



Rhyl High School, Grange Road, Rhyl. Denbighshire. LL18 4BY



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YSGOL UWCHRADD Y RHYL RHYL HIGH SCHOOL



Year 7 Transition Booklet 2026 - 2027

Welcome to Rhyl High School!

Dear Year 7 Pupils,

Welcome to Rhyl High School – we're so excited to have you join our school community!

Starting high school is a big step, and it's normal to feel a mix of excitement and nerves. This guide has been put together especially for you, to help make your transition to Year 7 as smooth and enjoyable as possible.

Inside, you'll find everything you need to know about life at Rhyl High School – from how the school day works and what to expect in your lessons, to tips for making new friends, getting involved in clubs, and knowing where to go for help and support.

High school is a chance to try new things, meet new people, and discover what you enjoy and are good at. Everyone at Rhyl High School is here to help you succeed and feel happy and safe.

We can't wait to see what you'll achieve during your time with us. Let's make your journey through high school a positive and exciting one – starting now!

Warm wishes,

The Rhyl High Community



Welcome message from our Headteacher, Mr Collins

Hello,

My name is Mr Collins and I am the Headteacher of Rhyl High School. I am delighted that you will be joining the Rhyl High School family in September. Starting secondary school is a big change and it is normal to feel excited but also nervous. This booklet will hopefully help you settle into our school quickly. I would also like to give you some advice,

- **Be organised - have the right equipment and uniform**
- **Make copies of your timetable**
- **Don't worry about getting lost - Ask for help.**
- **Be yourself - Don't try and impress**
- **Make new friends - Step out of your comfort zone**
- **Keep on top of your work - Ask for help if you're unsure**
- **Attend every day and don't be late**
- **Enjoy yourself and get involved in the new opportunities on offer**
- **Always behave well and show respect**
- **Always try your best and give 100%**

I look forward to seeing you soon. Have a safe Summer and see you in September.

Best wishes,
Mr Collins



10 things
about me

1. My Name is

2. My Primary school is

3. The things I like to do are

4. My most treasured possession
is

5. My best qualities are

6. I am confident with

7. I learn best when

8. My favourite subjects are

9. When I join Rhyl High, I am
most looking forward to

10. When I grow old I want to



Key Staff in Year 7



Mrs H Ward
Head of Year 7



Mr W Jones
Pastoral Support

Safeguarding Officers



Miss C Ellis - Deputy Headteacher
Safeguarding Lead



Mrs R Pace
Deputy Safeguarding Officer



Mr J Ellis
Safeguarding Officer



Mr E Morris
Safeguarding Officer



Mr A Ratcliffe
Safeguarding Officer

Uniform and Appearance



Our school uniform consists of:

- Grey/purple RHS blazer (optional)
- Purple/grey RHS jumper
- School tie - stripe with house colour
- A white shirt that buttons to the neck either long or short sleeve. (NOT aertex)
- Dark grey or black school trousers (NO jeans or leggings)
- A RHS tartan box pleat skirt of an appropriate length
- Dark plain socks, grey knee-high socks, grey or black tights
- All black footwear

Our P.E. kit consists of:

- RHS Logo T-Shirt
- RHS Logo long sleeve top (optional)
- Plain black - shorts, leggings or training bottoms
- GCSE PE Kit if applicable

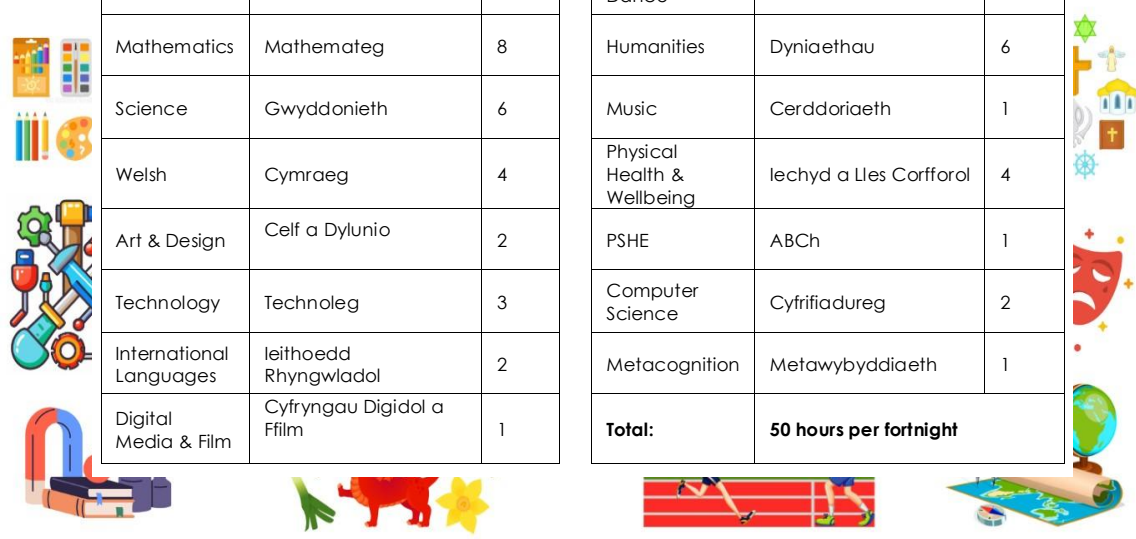


What subjects will I study?



- You will have 50 lessons over two weeks.
- Most lessons are 1 hour long, but some may be 2 hours.
- The timetable is split into Week 1 and Week 2.
- Make sure you check which week it is so you bring the right equipment.
- You will have different teachers for different subjects.
- You will go to different rooms for different lessons.

How many lessons of each subject will I have?

											
English	Saesneg	8	Drama & Dance	Drama a Dawns	1						
Mathematics	Mathemateg	8	Humanities	Dyniaethau	6						
Science	Gwyddonieth	6	Music	Cerddoriaeth	1						
Welsh	Cymraeg	4	Physical Health & Wellbeing	Iechyd a Lles Corfforol	4						
Art & Design	Celf a Dylunio	2	PSHE	ABCh	1						
Technology	Technoleg	3	Computer Science	Cyfrifiadureg	2						
International Languages	Ieithoedd Rhyngwladol	2	Metacognition	Metawybyddiaeth	1						
Digital Media & Film	Cyfryngau Digidol a Ffilm	1	Total:								

Will I have homework?



Every child in **Year 7, 8 & 9** is issued with weekly homework, this will take the form of 5 x 30min tasks per week:

- 1 x 30 min task set by English department (Google Classroom)
- 1 x 30 min task set by Maths department (Mathswatch website)
- 1 x 30 min task set by Science department (Seneca website)
- 2 x 30 min tasks of independent study on a subject of their choice. There are a variety of recommended websites that pupils can use for this, these are listed in the 'Wider Learning' section of our school webpage.

What do I need for PE?

HELPFUL TIPS

- ⚽ Always wait for a teacher before going into the gym or fitness suite.
- ⚽ Everyone takes part in PE, even if you forget some or all of your kit.
- ⚽ Don't worry the PE Department have clean spare PE kit available if you need to borrow it.
- 🏀 For your safety, stay with your PE teacher, even if you're not joining in.
- 🏀 If you're injured and can't take part, please tell your teacher.
- 🏀 Make sure to remove all jewellery before the lesson and give it to your teacher to keep safe.
- 🏀 Change into your kit at the start of the lesson, not before.
- 🏀 Come to school in full uniform, not your PE kit.
- 🏀 At the end of the lesson, stay in the changing room until your teacher says you can leave.



Extra-Curricular Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
After School (3:00 – 4:00)	Lunch – Football : Astroturf – Y7/8/9/10	Lunch – Football: Astroturf – Y7/8/9/10,	Lunch – Football: Astroturf – Y7/8/9/10	Lunch – Football: Astroturf – Y7/8/9/10	Lunch – Football: Astroturf – Y7/8/9/10
Clubs	<u>Rounders Club</u> Ms. Natrass & Ms. Williams PE <u>KS3 Recreational Football</u> Mr. Pope Astro (See Mr. Pope for more details) <u>Homework Club</u> Mrs. M Davies - 3.13 <u>Book Club</u> Miss. M Cotcher - 2.18 <u>Library Club</u> Miss Siddall - Library	<u>Tai Chi Sessions</u> Wellbeing <u>Homework Club</u> Mrs. M Davies - 3.13 <u>Book Club</u> Miss. M Cotcher - 2.18	<u>Basketball</u> Mr. Lloyd-Williams Sports Hall <u>Girls Football</u> Ms. Williams Astroturf <u>KS3 & 4 Art & Photography Club</u> Mrs. Lloyd-Thomas – 1.8 3:00 – 3:45 pm <u>Golf</u> Mr. Goodall - MPH Limited numbers - See Mr. Goodall for more information <u>Homework Club</u> Mrs. M Davies 3.13 <u>Book Club</u> Mrs. M Cotcher 2.18 <u>Library Club</u> Miss Siddall - Library	<u>Lunch – Young Carers Drop In:</u> Lorna Fenwick & Miss Taylor - 1.7 <u>Y7 & Y8 Boys Football</u> Mr. D L Williams, Mr. Ash, Mr. Meredith & Mr. Roberts - Astroturf <u>Y9 & Y10 Rugby</u> Mr. Stokes - Field <u>Comic Con & Warhammer Club</u> Mr. J. Larkin - 2.13 <u>Homework Club</u> Mrs. M Davies - 3.13 <u>Book Club</u> Mrs. M Cotcher - 2.18	



We have lots of Extra Curricular clubs, groups and activities on offer to our pupils.

These take place at either lunchtime or afterschool.

Above is an example of our summer timetable.

Lunch Time



• New Improved Menus •

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Giant Yorkshire Pudding 1, 7, 3 & Pork Sausage 4	Chicken pie 1, 3	Homemade Beef Lasagne 1, 3	Roast of the day 5	Fish Finger 1, 6
VEGETARIAN OPTION	Giant Yorkshire Pudding 1, 7, 3 & Quorn Sausage 1, 4	Cheese and Onion Pasty 1, 3	Homemade Vegetable Lasagne 1, 3	Cauliflower Cheese 1, 3	Pizza Slice 1, 3
SERVED WITH	Creamy Mashed Potatoes 3 & Country Vegetables, Stuffing 1 and Onion Gravy 5	Oven Baked Sautéed Potatoes & Peas and Sweetcorn	Garlic Bread 1, 4 Mixed Salad & Coleslaw 7	Roasted Potatoes and a Choice of Two Vegetables	Oven Baked Chips with Peas or Baked Beans

At lunchtime, all pupils stay on school grounds. You can bring a packed lunch from home or choose something from the canteen. There's a wide variety of options available, including hot meals, cold drinks – so there is something for everyone.

See **Denbighshire School Meals Menu**



WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Creamy Garlic Chicken Kiev Bake 1, 3	Macaroni Cheese with Bacon 1, 3	Breakfast for Lunch Bacon and Sausage 4	Welsh Beef Cottage Pie 5	Mexican Style Chicken
VEGETARIAN OPTION	Creamy Garlic Quorn Kiev Bake 1, 7, 3	Macaroni Cheese 1, 3	Breakfast for Lunch Two Quorn Sausages 1	Cauliflower Cheese 1, 3	Mexican Style Quorn 7
SERVED WITH	Seasoned Oven Baked Potato Wedges 1 and Peas	Mixed Salad and Corn on the Cob	Choose Three items from Poached Egg, Hash Brown, Baked Beans, Tomatoes or Toast 1	Country Mixed Vegetables and Gravy 5	Rice and Crunchy Tortilla Chips

The canteen runs a cashless payment system, which means you'll pay using your school account, not with cash. Don't worry, you'll be shown how it all works when you start.

If you have any dietary needs or allergies, the canteen staff are happy to help and will make sure there are suitable choices available.

LIGHT BITES	GRAB & GO	RICE & PASTA
Available daily: Jacket potatoes with various hot and cold toppings Sandwiches Baguettes Ciabattas Wraps Cold Pasta Pots	Changes daily: Pizza Calzone Hot Baguettes Chicken Epic Flat Breads Subs	Choices include: Chicken Tikka Masala Chicken Korma Bolognese Tomato and Basil Meatballs Sweet & Sour and much more



Finding my way around



Rhyl High School has 3 floors.

- Ground Floor
- First Floor
- Second Floor

The ground floor is where you will find:

- Reception
- First Aid
- Canteen
- Multi-Purpose Hall
- Art
- Performance Space
- Drama
- Music
- Food Technology
- Wellbeing
- Construction
- Salon

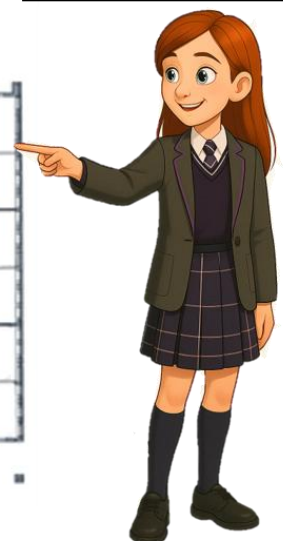
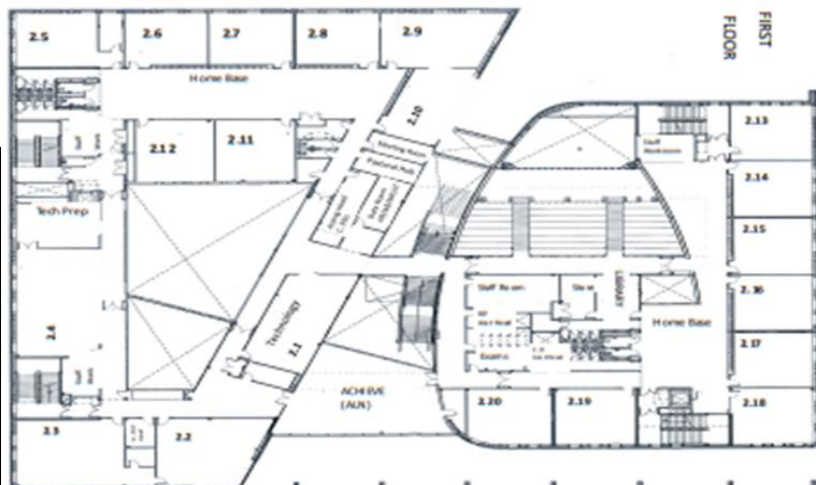
**The PE Department is situated over the bridge*

On the first floor you will find:

- Performance Space
- Achieve
- English
- Humanities
- Technology

On the second floor you will find:

- Maths
- Cymraeg
- International Languages
- Science
- Reflection room
- Internal Exclusion



The School Day

At Rhyl High School we have embraced the curriculum for Wales and as a result we aim to build a resilient learning community, one which focuses on equipping our pupils to be Good, Brave, Happy and Healthy as they transition through each key stage. We believe it is our responsibility to ensure that what we create in the classroom reflects the reality of the future and in doing so enable progression for all pupils, ensuring successful futures and skills for lifelong learning, including careers and work related experiences.

**1****8:40am - 9:40am****2****9:40am - 10:40am****REG****10:40am – 10:55am****BREAK****10:55am - 11:15am****3****11:15am – 12:15pm****4****12:15pm – 1:15pm****LUNCH****1:15pm – 1:55pm****5****1:55pm – 2:55pm**

Mindset

Don't worry – Be happy!

Joining secondary school is a big change. You might be feeling a whole bundle of different emotions.

Fill in sections below with any
FEELINGS, WORRIES or
QUESTIONS you have about
your move to Rhyl High School.

The thing I'm looking forward to is:

The thing I'm most nervous about is:

The question I'd like to ask is:

Change your
mindset!

GROWTH MINDSET STRATEGIES

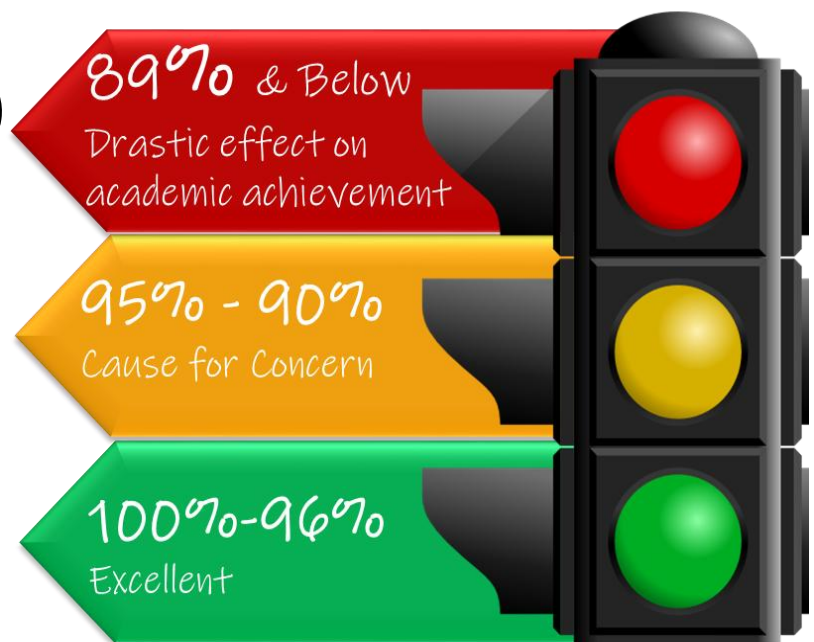
Instead of thinking...	Try thinking...	Ask yourself...
This is good enough	What am I missing?	What can I improve? 
I give up	I'll use a different strategy	Is this my best work?
I made a mistake 	Mistakes help me to learn	What can I learn from others?
I just can't do this	I am going to have to practice	What shall I try instead?



Attendance

Attending school every day is one of the most important steps you can take toward success. Missing lessons means missing key learning, falling behind and making it harder to keep up. Good attendance builds strong habits, improves results and helps you reach your full potential. Be present, be prepared and give yourself the best chance to succeed.

Children are required by law to attend school 190 days per year.



Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	10 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	95 Lessons
85%	29 Days	6 Weeks	145 Lessons
80%	38 days	7+ Weeks	190 Lessons
75%	47 Days	9.5 Weeks	235 Lessons
70%	57 Days	11.5 Weeks	285 Lessons
65%	67 Days	13.5 Weeks	335 Lessons

What if?*What if I need to go to the toilet?*

Pupil toilets are located on the first floor next to snack bar and in every Homebase. These may be used before and after school, during break and lunchtime.

You should not use the toilet during lesson time unless it is an emergency. If this is the case, you will need to ask the teacher and they will be permitted to go one at a time in lesson if needed.

What if I am unhappy?

Do not suffer in silence. We are there to support you. Speak to your form tutor, class teacher or any member of the pastoral team. They may not be able to speak to you immediately, but a time will be arranged when you can discuss what is wrong.

PROBLEMS CANNOT BE RESOLVED IF YOU DON'T TELL SOMEONE!

What if I am bullied?

At Rhyl High School, we are committed to creating a safe, respectful, and enjoyable environment for everyone. Every pupil has the right to feel secure and valued during their time at school.

If you or someone you know is experiencing bullying, it's important to speak up. Talking to a trusted adult or staff member can make a real difference. If you prefer to remain anonymous, you can use the Rhyl High School anti-bullying concern log which is available on our website to share what's happened.

Bullying is taken seriously and appropriate actions are taken to ensure the safety and wellbeing of all pupils.

What if I lose something?

Please make sure that everything you bring to school is clearly marked with your name. Keep your school bag with you at all times and avoid leaving it unattended.

What if?

If items are lost, damaged, or stolen as a result of being left unattended, you will be responsible. We strongly advise that you do not bring valuable items or large sums of money to school. If you have a valid reason to bring something important, speak to your Form Tutor or Head of Year in advance — they may be able to look after it for you during the day.

If you do lose something, inform your Form Tutor and try to retrace your steps. It's also a good idea to check at the main office in case someone has handed it in.

Mobile Phones

Remember that mobile phones are not to be seen or heard in the classroom or they will be handed in and returned at the end of the lesson. If you have your phone, please ensure that your phone is switched off during the school day and placed in your bag. The school does not take responsibility for loss or damage to items.

What if I am late or absent?

If you arrive late then you need to go straight to lesson 1 after you have signed in with our Attendance Officer. If you arrive at school after the front doors have been locked, you will need to sign in at reception.

If you are absent from school for any reason, a parent/carer must let us know by contacting the school office.

When you come back to school you must bring a note explaining why you have been off school. If you need to leave school early then you must bring a note and you will need to be collected and signed out by a parent or carer.

NEVER LEAVE SCHOOL WITHOUT PERMISSION.

Getting Organised



BACK TO SCHOOL

TIPS FOR A GOOD START TO CLASSES



ESTABLISH A ROUTINE

Before going back to school, try and get back to your regular sleeping pattern. Get some early nights and get up the time you would for school, so it's not too hard getting up on your very first day back...

ORGANISE SCHOOL SUPPLIES

Get your school bag and uniform ready the night before so you're all organised for the morning and you don't need to rush...



PLAN STUDY TIME

From homework to exams, don't try to approach everything at once. Work out how you're going to prioritise each task and take it step by step. Try keeping a diary or making a list on your phone to keep on top of it all. Planning is key.

TAKE REGULAR BREAKS

Make sure you take in some delicious healthy snacks to keep your energy levels up throughout the day. Stay hydrated by drinking lots of water and snack on fruit at break times...



MAINTAIN A POSITIVE ATTITUDE

If you're really dreading going back, try and write a list of the things you are looking forward to. This could be seeing a friend, being in a certain class or an event you may have coming up in your school. Stick it somewhere you can see easily on your first day to remind yourself of the good things you have to look forward to.

Behaviour Watch & Parent App

At Rhyl High School, we use a system called **Behaviour Watch** to record your achievements and positive contributions in lessons, as well as any behaviour concerns.

Your parent or carer can use the **EduSpot Parent App** to see updates about how you are getting on in school. This helps them celebrate your successes and support you with your learning and behaviour.

If your parent or carer chooses not to use the app, information can be sent to them by email instead.

For more information about the EduSpot Parent App, including how to download and use it, please ask your parent or carer to visit:

<https://rhyllhigh.denbighshire.sch.uk/parents-and-pupils/parental-communications/>

If you or your parent/carers have any questions, they can contact your Head of Year using the details on the school website.

www.rhyllhigh.denbighshire.sch.uk



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*Have a safe and enjoyable
summer holiday. We look
forward to seeing you in
September.*