

Information Booklet

Llyfryn Gwybodaeth





HEAD'S WELCOME

Croeso'r Pennaeth

Welcome to Eastern High. We are a school community that is focused on helping our students 'Flourish in life through learning.' I hope the information in this booklet, on our website and through our Open Evening will help you choose the right High School.

As a team of staff we strongly believe that with the right support, guidance and good teaching, students from this school can choose how to succeed when they leave. We work very closely with families and the community to build good communication between home and school. Our vertical House structure, comprising students from Years 7 to 11, allows each student to build a relationship with a consistent tutor and be in the care of a skilled House Team to support them in their journey through Eastern High. For students with Additional Learning Needs our ALNCo Ms Phillips, and a team of teaching assistants provide support to individual students and work alongside the teaching staff to ensure that the learning meets the needs of the students. It's a privilege to work with such a dedicated team and a number of students have told me how they value having a number of adults they can talk to.

This excellent support delivers a focus on high quality teaching and learning. We know that students need the knowledge skills and understanding to progress in life and that this allows students to choose the next step on their educational journey. Staff at Eastern High are relentless in our ambition to improve and constantly reflect on our work whether that is an individual lesson, series of lessons, a trip or an event so that the students get the best possible experience. Our aim is to deliver a broad and balanced curriculum enacting the school's values of grit, respect and understanding that ensures students make progress and thrive in their learning.

We are extremely fortunate to have a state of the art building which enables us to work and learn in a well equipped environment that includes science laboratories, technology rooms and performing art spaces. We share the campus with Cardiff and Vale College and this means we can plan really good progression routes into further education in East Cardiff.

I have been in post since September 2021 and have been overwhelmed by the warm welcome of the staff and students and I know that this will be extended to you and your children.

I look forward to meeting you in the near future.

Jonathan Angell

SENIOR LEADERSHIP TEAM

Tîm Uwchrheoli



Susan Cowan
Deputy Head teacher



Kay Lewis
Assistant Head teacher



Clare Phillips
Assistant Head teacher
(ALNco)



Brioney Fortt
Assistant Head teacher



Hayley McCallion
Assistant Head teacher



Russell Ware
House Leader
Melyn (Yellow)



James Mathias
House Leader
Glas (Blue)



Rosie Nicholl
House Leader
Gwyrdd (Green)



Portia Trousdell
House Leader
Coch (Red)

Your main contact for information or to discuss potential problems are your Learning Tutors. If your Tutors are not available to help, then you should contact your House Manager or House Support Officer. You can find the House Leaders in their teaching rooms or House Support Officers and House Managers in their House Office.

You will be allocated a House, either: Coch, Glas, Gwyrdd or Melyn. There will be lots of competitions throughout the year. You can earn achievement points by completing all your class and homework, by being helpful and friendly and trying your best. You will have assemblies which will celebrate your achievements.



THE SCHOOL DAY

Y 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 - 1:50

LunchTime

1:50 - 2:50

Lesson 5

2:50 - 3:00

Learning Family

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



SCHOOL UNIFORM

Y Wisg Ysgol

White collared shirt

Black school jumper

Plain black footwear

Plain black trousers *or*

Plain black knee length skirt

House tie

Eastern High blazer

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 Tutors.

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

WHAT CAN I EXPECT IN MY LESSONS?

Beth allaf ei ddisgwyl yn fy ngwersi?

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

In your lessons, you can expect:

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



GETTING TO SCHOOL

Cyrraedd yr Ysgol

Many of our students walk to school or bring their own bicycles which are kept safe in the bike storage areas in the school.

Some students choose to ride public transport, 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 be mindful of pedestrians as you enter and leave the site.



CULTURE FOR LEARNING

Diwylliant Addysgu

At Eastern High we follow the 'Culture for Learning' and we support our students in developing the values of grit, respect and understanding.

The Culture for Learning helps our students develop key habits for learning. These key habits are simple to remember, allow you to work at your very best in lessons and ensure you make as much progress as possible. After all, your learning comes first at Eastern High!

It is important that you follow the rules so everyone has the chance to be successful and has the best learning experience possible. . If you fail to follow the Culture for Learning, which are simple rules that will be clearly communicated to you, then there will be a consequence so you can develop as a better learner.

Green behaviour points are achieved for demonstrating school values, excellent pieces of work and commitment to learning. If you receive an amber or red behaviour point in a lesson you will have between a 15 minute and 1 hour reflect and rebuild session after school the following day. We will send a text to your parents to inform them when the session will take place. Each term you will have a report informing your parent/carer of your progress.



ATTENDANCE AND PUNCTUALITY

Presenoldeb a Phrydlondeb

Good attendance at Eastern High is essential for developing friendships, social skills, and life skills that will be beneficial for any future career paths and will also result in improved exam results.

If your child is going to be absent from school, please advise the school as soon as possible. Please call with a reason on the 1st day of absence in accordance with our Schools Attendance Policy.

Punctuality is a key indicator that you are well organised and can manage your time effectively. It is an essential skill that you will need to develop both in school and for the rest of your life.

However, it can sometimes happen to even the most organised of us. If you are late into school in the morning, you must sign in at School Reception.

USING THE TOILET

Defnyddio'r ty bach

Students are expected to use the toilet during break and lunchtime. There are toilets available for student use on each floor of the building.

If you have a medical condition which means more frequent use of a toilet is necessary, you can be issued with a toilet pass.



LUNCHTIME

Amser Cinio

At lunchtime you can either have a meal in the school dining areas or if you prefer you 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 pupils 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?

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

We strongly advise that you 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 you will be able to wear black tracksuit bottoms. Never wear jewellery or eat in any games lesson as it is very dangerous. If you are injured or unwell always bring your PE kit and a letter. If you have any problems come and talk to a member of staff and we will try and resolve.

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

Finally, make sure all your kit is marked with your name. The Department cannot be held responsible for any loss or damage to valuables during lessons, please leave them at home when you 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

THE LIBRARY

Y Llyfrgell

Developing a love for reading is one of the most important life-long skills you can learn. If you choose the right books, it can also be one of the most enjoyable. You can borrow books from the library and earn House points for the amount of reading that you do throughout the year. As well as a wide range of books the library also has a quiet reading area and computers with internet access that you can use to complete homework.

SCHOOL CLUBS

Clybiau Ysgol

We have a wide range of clubs that you can join at Eastern High. We have drama productions, sports clubs for football, rugby, gymnastics, dance, cheerleading and netball. There are also clubs at lunchtime and after school for sports, performing arts, revision, catch-up and controlled assessments. There are lots of other extra-curricular activities. Keep an eye on your House notice board and website and go along and try something new.

WHAT CAN I STUDY AFTER YEAR 11?

Beth alla i ei wneud ar ôl Blwyddyn 11?



We have developed a unique pathway option for our students in order to ensure they can truly experience a bespoke and personalised programme that suits their individual needs.

Students will receive 1:1 guidance on what pathway is best for them and what subjects will best support their long term aspirations.

They can choose between a Future Learning Pathway designed for students who think they may want to pursue University or an Apprenticeship Pathway for students who want to pursue a specific vocation in an area of their choice.

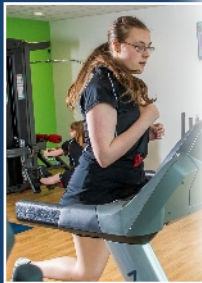
WHY US?

Pam ni?

- Professional mentor available from CAVC
- Use of a device for their time at Eastern High 6th Form
- Opportunities to develop holistically (not just academically)
- 1:1 support with University applications / apprenticeship applications and employment
- Guaranteed progression into Higher Education provided students attend, engage and adhere to our core values.
- £500 bursary on the successful completion of their two year course to support their future endeavours.
- A varied and exciting curriculum
- Sector leading facilities

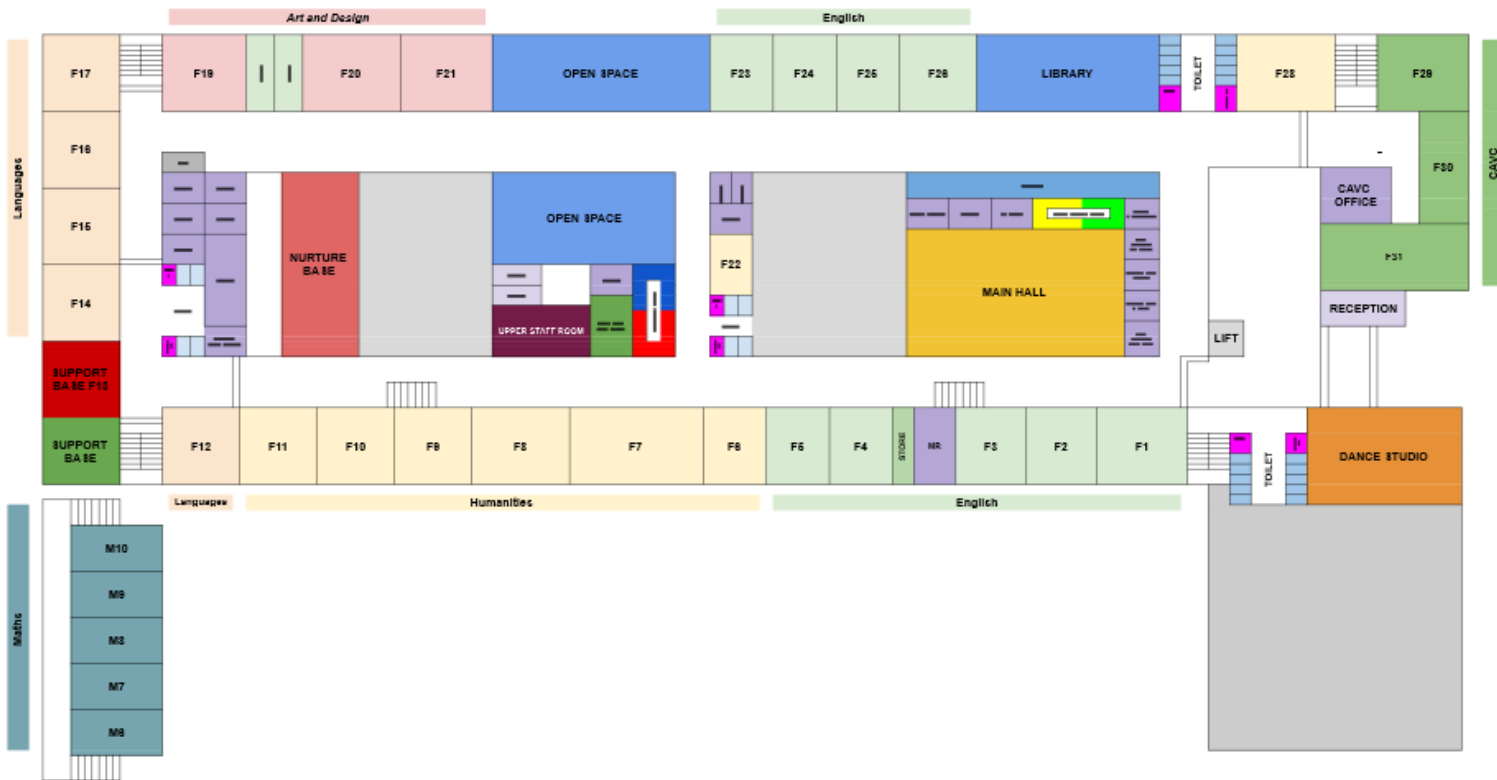


**For more information please contact
Miss H McCallion
hmccallion@easternhigh.org.uk**

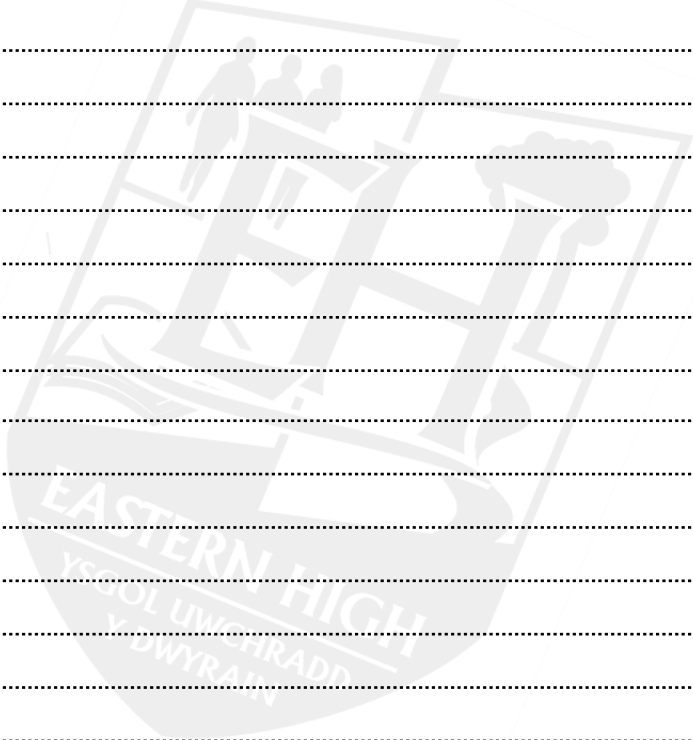


FIRST FLOOR

Llawr Cyntaf

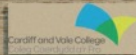


NOTES



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Campws Cymunedol Y Dwyrain
Eastern Community Campus





Eastern Community Campus,
Trowbridge Road
Cardiff
CF3 1XZ

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

 [@easternhighcdf](https://twitter.com/easternhighcdf)