



# Year 8 Information Evening

Welcome to Aylesbury High School

- Mrs Saunders                      Head of Year 8
- Mrs Queralt                      Deputy Head and DSL





# Our Vision

‘Developing uniquely talented young adults, who are independent, strong and confident’





# Our Values

Through our curricular and co-curricular activities we want everyone in our community to share these values:

**C**onfidence

**R**espect

**E**ngagement

**A**spiration

**T**eamwork

**E**njoyment



# Behaviour and attendance

A calm, orderly environment aids learning and makes the school a safe and pleasant place to be for all our community

- Our behaviour curriculum outlines our expectations and our Behaviour Policy is on our [website](#)
- Students have the behaviour matrix in their Form room
- We issue far more rewards and celebrate these throughout the year and at our Presentation Evening in the Summer term





# Aylesbury High School

Prepare, Challenge & Inspire



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'My daughters have been so happy here. I know it was the right school for them.' Parent

All the latest...

[News](#)[Events](#)[Twitter](#)



# Aylesbury High School

Prepare, Challenge & Inspire

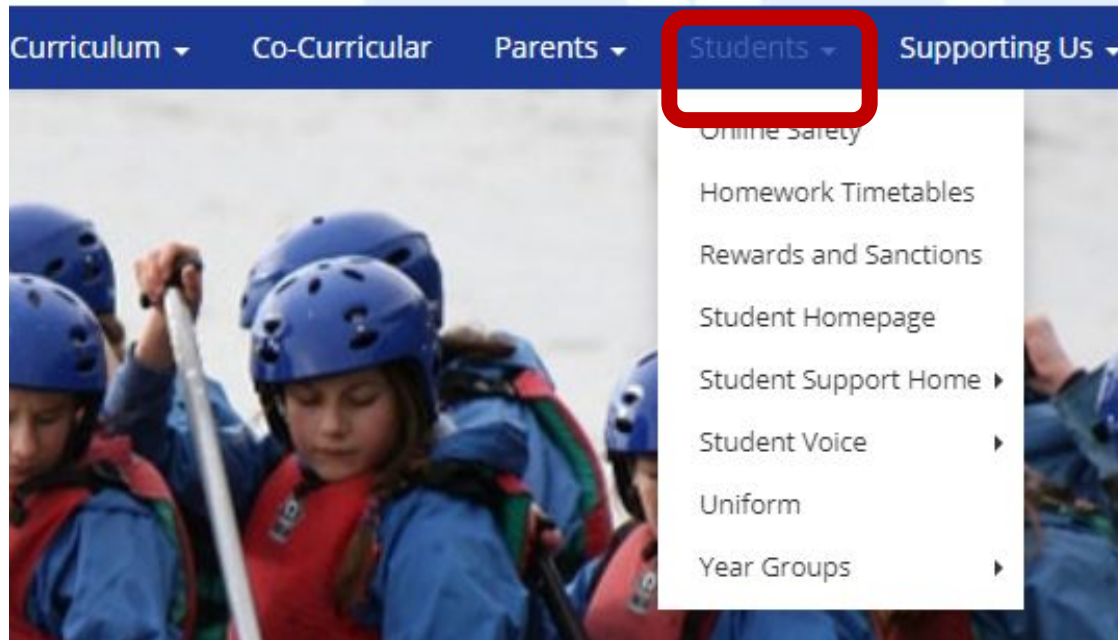
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- AHSA
- Consultation Evenings
- The AHS School Fund
- Information For Parents
- Leave Of Absence Requests
- ParentMail
- Request for financial assistance
- Uniform Shop
- What's Cooking?

Developing independence, strength  
and confidence





Developing independence, strength  
and confidence





## Welcome to the Year 8 area of the website

The Head of Year 8 is Mrs S Saunders [ssaunders@ahs.bucks.sch.uk](mailto:ssaunders@ahs.bucks.sch.uk)

### Year 8 form tutors are as follows:

8A Mrs L Davison-Fox	8H Miss C Mabey	8S Mrs O Lu
8C Mr P Morris	8M Mrs C Wootton	8W Mr P Gelinis

Please do email them if you have any concerns you would like to discuss. They are often teaching during the school day, but Mrs Sheed, the Key Stage 3 Pastoral Support Assistant, is often the best first point of contact on 01296 388222.

To report an absence due to illness or other unforeseen circumstances, please contact the **school's absence line on 01296 388230 on each day of the absence**. Alternatively, you can email **Mrs Sheed** on [dsheed@ahs.bucks.sch.uk](mailto:dsheed@ahs.bucks.sch.uk) each day. Please include details of your **daughter's name, form** and **the reason** for absence in your message.

Whilst your daughter is in this Year Group, you will find copies of relevant information booklets, homework timetables and letters home below.





# Student Support Home

SUPPORT CENTRAL



Inclusion and Diversity



Medical



Online Safety



Special Educational Needs and Disability



Student Wellbeing



Young Carers

Developing independence, strength and confidence



# Calendar

Below is the Aylesbury High School calendar, showing many of the important dates for your diary. If you are looking for a specific event, you may find these links useful:

[W 7](#)
[W 8](#)
[W 9](#)
[W 10](#)
[W 11](#)
[W 12](#)
[W 13](#)
[Music Events](#)
[Sport Events](#)
[House Events](#)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Y13 Spanish Students to		4:30pm Y12 & Y13 Drama at 8:30am Y8 Open Morning - 8	Y13 Paris Trip 2022 (O2)		1 Oct	2
Week B					4pm Y11 - Silver Training @	
8:30am Y7 Hockey Tournament		8:30am Welcome to Y10 eve				
8:30am Sports Presentation Ev.						
Week A						7:30am Greenpower F24 Job
8:45am Student voice meet	6:7 AM to Green Park - 7	Y7 15M to Green Park Trip	Y7 20M to Green Park - 8	8:30am Y14's Hockey Tournament		
8:30am Governors: T&L 1	1:45pm ID Meeting	4pm STEM TALK - Harding H				
		7:30am ANSS Meeting				
Week B						
8:30am Governors: F&G 1	8:30am U16's Hockey Tournament - 4:30pm Y7 - Lion King Trip 1			Y11 Geographers At Dinner for 24/10 @ 6.00 pm (x 65 students)		
	8:30am ESAA Cross Country Co					
	-2:00pm					
Week A						
	8:30am Y8 Open Morning	8:30am Y9 Open Morning	8:30am Y8 Open Morning	8:30am Y9 Open Morning		
		8:30am Governors: Personnel		8:30am Y8		
				8:30am Y8		
				8:30am Y8		

## Year 8 Events

### Year 8 Events

#### Y8 Information evening

October 11, 2022

#### Y8 A C H M (x 120) to Aberdyfi

January 9, 2023

#### Y8 S and W (x60) to Aberdyfi

January 16, 2023

#### Immunisations (Y8 HPV)

January 25, 2023

#### Y8 Consultation Evening

May 9, 2023

#### Y8 - London Theatre Trip (x80)

July 12, 2023

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## Curriculum Implementation

### Key Stage 3

#### Key Stage 3

In Years 7, 8 and 9 we aim for a broad curriculum. We want our students to have the opportunity to experience many of the subjects on offer to them in KS4. We value the skills obtained from creative subjects and nearly a third of a Key Stage 3 student timetable is made up of the creatives – Art, Computing, Dance, Drama, Music, PE and Technology. All students have swimming lessons throughout KS3 and we have the benefit of a shared pool with AGS to facilitate this. Our Year 7 students learn three languages – French, German and Spanish and choose two of these to continue with in Year 8 and Year 9. In Science, our students will start learning GCSE material just before Christmas of Year 9 as this ensures they can cover the content to an appropriate depth by the end of Year 11. It also gives them an opportunity to appreciate the three separate sciences before starting Y10. Because of this, Y9 Science is taught as Biology, Chemistry and Physics with specialist teachers.

Our Learning for Life (L4L) programme delivers areas of the curriculum that are not covered by academic subjects as well as complementing some of the skills they will learn in their other lessons. It allows us to cover Relationships and Sex Education (RSE), Spiritual, Moral, Social and Cultural development, British Values and Careers education. Throughout our L4L curriculum we aim to create confident, resilient individuals capable of making informed decisions and making the most of opportunities that will help them to live happy, healthy lives.





## Year 8

- **Risk Avert** lessons on why teenagers take risks and how to keep themselves safe.
- Followed by advice on **drugs and alcohol** and County Lines
- Follow up on **digital safety** with a focus on sexting and cyber bullying
- **Body image** and the media
- **Mental Health** - how to talk about MH, reducing the stigma around MH, causes, symptoms, treatments, positive coping strategies such as the Five Ways to Wellbeing
- **Relationships and Sex** education including: different kinds of relationships, consent and control, contraception, safe sex





Developing independence, strength  
and confidence

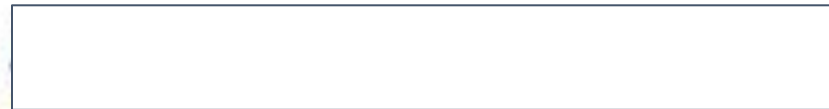




Childnet  
International

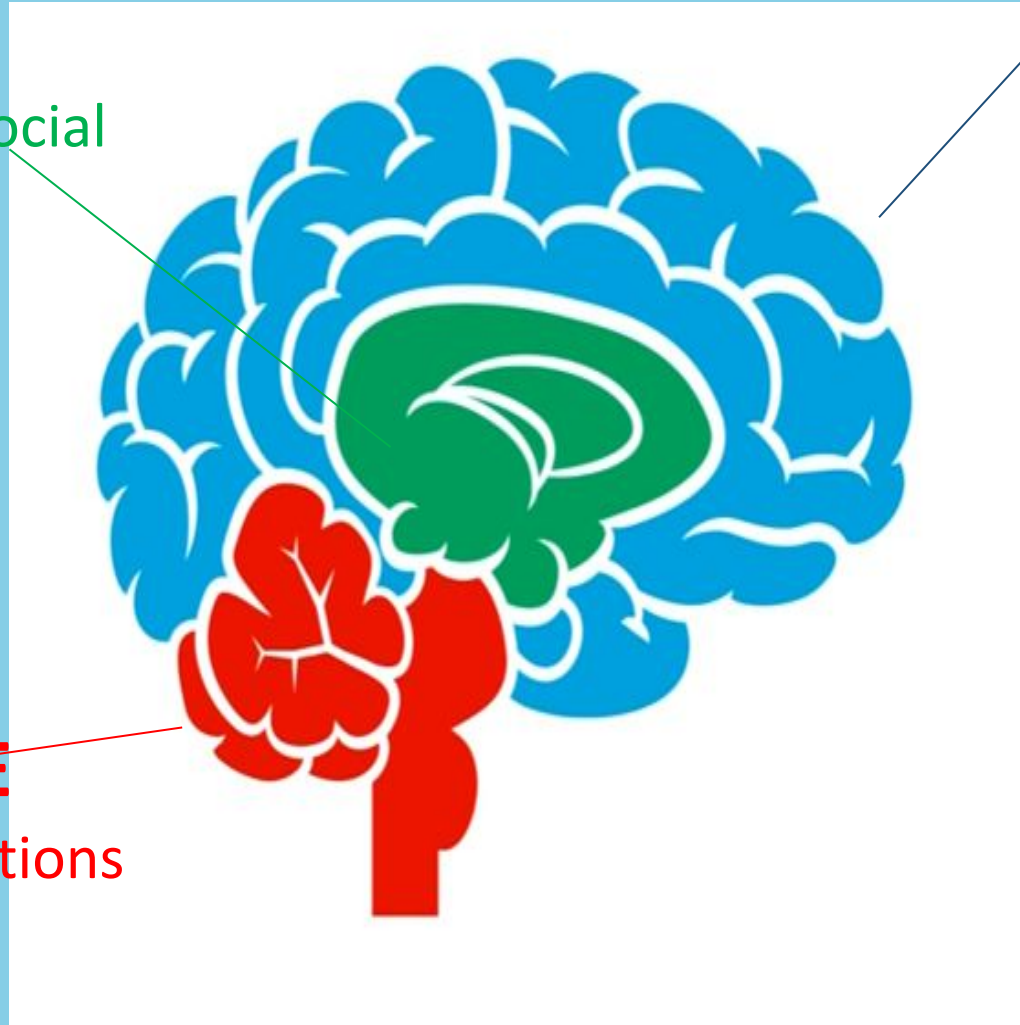
# CROSSING THE LINE

"Just send it"



## FEELING

Emotions & social  
Experiences  
Anger  
Fear  
Pleasure



## THINKING

Stores memories  
Thinks  
Plans  
Communication  
Decision making  
(overriding the  
primitive brain  
responses)

## PRIMITIVE

Basic life functions  
Breathing  
Moving  
Scans the environment for  
threats

# A



# B



# C

## ACTIVATING EVENT

- Fact
- Who, what, when, where

## BELIEFS

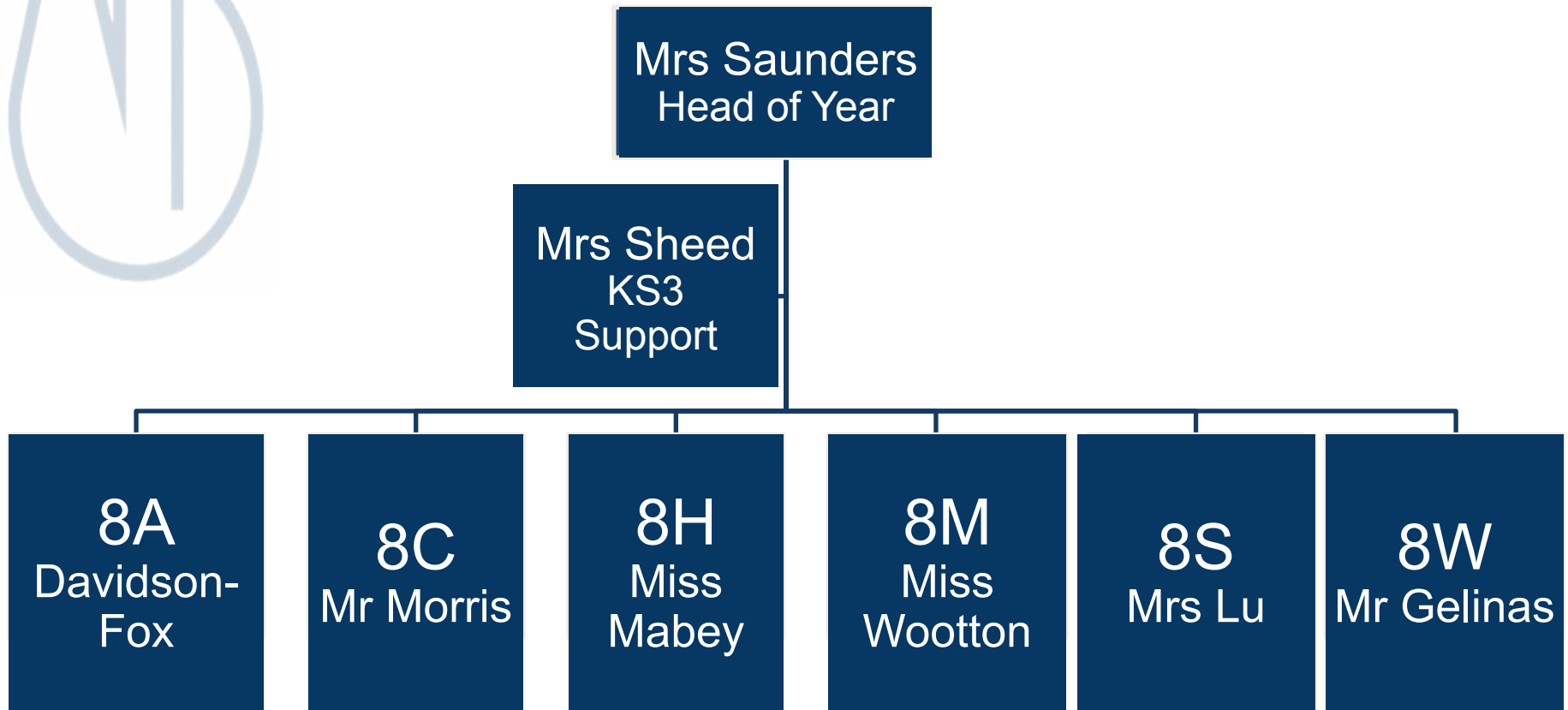
- The thoughts in our mind in that moment
- Explaining the causes and implications
- Often tough on ourselves and others

## CONSEQUENCE

- What we feel (emotions)
- How we act (behaviour)









**Mrs Queralt**  
**Assistant Head**



**Mrs Westcott**  
**Wellbeing,  
Young Carer &  
Safeguarding  
Manager**



**Mrs Nix**  
**Matron**



**Mrs Crafts**  
**SENDCo**



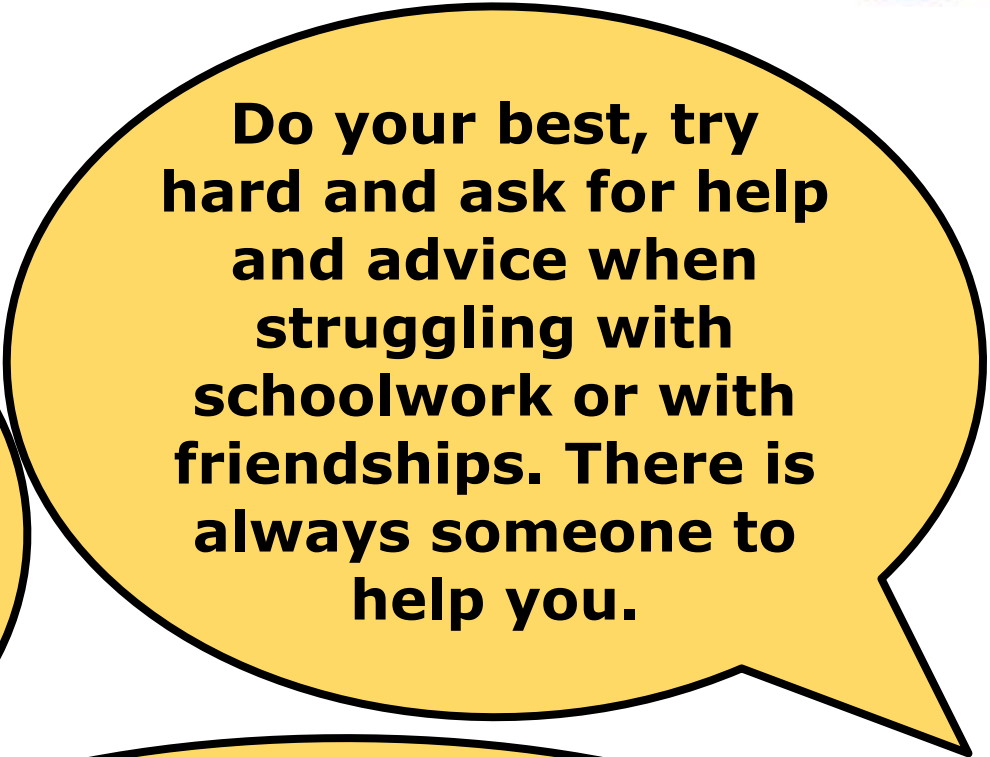
**Try to do the homework the night you get it but don't get too stressed over things because it makes everything a lot harder. Afterwards you will realise you were probably over-thinking things.**

**Join as many clubs as you can and grab every opportunity thrown at you. Year 8 is one of the best years you will ever have.**


**Make the most out of Aberdyfi. If your parents are not sure - persuade them! You not only make more friends with other forms but you get to know more about yourself.**

A yellow speech bubble with a black outline, pointing towards the top left. It contains the text: 

**Work hard and have fun. Join in activities (such as House Events) and get to know other people in different forms and year groups.**

A yellow speech bubble with a black outline, pointing towards the bottom right. It contains the text: 

**Do your best, try hard and ask for help and advice when struggling with schoolwork or with friendships. There is always someone to help you.**

A yellow speech bubble with a black outline, pointing towards the bottom left. It contains the text: 

**Definitely go to Aberdyfi - one of the best experiences of my life!**



- Clear correlation between attendance and success
- Holidays in term time are not authorised
- Ring absence line by 8.30 am
- Leave of Absence form on website
- Students should check Google Classroom, ask their buddy rep and/or their subject teachers about work they have missed once they are back





**THE  
OUTWARD  
BOUND TRUST**



**27<sup>th</sup> year!**

# **AYLESBURY HIGH SCHOOL & THE OUTWARD BOUND TRUST**

**8 – 12 January 2024  
8A 8C 8H 8M**

**15 – 19 January 2024  
8S 8W**



Develop  
and confidence

# WHY OUTWARD BOUND®?



## A STUDENT'S PERSPECTIVE

- Exciting activities
- Amazing places
- Make new friends *and* get to know my classmates better
- Build my skills, boost my confidence



# WHY OUTWARD BOUND®?



## A PARENT'S PERSPECTIVE

- New places
- Away from home but supervised
- Confidence and new skills
- OB is the industry benchmark for good safety practice
- Highly qualified instructors
- No hidden extras





# WHY OUTWARD BOUND®?



## THE AHS PERSPECTIVE

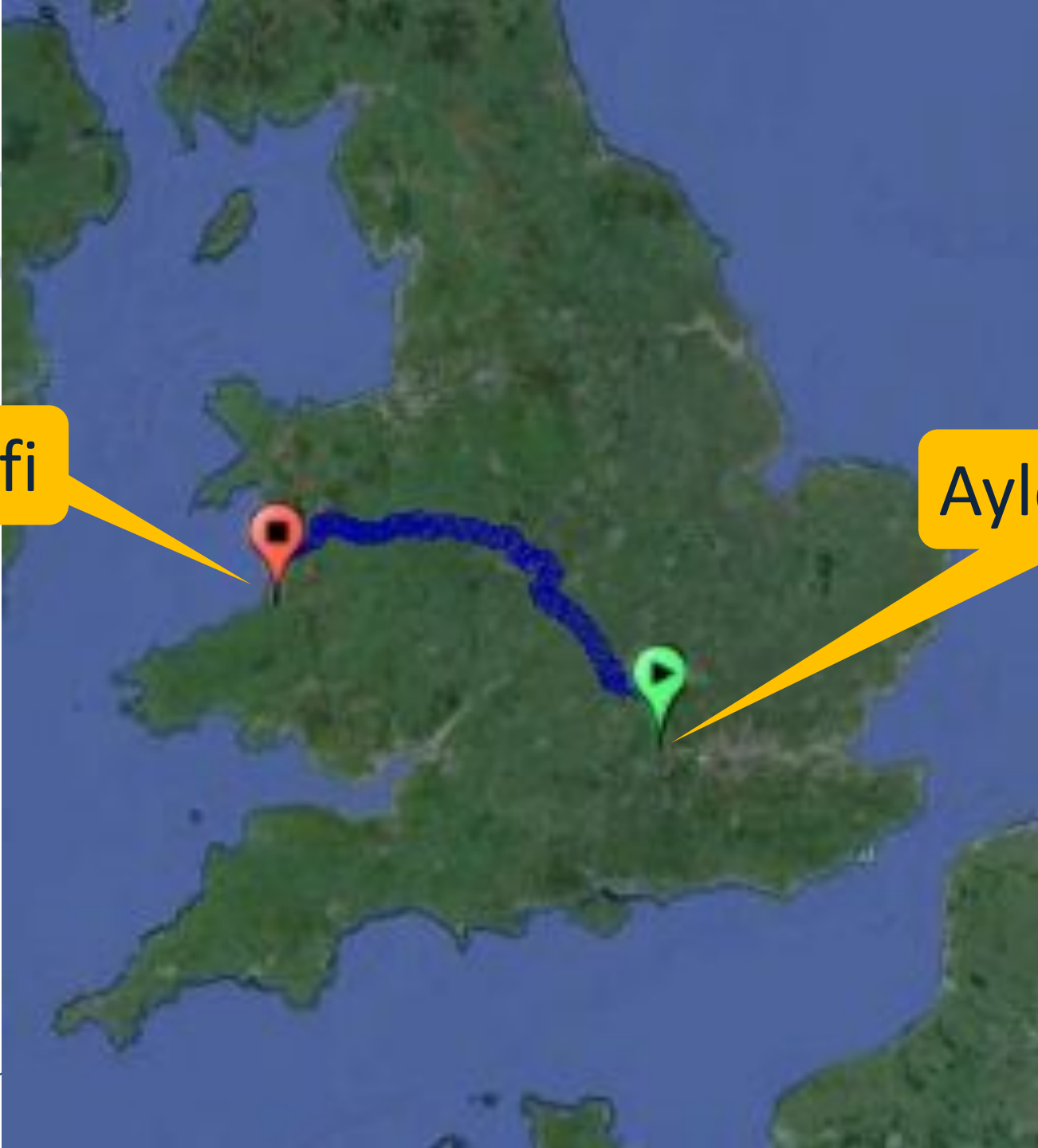
- Can't do everything in the classroom
- Personal Development
- Year 8 is a good time
- Highly qualified instructors who understand young people!
- Safety standards
- Location, location, location



AHS

Aberdyfi

Aylesbury



AHS



Develop  
and con



Outward Bound







16 °C | °F

Precipitation: 0%  
Humidity: 67%  
Wind: 7 mph

# Aylesbury, UK

Thursday  
Partly cloudy



Temperature | Precipitation | Wind



17 °C | °F

Precipitation: 10%  
Humidity: 70%  
Wind: 10 mph

# Aberdyfi, UK

Thursday  
Partly cloudy

Temperature | Precipitation | Wind











Developing independence, strength  
and confidence



**FOOD  
GLORIO  
FOOD**

**WANT TO KNOW  
OUR SECRET....**



**FOOD  
GLORIOUS  
FOOD**

All food freshly prepared on site

Caters for all dietary requirements  
vegetarian/vegan and Halal

Plenty of choice and variety

# FOOD GLORIOUS FOOD



## Breakfast

Cereal selection  
Fresh porridge  
Baked beans  
Grilled tomatoes  
Hash Brown  
Poached eggs  
Toast

## Lunch

Bread rolls, with  
a selection of  
fillings  
  
Flapjack and  
brownies  
  
Crisps

## Evening meal (+veg)

Chicken &  
mushroom pie  
Traditional cottage pie  
Tuna & pasta bake  
Hotpot  
Chilli con carne  
Homemade pizza  
Chicken/veg curry  
with rice  
Jacket potato



# WHAT TO BRING



All specialist clothing/equipment provided,  
including waterproofs and walking boots

Kit list sent home in November

**Parents: don't get involved in the packing**



# TOP TIPS



Notify us of any/all medical conditions

Bring clothes suitable for the outdoors!

Bring a second pair of trainers that **will** get wet

Playing cards etc OK for evenings, but no electronic gadgets

Come with lots of PMA



# AHS ARRANGEMENTS



## MONDAY MORNING

**0745** or earlier in the coach park



**MONDAY → FRIDAY: NO COMMUNICATIONS**

## FRIDAY EVENING ~1830

01296 388239 after 3.30 pm – don't leave home until you know ETA

Use school car parks if possible

**don't block Turnfurlong**







THE  
OUTWARD  
BOUND TRUST

# OUR COURSE



# COURSE OUTCOMES



Have FUN!

Develop respect, responsibility and awareness of yourself, others & the environment

Increased independence and resilience

Leadership and followership

Genuine adventure in the outdoors

# A TYPICAL DAY

0715	Wake up
0730	Breakfast
0830	Room inspection
0900	Activities
1730	Evening meal
1930	Evening activity
2100	Free time
2200	Lights out



# SAMPLE PROGRAMME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				
				

# Common Worries

- Religious/cultural needs
- Activities: *Help, I'm not outdoorsy!*
- Equipment
- Being away from home
- Medical needs
- Finance



Parents ▾ Students ▾ What's

- AHSA
- Consultation Evenings
- EduLink one – Parent Guide
- The AHS School Fund
- Information For Parents
- Leave Of Absence Requests
- ParentMail
- Pupil Premium and Free School Meals
- Request for Financial Assistance**
- Uniform Shop
- What's Cooking?
- Parents Community Welcome Page



“There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for less.”

Kurt Hahn



**WHY COME**

**ON AN**

**OUTWARD BOUND**

**ADVENTURE?**















BUCKINGHAMSHIRE CO  
Developing independ  
and confidence





Developing independence, strength, and confidence





BUCKINGHAMSHIRE COUNCIL  
Developing independence, strength  
and confidence











and confidence







No Smoking Allowed  
Please Do Not Drink Alcohol  
Thank You















D  
and confidence









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