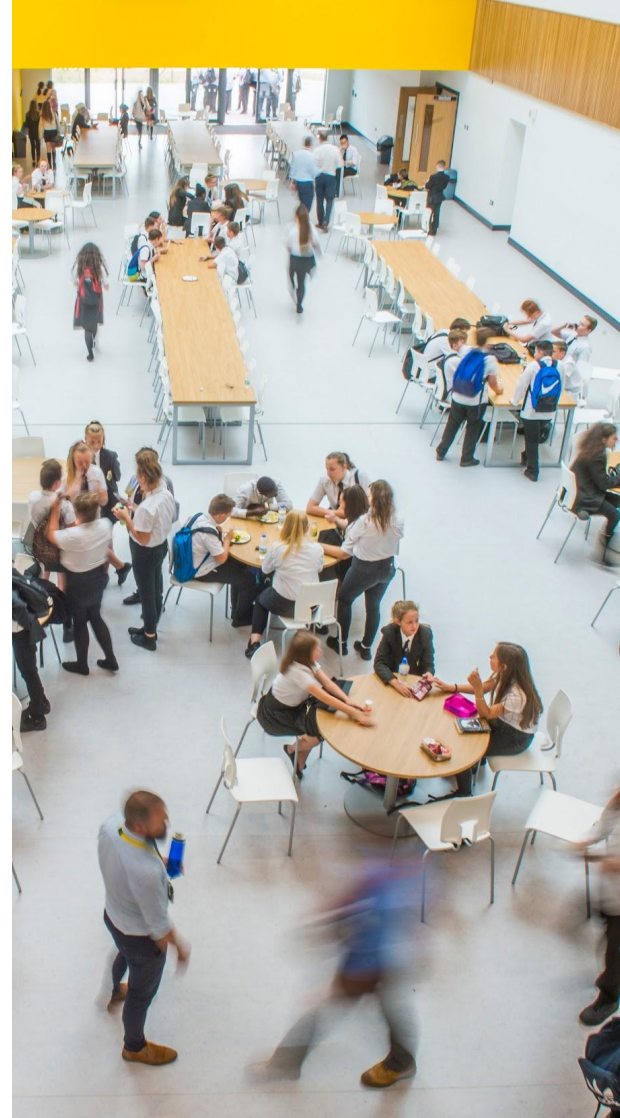
Many of our students choose to walk or cycle to school. We provide secure bike storage areas on-site for those who bring their own bicycles.

Some students travel by public transport; please note that all bus passes are issued by the Local Authority.

If you are being dropped off in the morning, please use the designated drop-off areas in the school car park and remain mindful of pedestrians when entering and leaving the site.

Important: Electric scooters and electric bikes are not permitted on school grounds. We strongly advise against using them to travel to school, as their use on public roads is illegal. Please be aware that we do not provide storage for these items.

Thank you for your cooperation in helping us keep everyone safe.



Attendance and Punctuality

Presenoldeb a Phrydlondeb

Good attendance at Eastern High is essential for building friendships, developing social skills, and learning life skills that will benefit students in a future career. It also has a direct impact on exam results – the more time spent in school, the better the outcomes.

Attendance Breakdown

- 100% attendance = 0 days missed
- 97% attendance = 5 days missed
- 95% attendance = 10 days missed
- 90% attendance = 20 days missed
- 85% attendance = 30 days missed



Missing just a few days here and there can quickly add up, so regular attendance is key.

If your child is going to be absent, please notify the school as soon as possible. Contact us on the first day of absence with a reason, following our School Attendance Policy.

Punctuality Matters

Being on time shows that students are organised and can manage their time effectively – an essential skill for school, work, and life. We understand that delays happen occasionally. If students arrive late, they need to sign in at School Reception upon arrival.



Culture for Belonging and Learning

Diwylliant ar gyfer Perthyn a Dysgu

At Eastern High, we believe every student can flourish in life through learning. Our Culture for Belonging and Learning (CfBL) policy promotes positive relationships, inclusion, and personal development. Our core values of **Resilience, Respect, and Belonging** underpin everything we do.

The Eastern Way

- **Resilience:** We encourage effort and determination.
- **Respect:** We foster kindness and consideration for all.
- **Belonging:** We embrace diversity and promote empathy.

Positive Behaviour and Expectations

We expect students to be **Ready, Respectful, and Safe** at all times. Our staff use trauma-informed and restorative approaches to support positive behaviour, ensuring that every interaction promotes learning and well-being.

Intervention and Support

We use a staged support system to provide tailored help when challenges arise, ensuring early intervention to prevent escalation.

Anti-Bullying Commitment

We have a zero-tolerance approach to bullying. Our proactive strategies focus on prevention, early intervention, and restorative solutions to resolve conflicts and support those affected.

Together, we create a safe, supportive environment where every student can succeed.





Additional Learning Needs

Beth os oes gennyf Anghenion Ychwanegol?

Eastern High is an inclusive school that provides our learners with every opportunity of achieving their full potential. Our ALN team is keen to provide a safe and nurturing environment to enable our learners to excel both academically and socially.

All students with specific learning difficulties as stated in the Additional Learning Needs Code for Wales 2021 are provided with targeted support that will enable them to flourish in life.

Our staff are constantly looking at developing effective strategies that will enable our learners to become resilient and independent.

We work with a range of professionals that provide in house training to ensure the best support for our learners.

Lunchtime

Amser Cinio

At lunchtime students can either have a meal in the school dining areas or if preferred students can bring sandwiches from home.

We serve breakfast from 8am every morning and there is also hot food available during morning break. Our canteen is very popular and almost all our students choose school dinners because they enjoy the food that is on offer.

Be sure to regularly top up your Parent Pay balance online to ensure you have enough funds in your account.

Those students who are entitled to free school meals will have their balance topped up daily.



Breakfast, break and snack menu

- Fresh fruit
- Fruit juice
- Water
- Toast
- Bagels
- Bacon roll
- Pizza

Main Meals

- Sandwiches
- Salad
- Meal of the day
- Baguettes
- Pizza

Sandwich Bar

- Wraps
- Muffins
- Oat Bars
- Fruit Yogurt
- Burgers
- Hot Sandwich

What do I need to bring for PE?

Beth sydd angen ar gyfer gwersi chwaraeon?

Students don't have to be a world class athlete or rugby player to enjoy PE, they just have to be prepared to have a go at anything.

We strongly advise that students have shin pads for football lessons, which are also compulsory for school matches. It is also advisable to wear a gum shield for rugby.

In the winter, when it becomes cold, students will be able to wear black tracksuit bottoms. Students should never wear jewellery or eat in any games lesson as it is very dangerous. If students are injured or unwell they need to always bring their PE kit and a letter.

False nails and/or acrylic mails are not accepted in PE lessons due to health and safety reasons. Your child should refrain from having false/acrylic nails until school holidays.

Finally, make sure all their kit is marked with their name. The school cannot be held responsible for any loss or damage to valuables during lessons: your child should leave them at home when they have PE or Games.

Boys

- Rugby Jersey
- PE Black T-Shirt
- Socks
- Rugby Shorts
- Training Shoes or Football Boots

Girls

- PE Black T-Shirt
- Shorts or Skirts
- Training Shoes

Pupils will also require rubber studded boots to access the 3G pitch.



SPARE TIME

Amser Sbar

Developing a love for reading is one of the most valuable lifelong skills you can gain. With the right books, it can also become a favourite hobby. Students can borrow books from the library and even earn House points for the time spent reading throughout the year.

Our library, managed by our full-time librarian, offers a wide selection of books to suit all interests. There's also a quiet reading area where students can relax with a good book and use computers with internet access to help complete their homework.



SCHOOL CLUBS

Clybiau Ysgol

At Eastern High, we offer a wide variety of clubs and activities for students to enjoy. Whether your child is interested in joining a drama production, getting involved in sports like football, rugby, gymnastics, dance, cheerleading, or netball, or exploring the performing arts, there's something for everyone.

We also run lunchtime and after-school clubs for sports, performing arts, revision, catch-up, and controlled assessments. Students should keep an eye on their House noticeboard and the school website for updates to get involved!

Ground Floor

Llawr Gwaelod



First Floor

Lawr Cyntaf



Notes

A series of horizontal dotted lines for writing notes.





Eastern Community Campus,
Trowbridge Road
Cardiff
CF3 1QL

www.easternhigh.org.uk
info@easternhigh.org.uk