
Getting ready for *Middle School*

YEAR 7 STUDENT BOOKLET



ST ANDREW'S
CATHEDRAL SCHOOL

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Welcome to Middle School at St Andrew's Cathedral School



The move from primary to secondary school is an exciting milestone and represents an important stage in any student's life. There is much to look forward to with the various changes that will take place in 2023.

There will be new friends, a different environment, many teachers, a variety of new subjects, increased responsibility, more independence, and higher expectations.

Whilst the move to Middle School might appear a bit daunting, the environment at St Andrew's Cathedral School is designed to support the needs of students. We have friendly and helpful staff, excellent student school leaders, and an organised environment. Our aim is provide the resources and environment that will enable you to learn new skills and retain valuable knowledge. We will assist you in the development of healthy relationships, connecting with others and growing in the school community. One important thing to remember is that it can take time to adjust to significant change. For most students it can take six to twelve months. During this time, you will go through a number of different feelings and emotions, which are normal and healthy to experience. The diagram on page 5 will give you an idea of the series of emotions you may find yourself experiencing throughout your first year at secondary school. It is important at these times that you remember to ask for help from either your Tutor, Head of Year, or a teacher.

The best advice for new students is to be ready to do lots of new things and persevere (keep going).

We welcome you to Year 7 and our Middle School and trust that your experience is a rich and rewarding one.

**Mr John Partington
Head of Middle School**

Head of Year 7



My name is Mr Lachlan McKendrick. I am a Personal Development, Health and Physical Education (PDHPE) teacher and the Head of Year 7.

My role is to support, assist and care for students in Year 7.

My office is on Level 4. My door is open to all students to come in, ask questions and have a conversation with me about anything on your mind.

My email is
lmckendrick@sacs.nsw.edu.au

Reasons why students would need to see me:

- You have a question about school.
- You have a problem or issue with people in your year group.
- If you are lost and cannot find your class.
- You are feeling upset and need to talk to someone about it.
- You have problems with your locker.
- You have questions about camp.
- You know you are going to be absent from school.

Middle School Counsellors



We are the Middle School Counsellors.

Sometimes, transition can be tricky and adjusting to a new school system can cause you to feel unhappy or emotionally low. You will be able to access the Middle School Counsellor by first speaking to your Tutor, Head of Year (Mr McKendrick), Deputy Head of Middle School (Mrs Kemp) or Head of Middle School (Mr Partington).

They can give you some moral or emotional support or organise for you to meet with me.

Email us at:

jroberts@sacs.nsw.edu.au

mboerma@sacs.nsw.edu.au



Aboriginal Education Mentor



Hello, my name is Ms Emma Walker. I am the Aboriginal Education Mentor at St Andrew's Cathedral School. I look after all the Aboriginal and Torres Strait Islander students from Year 7 to Year 12.

My role includes:

- Providing in-class support for students.
- Providing advice to teachers about Aboriginal Education.
- Organising academic support and the Homework Club on Monday and Thursday afternoons between 3:30pm–4:30pm.
- Liaising with staff regarding students' academic, emotional and social wellbeing.
- Providing 1:1 support, both academically and pastorally.

If you need help, you can find me in my office, Room 528 on Level 5 in St Andrew's House. You can also contact me by email and phone.

Email: ewalker@sacs.nsw.edu.au

Specialised Learning – learning support needs

Specialised Learning is here to help support students with their learning. You might find your schoolwork challenging or difficult and need extra help. We are always willing to help, and we look forward to welcoming you to St Andrew's Cathedral School.

Our faculty has lots of great initiatives to help your learning:

- In-class support from our teacher assistants and specialised learning teachers.
- A free after-school study and homework club called SacsAchieve 7-9, runs twice a week, Mondays and Thursdays (3:20pm–4:30pm) where you can get extra homework help or work on your own.
- Social support for students who might need a little bit more help to make friends (by special arrangement).
- Our SacsLit programmes, including SRA, MacqLit or Maths Mastery to provide additional small group and individual support.
- A quiet room for students who need time out (by special arrangement).
- The Specialised Learning Faculty welcomes all parents to get in touch with our team if needed.

Be assured that the Specialised Learning Middle School team are here to help you, with the academic ups and downs of Year 7.

The main contact point in Specialised Learning for learning support needs is:

Mrs Tammy Campbell
Head of Specialised Learning
Email: TCampbell@sacs.nsw.edu.au



People to help me in Specialised Learning



Mrs Tammy Campbell
Head of Specialised Learning

- extra help and advice about learning support needs for all students in the Secondary School
- help with literacy skills
- if you feel worried or upset about something
- approval of individual adjustment plans.



Ms Ashleigh Maihi
Specialised Learning Year 7 & 8 Case Manager

- extra help with year 7 and year 8 schoolwork
- guidance with assessments
- help with organisational skills
- if you feel worried or upset about something.



Ms Angelyn Tan
Specialised Learning Year 9 Case Manager

- extra help with year 9 schoolwork
- guidance with assessments
- help with organisational skills
- if you feel worried or upset about something.



Ms Terri Katakouzinis
Specialised Learning Support Assistant

- help to understand and keep up when you are in class, especially english and maths.

People to help me in Specialised Learning (cont.)



Mrs Roberta Viant
Specialised Learning Support Assistant

- Help to understand and keep up when you are in class, especially English and Maths.



Ms Emily Clear
Specialised Learning Support Assistant

- Help to understand and keep up when you are in class, especially English and Maths.



Mrs Chiquit Brammall
Specialised Learning Administration and
Adjustments Assistant

- Organise adjustments for assessments. If you have adjustments, come and get your notification sheets from me at the Specialised Learning Middle School Office, on Level 5, SAH.

Specialised Learning – English as an Additional Language or Dialect (EAL/D)



EAL/D students are supported by Ms Heaven Lee, who is the Middle School EAL/D Specialist Teacher.

Ms Lee's office is located in the Specialised Learning staffroom on Level 5 St Andrew's House (SAH).

Students from non-English speaking backgrounds, who have language needs, can receive help with homework, assignments and class work.

Additional supports include:

- In class support.
- 1:1 testing and monitoring.
- Small group support.
- Year 7-9 EAL/D Study Centre, each Thursday afternoon after school.

EAL/D Study Centre



Every Thursday
3:30pm-5pm Room S522

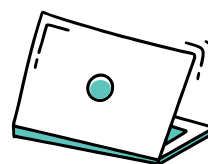


- Homework help.
- Assignment support.
- Fun English language activities (grammar, writing, reading, spelling, speaking).
- Intensive language-focused assistance.

IT Helpdesk for technology support



The IT Helpdesk is located on Level 4, the same level as the Year 7 lockers.



The IT Helpdesk is located on Level 4, the same level as the Year 7 lockers.

A member of the IT staff attends the Helpdesk between 9am and 3:15pm. If you have a problem with your device, you will be able to go and ask for their help during your tutorial time, recess or lunchtime. At times, your teacher may

also give you permission to go to the Helpdesk if the problem persists during a lesson where your technology is needed.

Contact can also be made with the Helpdesk for online support via:

itsupport@sacs.nsw.edu.au

Key Middle School staff



Dr Julie McGonigle
Head of School



Mr Brad Swibel
Deputy Head of School
(Secondary)



Mr John Partington
Head of Middle School



Mrs Jenny Kemp
Deputy Head of Middle
School



Mr Lachlan McKendrick
Head of Year 7



Ms Mikaela Maroudas
Head of Year 8



Mrs Emily Williams
Head of Year 9



Mrs Kate Layhe
Director of Learning
(Middle School)



Mrs Tammy Campbell
Head of Specialised
Learning

Key Middle School staff (cont.)



Ms Estee Stephenson
Head of Gifted Education



Ms Emma Walker
Aboriginal Education
Mentor



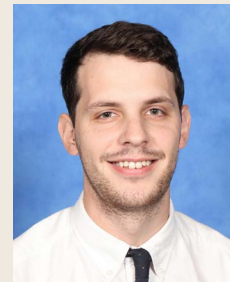
Ms Ashleigh Maihi
Year 7 & 8 Case Manager



Ms Angelyn Tan
Specialised Learning
Year 9 Case Manager



Ms Heaven Lee
Specialised Learning
EAL/D 7-12 Specialist
Teacher



Mr Micah Boerma
Middle School Counsellor



Ms Jessica Roberts
Middle School Counsellor



Mrs Chiquit Brammall
Specialised Learning
Administration and
Adjustments Assistant



Mrs Roberta Viant
Specialised Learning
Support Assistant

Key Middle School staff (cont.)



Ms Emily Clear
Specialised Learning
Support Assistant



Ms Terri Katakouzinou
Specialised Learning
Support Assistant



Mrs Debra Northwood
Personal Assistant to the
Head & Deputy Head of
Middle School

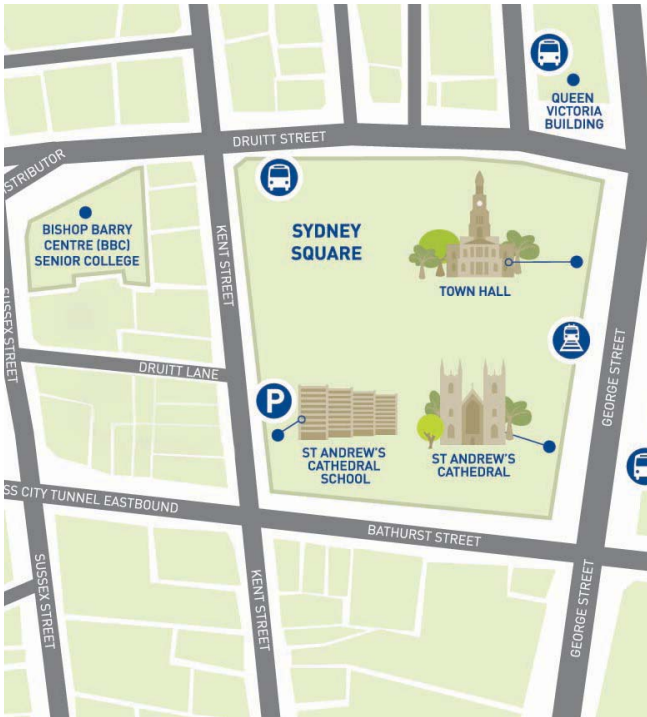


Mrs Trish Williamson
SAH Receptionist



Ms Annie Wilcoxon
Health Centre Manager

St Andrew's Cathedral School area



Most of your lessons will be in St Andrew's House (SAH). You will have Assembly in the Cathedral and Chapel in Chapter House (annex to the Cathedral), and both are located in Sydney Square.

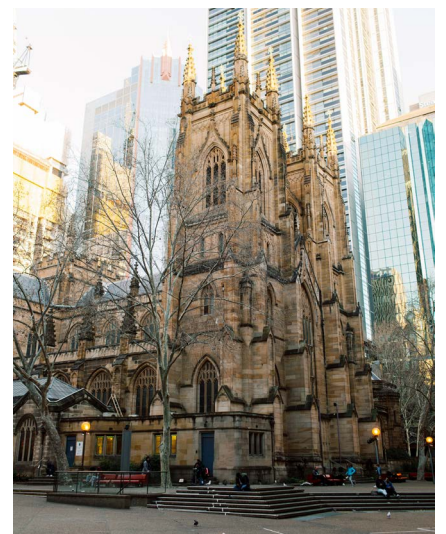
School Map



St Andrew's House (SAH)



St Andrew's House Reception



Cathedral and Chapter House

St Andrew's Cathedral School area (cont.)



Entrance to the BBC

You will have some classes in the Bishop Barry Centre (BBC). This will mainly be Visual Arts and Technology. Your Tutor will speak to you about city safety and how to get safely from SAH to the BBC when required.



BBC Reception and Entrance



Ground floor entrance to the BBC

Year 7 lockers and common area



Year 7 locker Area

Your locker and the Year 7 common area are located on Level 4.

You can hang out on Level 4 with your friends before school, during recess and lunch. Your Head of Year is also located on Level 4.

All common areas have hydration stations if you need a drink or to refill your water bottle. Toilets are always located near the lifts – on all levels.

Students can also use the Middle School Library during recess and lunch to play a variety of board games, read, complete homework or study.



Hydration station

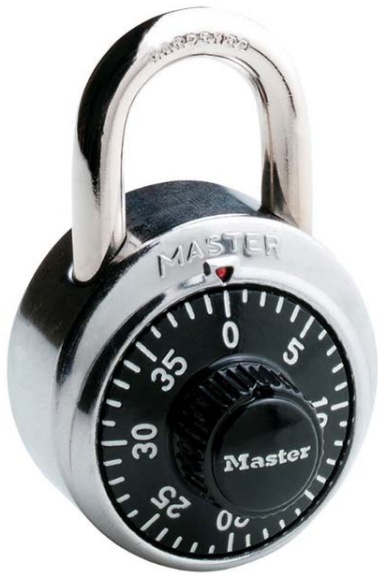


Library quiet area



Middle School Library

Instructions on how to open the School padlock for lockers



1. TO OPEN – Turn RIGHT (→) 3 times. Stop at the 1st number
2. Turn LEFT (←) one full turn passing the 1st number to stop at the 2nd number
3. Turn RIGHT (→) and stop at the 3rd number: Pull the shackle open.



Caring

Be thoughtful and kind,
and love generously.

Middle Years Programme (MYP)

The MYP, or more precisely the IB Middle Years Programme, is an internationally accredited framework for learning, which is specifically created for students between the ages of 11 and 16.



The MYP encourages you to make practical connections between your studies and the real world. It helps you to develop skills for communication, intercultural understanding and global engagement – essential qualities for young people today.

A key component of the MYP is service. You will be participating in service activities in the classroom and beyond.

Mrs Kate Layhe, Director of Learning (Middle School), as well as your classroom teachers, will be able to answer any questions you have about the MYP.

Open-minded

Close your mouth, grow your ears and open your heart to what someone has to say.



Your day at school



Just like primary school, you will have a daily routine, but as you are now in high school, you will have different teachers for different subjects.

You will be moving between classrooms and at times between school buildings to get to your classes. You will have five minutes allocated between each lesson to get to your next class. It doesn't sound like a lot, but once you have figured out where you need to be and how to get

there, you will be able to do this without any trouble. At the start of the year, your teachers will understand that you are new and still learning how to navigate the school.

Important note:

You can only access your locker before school, during recess, lunch and after school. This means you should not go back to your locker between lessons!



Servant-hearted

Helping others creates connection, community and humility.

Your day at school (cont.)

Time	Activity
Arrive at school by 8:20am	Go to your locker, unpack your bag from the night or weekend before and get out your folders for Period 1 and Period 2. If you have time to spare, you will be able to spend this time with your friends. If you have PE in Period 1 and 2, you will arrive at school in your PE uniform.
8:25am	The bell will ring for Period 1 and you have five minutes to get to your class.
8:30am – 9:30am	Period 1
9:30am – 9:35am	The bell will ring for Period 2 and you have five minutes to get to your next class.
9:35am – 10:35am	Period 2
10:35am – 10:55am	Recess. Please use the last few minutes of recess to get your folders ready for Period 3 and Tutorial time. If it is an Assembly or Chapel Day, you will also need your blazer.
10:55am – 11:00am	The bell will ring for Period 3 and you have five minutes to get to your next class.
11:00am – 11:55am	Period 3
11:55am – 12:00pm	The bell will ring for Tutorial and you have five minutes to get to Tutorial.
12:00pm – 12:30pm	Tutorial or Assembly in the Cathedral or Chapel in Chapter House (located next to the Cathedral). Your timetable will tell you when you have Tutorial, Assembly or Chapel.
12:30pm – 1:05pm	Lunchtime. Please use the last few minutes of your lunch break to get your folders ready for Period 4 and Period 5. If your last lesson for the day is in the BBC, you can take your bag with you – remember to pack your homework!
1:05pm – 1:10pm	The bell will ring for Period 4 and you have five minutes to get to your class.
1:10pm – 2:10pm	Period 4
2:10pm – 2:15pm	The bell will ring for Period 5 and you have five minutes to get to your class.
2:5pm – 3:15pm	Period 5
3:15pm	End of the school day. You now need to go back to your locker, return your folders from Periods 4 and 5 and pack your school bag with the folders you will need to do your homework.

Rules in the classroom

In each of your classrooms you will see a poster with class rules up on one of the walls. This is to remind you how you are expected to behave.

In addition to these rules, your teacher may also give further direction, most likely to keep you safe. These are an example of what the general classroom rules in Middle School will be:

1. Line up quietly before class.
2. Be in full, neat uniform with all equipment.
3. Stand quietly behind your chair at the start and end of each lesson.
4. Keep work neat, complete homework, and do your best.
5. Work respectfully so as not to disturb others.
6. Raise your hand when wanting to speak.
7. Keep hands, feet and objects to yourself.
8. Devices are kept closed until instructed. (No mobile phones in class. Headphones only for educational audio/video when instructed by the teacher.)
9. No food or drink (except water).
10. Leave the room neat and tidy.

Equipment and stationery

In primary school, most of the equipment you need is kept in your classroom. In Middle School you will be expected to have your own pencils, pens, exercise books, folders and electronic device.

These will be kept in a locker and you will have to take the items you need to each lesson. You can get your parents or your tutor to help you write a list of the things you will need for each day. You could then tick each item off as you pack your bag. Make sure you pack your bag the night before.

The Year 7 stationery book packs will be given out to you following the interview with your tutor.

Everything that you need will be in this stationery pack. You will, however, be required to buy your own pencil case (not too big as you will need to carry this around).

All items must be clearly labelled with your name and your class details. No correction fluid/tape, permanent markers or aerosol cans are allowed at school. Students should also not bring any items of sentimental or monetary value as we cannot take responsibility for any loss or damage to these.

In your book pack you will also receive a soft carry case. This carry case has a handle and it is a great way to organise yourself. We suggest you place your device, diary and stationery in this soft case and then carry your folders in your other hand.



Colour coding system

All Middle School students are expected to follow the colour coding system.

You will be given eight plastic book covers to place over your books and labels.

Each plastic book cover corresponds to a subject and will help you keep your things together, making it easier when you go to your locker to retrieve what you need for each lesson. The colour/subject codes are:

Blue > Maths	Navy > Christian Development
Purple > History/Geography	Orange > English
Yellow > Science	Green > Music
Red > PDHPE	Pink > Languages
No covers > Art / Technology	

During Term 1 tutorial lessons, you will focus on organisation and time management skills to assist you in the development of sound study habits.

Labelling

- Using the blue labels – Label your folders and exercise books in the top right-hand corner with your name, class and subject.
- Label EVERYTHING, including your uniform, your headphones, bags.
- Leave these in your school locker unless required for homework.

Stationery items you should always have with you:

- student diary
- pencil case (1 x 30cm ruler, 1 x B pencil, 1 x HB pencil, 1 x eraser, 1 x glue stick, 2 x red, blue, black ball point pens, 1 x scissors)
- laptop.

Stationery items can be purchased at the Uniform Store:

Uniform Store opening hours

8am – 3:30pm – Monday, Wednesday, Friday

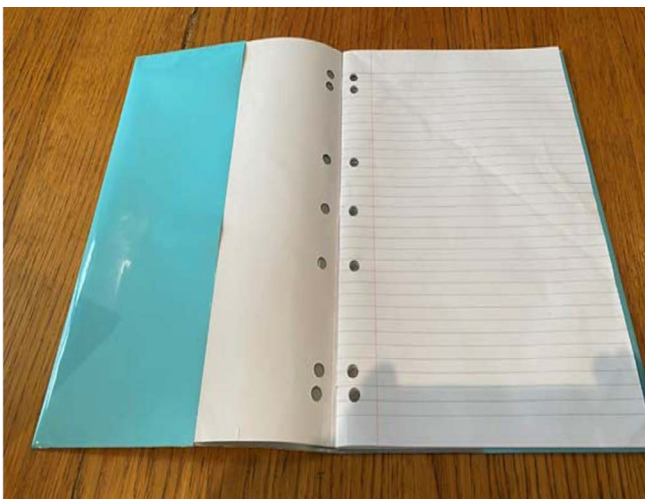
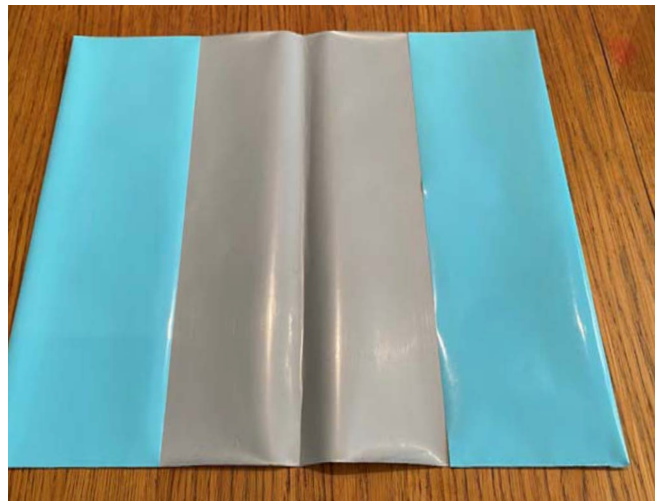
Location: St Andrew's House Level 6 (turn left after exiting the lift and follow the signs).

Student equipment checklist

<p>MATHS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Blue plastic book cover <input type="checkbox"/> 2 x A4 128-page grid book stapled spine hole punched <input type="checkbox"/> 1 x 360-degree protractor 	<p>ENGLISH</p> <ul style="list-style-type: none"> <input type="checkbox"/> Orange plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched 	<p>SCIENCE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yellow plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched <input type="checkbox"/> 1 x 20 leaf plastic display folder
<p>GEOGRAPHY</p> <ul style="list-style-type: none"> <input type="checkbox"/> Purple plastic book cover shared with History <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched 	<p>HISTORY</p> <ul style="list-style-type: none"> <input type="checkbox"/> Purple plastic book cover shared with Geography <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched 	<p>LANGUAGES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pink plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched
<p>ART</p> <ul style="list-style-type: none"> <input type="checkbox"/> No book cover <input type="checkbox"/> 1 x A4 Visual Arts diary 	<p>MUSIC</p> <ul style="list-style-type: none"> <input type="checkbox"/> Green plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched (with manuscript) 	<p>TECHNOLOGY</p> <ul style="list-style-type: none"> <input type="checkbox"/> No book cover <input type="checkbox"/> 1 x A4 Visual Arts diary <input type="checkbox"/> 1 x 20 leaf display folder <input type="checkbox"/> 1 x USB memory stick
<p>CHRISTIAN DEVELOPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> Navy plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched 	<p>PDHPE</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red plastic book cover <input type="checkbox"/> 1 x A4 96-page exercise book stapled spine hole punched 	<p>Other stationary items:</p> <p>1 x 30cm ruler, 1 x B pencil, 1 x HB pencil, 1 x eraser, 1 x glue stick</p> <p>2 x red, blue, black ball point pens.</p>

Exercise Book Covers – Year 7

You will have History and Geography for half a year, so place one name label on the front of the purple book cover for History, flip the book over and place the other name label on the back for Geography.



Your locker



At St Andrew's Cathedral School, each student is provided with a locker. This is where you keep your books and equipment and take out what is necessary for your lessons. At the end of the school day, you will only take the books and equipment home that you need to complete your homework activities.

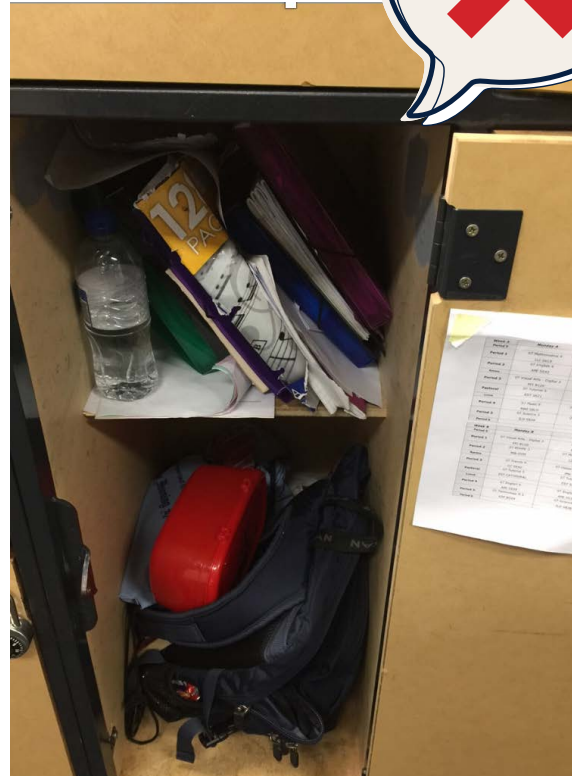
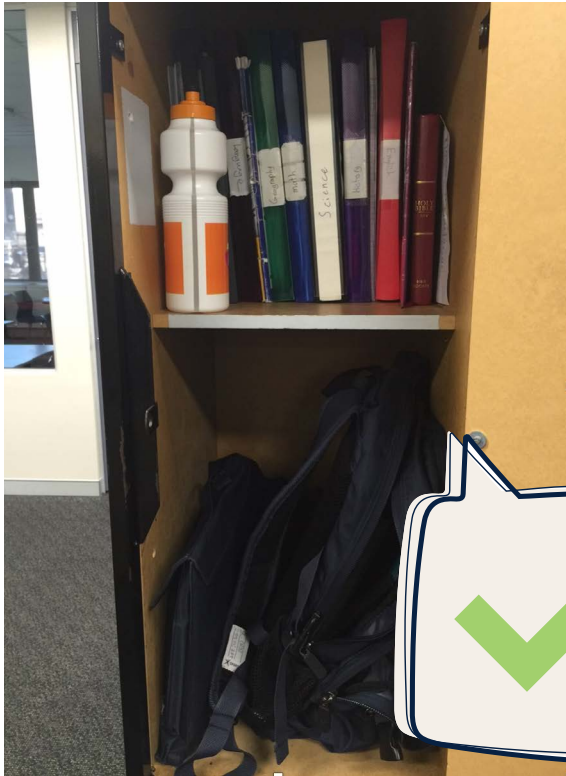
It is a school rule that mobile phones are locked in your locker at the start of the school day when you arrive and are only retrieved when you leave the building to go home.

An organised and tidy locker will assist you in having a relaxed day at school.

Here are some locker tips:

- Stick a copy of your timetable on the inside of your locker door. Your Tutor will give you a copy on the first day of term. (You will be allocated to a locker on Monday morning before starting the day)
- Spend 10-15 minutes once a week, maybe each Monday afternoon, to quickly tidy your locker and file any papers in your books.
- Empty your locker of food every single day! If you leave food in your locker, even if it is just a tiny bit, your books and things will smell.
- You will need to practise using the lock on your locker. It works with a combination number that your tutor will give you. Please ask for help if you find it tricky – it is common for Year 7 students to struggle, but with practice, they soon get the hang of it.
- Both the Uniform Shop and your Head of Year will have the number combination of your locker in case you forget it.

Locker dos and don'ts



- Label your plastic book covers clearly with your name and the subject.
- Plastic book covers and belongings that are not labelled will get lost.
- Use the top shelf in your locker as a bookcase, with the books standing up, spines visible. This will ease taking out books and you can clearly see which book you need for each subject.
- Piling your books on top of each other looks messy and you will struggle to retrieve the ones at the bottom.
- Place your backpack, sports bag etc. on the bottom shelf.

- Take home all empty lunchboxes and clean your locker out at least once a week.
- Keep all your papers organised and neatly put away in the individual subject folders.
- Loose papers will rip, fold and tear. You will struggle to replace important information if you do not look after it.
- Take home your PE uniform every week to avoid a smelly uniform!

Ways to be organised

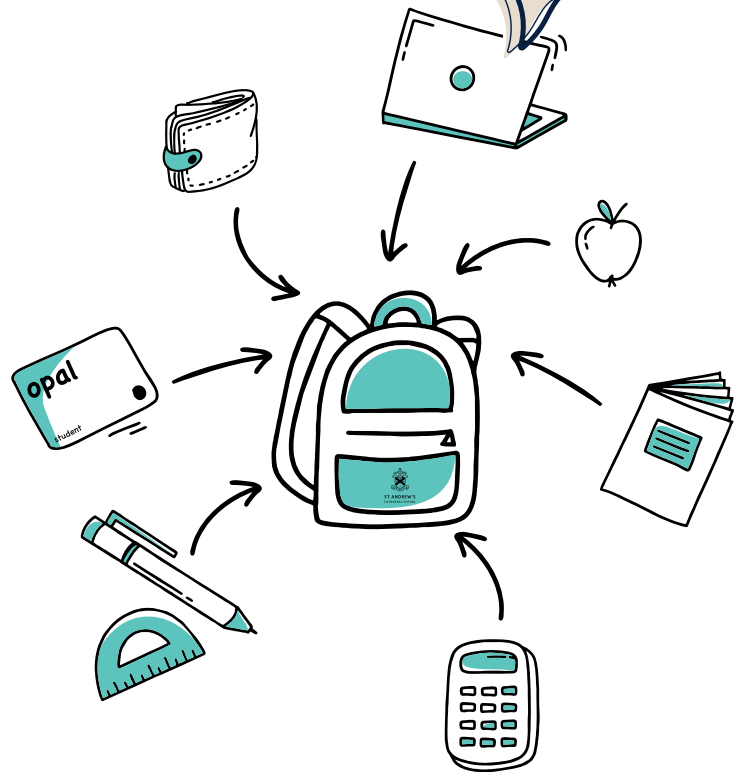
What you need to remember each day
– being organised

Use a School Diary for:

- Sticking in a copy of your timetable.
- Remembering which books to take to school for the day.
- Writing what is required for homework and when it is due.
- Writing when tests or excursions will occur.
- Take a photo of your timetable with your device and save it as your screen background. This is a quick way for you to check where to go next.
- Your diary **MUST** be taken to every class. Your teacher will need to write a note in it if you ever need to leave the class for some reason, e.g. go to the bathroom or for an appointment.

Use a different notebook for each subject

- In Maths class you will need two books, one for writing your notes (theory) and one for class and homework (workbook with squares). Some come with timetables on the back cover for easy reference.
- Stick all your handouts in your books with a glue stick.



Colour code your workbooks

- Using the plastic book covers, colour code according to subjects.
- Label each book with your name, subject and teacher.
- Keep all assignments, essays and class tests your teacher returns to you.
- Your assignments, essays and tests will help you to review the material you have learnt for any assessments or reports you will have.

Clean out your school bag every day

- You will only carry the things you need for that day's lessons.
- Left-over food will make your bag smell.
- Sports gear should be washed for your next sports lesson.

Ways to be organised (cont.)

Label everything

- All students in your year will have identical belongings.
- A luggage tag or ribbon will differentiate your school bag.
- Even label your shoes and socks.

Electronic device

- Charge your device every night, ready for the next day.
- Your device is a learning tool. Games and social media applications may not be accessed.

Keep your locker neat and tidy

- Throw away rubbish every day.
- File loose papers in your subject folders.
- Take home letters to your parents and return them if they need to be signed.
- Stick another copy of your timetable on the inside of the locker door for easy reference of classes for the day.

Knowledgeable

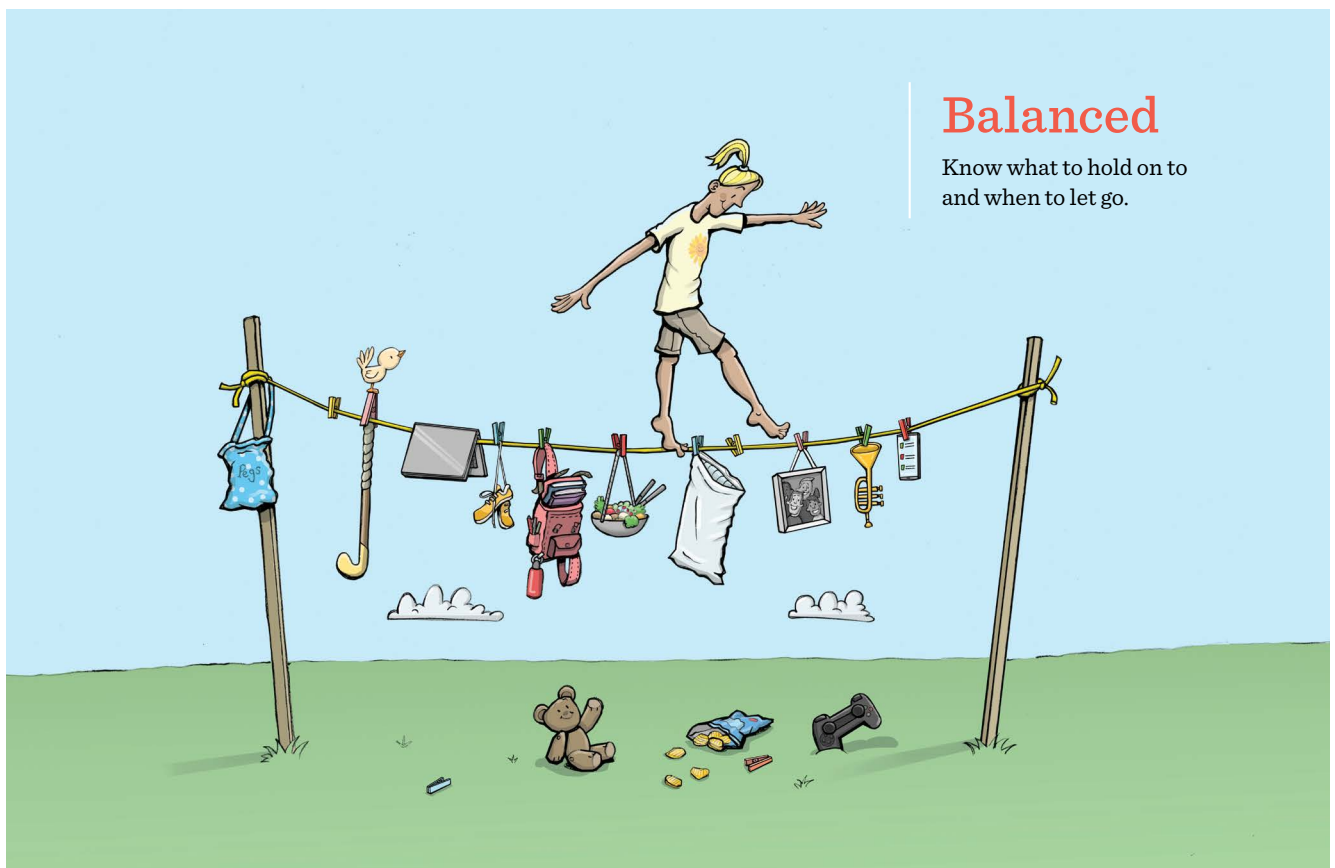
Knowledge is the wondrous art
of expanding your mind.



Using your diary

Your St Andrew's Cathedral School diary is a "week at a glance" diary format.

- Your personal timetable is glued into the front of your diary and your diary must be labelled.
- It is a good idea to write any passwords you might need in here, e.g. your password and username to get onto your device, and maybe your locker lock code.
- The front of your diary also includes invaluable information about St Andrew's Cathedral School, study skills etc. Make sure you take some time to go through the information with your parents.

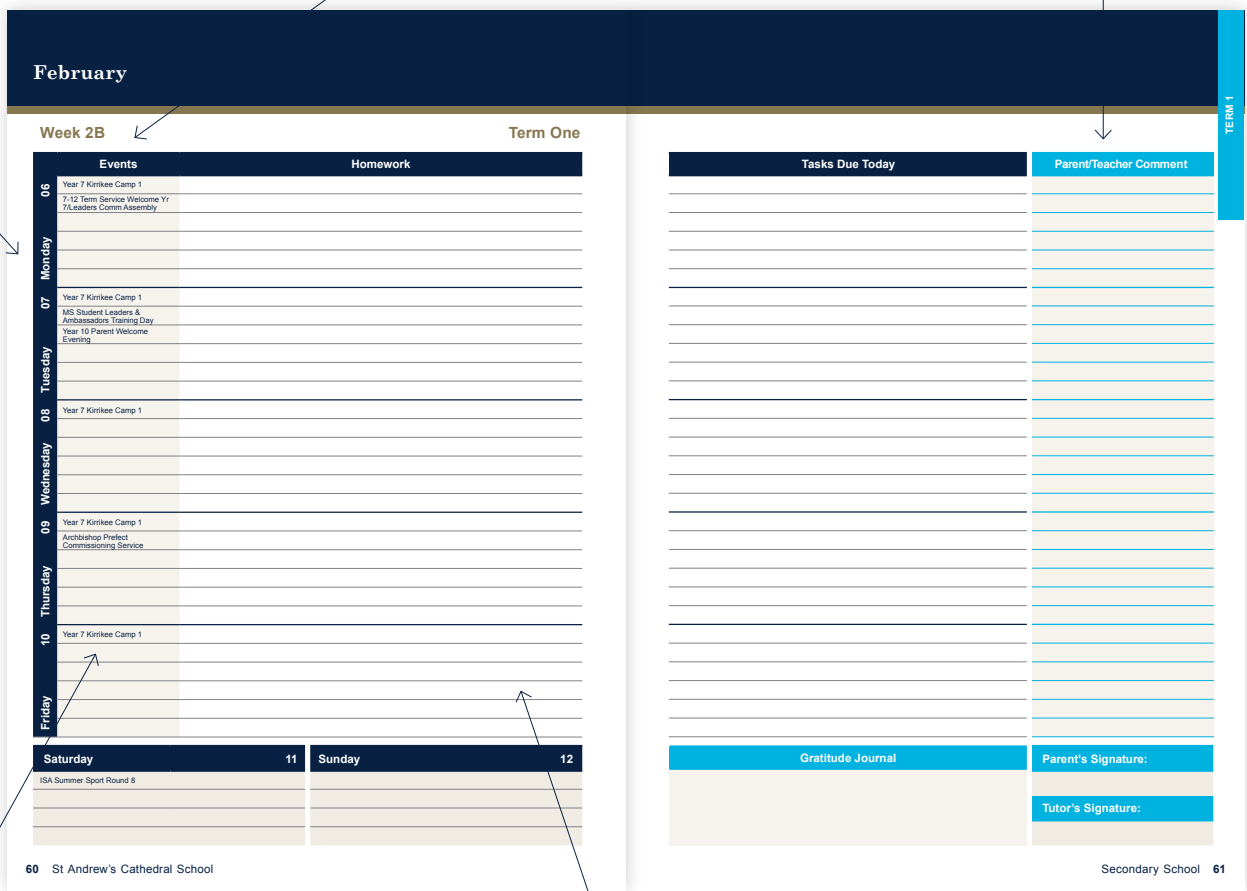


Using your diary (cont.)

The first page is broken down into the 7 days of the week.

It lists the number of the week of the current term.

There is a space for your parents and Tutor to sign to prove that they have seen your diary. This needs to happen weekly.



Special events happening at school that day.

Space for homework that is due, when it is due and when it needs to be handed in.

Middle School timetable

At St Andrew's Cathedral School we follow a two-week cycle with our timetable. That means we have a Week A and a Week B, with five periods per day in each cycle. Each period lasts for 60 minutes. Your diary will tell you what week it is.

Period 1 begins at 8:30am, period 2 at 9:35am and so on. The reason for the five-minute gap between each period is so that you have time to travel to your next classroom. Some periods such as Technology, Textiles, and Visual Arts are held in the BBC, which is across Kent Street. The rest of your lessons will be in St Andrew's House or indicated with an S on your timetable.

Recess is from 10:35am to 10:55am and Year 7 can go to the rooftop, hang out in the Year 7 area near your lockers or go to the library.

Pastoral is when your Tutor group meets, and various activities are performed. This will include a learning skills programme that helps you understand how to study and manage your work.

On the first line of each block, you will see your Year (eg 07), the subject (eg PDHPE) and the class group number (eg 4).

The second line has the initials of the teacher. You will soon learn their name when they introduce themselves in your first lesson. It also shows the initial for the location of the building. S stands for St Andrew's House and B for Bishop Barry Centre (BBC). The number indicates the floor level and room, eg. S840 = SAH/ Level 8/Room 40.

Colour code your timetable with your folder colours to help you prepare for lessons.

Week A	Monday A
Period 0	
Period 1	07 PDHPE 4 BRO GYM
Period 2	07 Music 4 AKU S815
Recess	
Period 3	07 Technology 4 MAN BLG04
Pastoral	07 Tutorial 5 CHN S421B
Lunch	
Period 4	07 Science 4 ZHJ S840
Period 5	07 History 4 BMO S423
Period 6	CO - 2024 Musical - The Addams Family DOM BBCA

Middle School timetable (cont.)

Let's have a look at this **SAMPLE** timetable:

1. What would your first lesson be and where is it?
2. Highlight all the lessons on this timetable that are in the BBC.
3. What floor do you think G indicates?
4. On what day is the Pastoral Period an Assembly gathering for Middle School (Years 7-9) in the Cathedral?
5. What happens every Friday morning before school for this student?

TIMETABLE FOR Student Name – Year 7

Week A	Monday A	Tuesday A	Wednesday A	Thursday A	Friday A
Period 0			CM Middle School Choir JMN S801		CM Boys Vocal Ensemble YJO NR
Period 1	07 PDHPE 4 BRO GYM	07 Mathematics 4 SKAN S426	07 English 4 MARM S423	07 Science 4 ZHJ S840	07 PE 4 MW BATHURST_STEPS
Period 2	07 Music 4 AKU S815	07 Visual Arts 4 CHN B125	07 Music 4 AKU S817	07 Christian Development 4 WAB S425	07 PE 4 MW BATHURST_STEPS
Recess					
Period 3	07 Technology 4 MAN BLG04	07 English 4 MARM S421B	07 History 4 BMO S423	07 English 4 MARM S423	07 History 4 BMO S423
Pastoral	07 Tutorial 5 CHN S421B	07 Tutorial 5 CHN CATHEDRAL	07 Tutorial 5 CHN S421B	07 Tutorial 5 CHN S421B	07 Tutorial 5 CHN LVL4SOUTH
Lunch					
Period 4	07 Science 4 ZHJ S840	07 Technology 4 MAN BLG08	07 Christian Development 4 WAB S427	07 Visual Arts 4 CHN BLG08	07 Mathematics 4 SKAN S522
Period 5	07 History 4 BMO S423	07 Music 4 AKU S817	07 Technology 4 MAN BLG04	07 French 2 KL S531	07 Science 4 ZHJ S841
Period 6	CO - 2024 Musical - The Addams Family DOM BBKA				CO - 2024 Musical - The Addams Family DOM BBKA

Week B	Monday B	Tuesday B	Wednesday B	Thursday B	Friday B
Period 0			CM Middle School Choir JMN S801		CM Boys Vocal Ensemble YJO NR
Period 1	07 PDHPE 4 BRO S426	07 Technology 4 MAN BLG08	07 English 4 MARM S423	07 Mathematics 4 SKAN S426	07 PE 4 MW BATHURST_STEPS
Period 2	07 Music 4 AKU S815	07 History 4 BMO S423	07 Visual Arts 4 CHN B125	07 History 4 BMO S423	07 PE 4 MW BATHURST_STEPS
Recess					
Period 3	07 English 4 MARM S810	07 English 4 MARM S423	07 Technology 4 MAN BLG04	07 English 4 MARM S423	07 French 2 KL S531
Pastoral	07 Tutorial 5 CHN S421B	07 Tutorial 5 CHN CATHEDRAL	07 Tutorial 5 CHN S421B	07 Tutorial 5 CHN LVL4SOUTH	07 Tutorial 5 CHN S421B
Lunch					
Period 4	07 Science 4 ZHJ S840	07 Mathematics 4 SKAN S426	07 Mathematics 4 SKAN S426	07 Visual Arts 4 CHN B125	07 Science 4 ZHJ S840
Period 5	07 History 4 BMO S423	07 French 2 KL S426	07 Music 4 AKU S817	07 Science 4 ZHJ S840	07 Mathematics 4 SKAN S426
Period 6	CO - 2024 Musical - The Addams Family BMI BG08				CO - 2024 Musical - The Addams Family DOM BBKA

All about homework

Homework allows you to practise and consolidate what you have learnt in class. Your teachers aim to give you homework that will extend your learning.

Year 7 students are expected to do one hour of homework each weeknight.

Your teacher will give you your homework in three ways:

- Tell you during the lesson.
- Write it on the whiteboard for you to copy into your diary.
- Post it on Schoology.


If you cannot complete your homework, you might get a homework detention. This means that you will have to spend your lunchtime doing the incomplete homework in a special room under teacher supervision. This might sound scary, but it is a good opportunity for you to complete your homework.

If you could not complete your homework because it took longer than the one hour, or if unforeseen circumstances prevented you from doing your homework, you need to ask your parents to make a notation in your diary for your class teacher to read.

Once a term, you will be asked to complete an assessment for each of your subjects. Assessments are different to homework – it is a formal way to assess your learning.

You will know that it is an assessment as you will receive an assessment notification at least two weeks before the due date.

Your teacher will explain the assessment to you and provide you with information on how to do well. If you do not understand what you need to do, please ask your teacher or come to the Specialised Learning office and we can help you. Below is an example of an assessment notification.

 ST ANDREW'S CATHEDRAL SCHOOL <small>FOUNDED 1865</small>	
YR 7 MATHEMATICS S1 TASK 1 (HAND IN INVESTIGATION)	
ASSESSMENT TASK NOTIFICATION	
COURSE	Mathematics
TASK NUMBER	1
DUE DATE	Camp group 1: First lesson in Week 5A Camp groups 2 and 3: First lesson in Week 6B Exact date: _____
WEIGHTING	All criteria and assessments are weighted equally.
TASK DESCRIPTION	Life without the Hindu-Arabic number system In this task, you will be investigating an ancient number system. The task contains a mixture of the following: <ul style="list-style-type: none"> • open ended questions where there may be many correct responses • short response questions where students are required to justify mathematical procedures or decisions Class time will be given to the task as follows: <ul style="list-style-type: none"> - A research lesson with the teacher/librarians - A half lesson with your teacher to work on the task and ask any questions - A 15-minute session with the TIs to assist with writing the reference list
TASK TIPS	<ul style="list-style-type: none"> • Follow Task instructions and Task Specific Clarifications carefully • Research online or in the library but keep track of at least 2 sources you have used to include in a reference list (See school diary pages 36-38) • Revise any relevant class work and textbook (will be minimal)
SUBMISSION INSTRUCTIONS	The task needs to be submitted hard copy in class as per the DUE DATE above. It must be typed (Time New Roman, size 12). Maximum 4 pages: Page 1 - Cover sheet (template on page 6); Page 2 - Answers to question 1(a, b) Page 3 - Answers to question 2 (a, b, c, d); Page 4 - Reference List
FAILURE TO COMPLETE TASK	Hand-in task: Either hand in the incomplete task on the due date or you will be given 1 hour during the lesson time to do the task and only this will be marked. If absent on the day, the student will complete the task during the following timetabled lesson.
MYP CRITERIA & NESA OUTCOMES ASSESSED	MYP Criteria: C, D NESA outcomes: MA4-1WM; MA4-2WM; MA4-3WM; MA4-4NA; MA4-8NA; MA4-9NA

Making friends



Starting Year 7 will also mean that you will meet and make new friends. This can sound daunting, especially if you are coming from a different school. We have loads of lunchtime and after-school activities to help you settle in and socialise.

If you are struggling to connect and make friends, please have a chat with Head of Year or your Tutor. We have loads of ideas that might help you.

Some of the activities you can try out:

- Maker Space in the BBC
- Lunchtime library activities
- Cru every Wednesday lunchtime
- Summer and winter sport
- Robotics in the library
- Environmental club
- Service knitting

The library is a fun place to be during lunchtime, with a variety of board games and interesting activities. If you feel lonely, feel free to wander down and engage in these activities.



Year 7 camps



Our comprehensive outdoor education programs are an important feature of St Andrew's Cathedral School education. The camps are compulsory, with every child participating in the Year group program between Year 7 and 10.

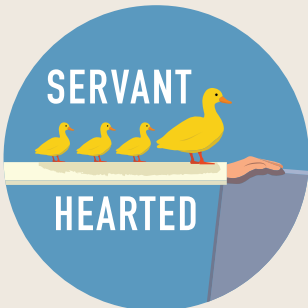
Camps in Year 7 are based on and around the School's outdoor education property, 'Kirrikee', located in the Southern Highlands.

Our program provides a wide range of diverse age-appropriate experiences in the outdoors, with each year's experiences leading to more challenging ones in subsequent years. Year 7 attend a five-day program in Term 1. Three nights are spent at Kirrikee and one is spent on a hike in the local area.

Year 7 camp is held at the beginning of the year to help students establish connections with their peers. They will attend camp in three groups (one group per week). Information will be provided on the Orientation Day in November and over the Christmas break.



Character strengths



What do I do if ...?

I lose my timetable:

I need to tell my Head of Year or my Tutor, who will print another copy for me.

I arrive late to school:

I will need to sign in at Reception on the ground floor of SAH. I will then receive a slip to give to my class teacher.

I feel sick during class:

I should tell my teacher, who will give me permission to go to the Health Centre.

I need to go to the toilet during class:

I should ask my teacher for permission if it is an emergency. Students are encouraged to use the bathroom during recess and lunch, not during class time. Your teacher will sign your diary showing you have permission to leave the classroom.

I lose something:

I need to inform my Head of Year who will help me find it.

I get to the classroom and there is nobody there:

I should look at the room change notification on my Edumate timetable, which is online.

My shoes have given me blisters and I need to wear joggers to school:

Mum/Dad or my carer should write a letter to my Head of Year explaining the situation.

I need to bring my sport shirt to school, but I can't find it:

Mum/Dad or my carer should write a letter to my PE teacher and explain the situation.

I need to leave school early for a doctor's appointment:

Mum/Dad or my carer needs to email my Head of Year at least one day before the appointment, if possible, to notify the Head of Year.

I need to make an urgent phone call:

I should speak to my Head of Year, who will help me, as St Andrew's Cathedral School students are not allowed to use their mobile phones during the school day – this includes recess and lunch.

I feel unhappy about something that is happening at school and I don't know what to do:

I should talk to my mum/dad or carer about it. My Head of Year and Tutor are also able to help me. I should talk to someone as soon as possible so that I can get help. St Andrew's Cathedral School wants me to be happy, feel included and be comfortable with my learning. The school can do that well if I let them know when I am struggling.

What do I do if ...? (cont.)

I need some extra help with my homework or exam preparation, or to get organised for class:

There is a study and homework club called SACS Achieve, two afternoons each week from 3:20pm – 4:30pm. I don't have to stay the whole session. Each session starts with afternoon tea and then I can work independently or ask supervising staff to help me with any work I am finding tricky. They can also help me understand and plan my assessment task and show me ways to be better organised and how to manage my time effectively.

Homework clubs:

Middle School Study Centre (MSSC) is a paid homework club that you are able to book into at the start of every term.

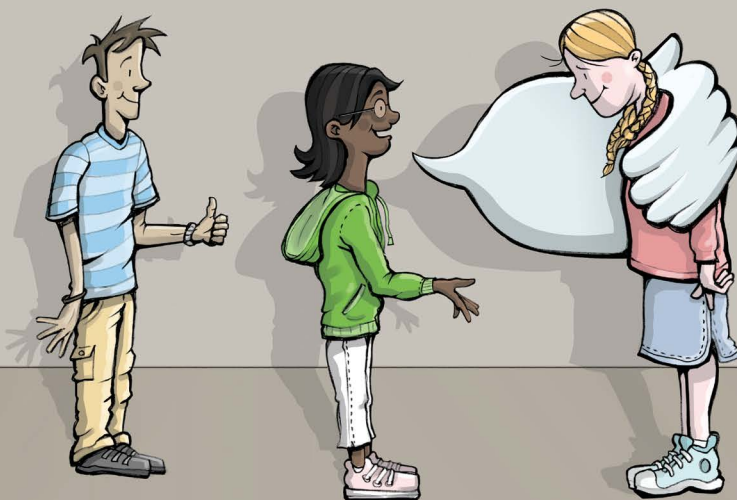
MSSC runs on Mondays, Tuesdays and Thursdays between 3:15pm – 5pm.

For more information regarding the MSSC, please contact Ms Alison Goodworth who is the Study Centre Coordinator:

agoodworth@sacs.nsw.edu.au

Communicative

Show the way through empathy, kindness and compassion.





ST ANDREW'S
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