

Dear Future Member of the Cardiff High Community,

As a year 6 student you are probably feeling as I felt about starting high school, nervous but mainly excited, looking forward to beginning a new adventure, taking part and contributing to school life, meeting new friends and experiencing a variety of lessons and clubs. Normally, at this time of year the staff and students of Cardiff High would be preparing to welcome new students through transition days. Pupils in year 7, just like me would be showing you around the school and making sure that you know everything you need to know about our school community. This year everything is going to be slightly different and the ways in which we can help you settle in have also changed. I hope this letter will set your mind at ease about starting in September.

To start with, here is some general information about an average school day. At 8:40 the bell rings for form to begin. Arriving a few minutes early is highly recommended. In form you do all sorts of things from activities to preparing for events. It is a really good time to get to know your form teacher and other pupils.

The next bell rings at 9:05 signifying the start of the first lesson. Now is probably a good time to mention that we work on a two-week timetable, week A and week B. Your second lesson begins at 10:05 and lasts up until break. At 11:05 you can expect a well-deserved 20 minutes break. Take this opportunity to have a drink and relax. As this is a short amount of time you might want to prepare for your next lessons in the library or get a snack in the canteen. Personally, I found it useful to use these first couple of weeks to find the fastest way to each of my lessons. The building is probably much bigger than your primary school and it is easy to get confused. To be honest I still get lost occasionally.

The bell at 11:25 signifies the end of break. Once this lesson has concluded at 12:25 it is time for lunch. The first few weeks you will get to go for lunch a few minutes early to avoid the queue. I can say first-hand that the food is delicious and there are a lot of options catering for all tastes. During lunch there are many opportunities for you to take part in extra-curricular activities. I highly recommend that you take part in as many clubs as possible. They have something for everyone!

Lunch is 45 minutes, and then we are ready for the afternoon lessons, starting at 13:10. Just like with the lesson after break I recommend getting to your next lesson a few minutes early. Again, this lesson lasts an hour. The final lesson of the day begins at 2:10 and ends at 3:10. After the last bell is rung, your teacher will dismiss you once everything has been tidied. Many of the extra-curricular activities happen after school hours. They usually run until 4:30 but it can vary. Personally, I took part in as many after school clubs as possible and suggest you take this opportunity too. They are a great way to meet new people outside of your form and try to find interesting activities that you enjoy. Remember that if you do participate in clubs, tell your parents or guardians that you will be home late.

It is more than likely that this will not be the way the school runs when you start in September. I am sure that my fellow students and the teachers will do all they can to make your first few months in Cardiff High as normal as possible. If you have any questions or queries the staff will be happy to help, they always are. I hope that this letter has been slightly reassuring about starting high school and has shown you how the school usually operates. All I can say now is good luck!

See you in September,

A pupil from Moorland Primary School

Dear Year 6 pupils

Going into high school is a really big thing, many people get worried, but it's not actually that bad. All of my teachers are very kind! They are all very supportive. At Cardiff High you have to move to different classes (as you know), however it's really easy to navigate as there are many signs telling you where to go. Also, in your planner it tells you what room you need to go to for your lesson. Once you get used to the school it's then extremely easy and you can go to your lessons without thinking about it at all. I don't even use my planner now.

When you start year 7 the lessons are quite fun, I enjoy coming to school and seeing my friends. Also, the school dinners are very nice, and there are many different options to choose from. During lunchtime there are many things that you can do, like being with your friends or doing clubs (the astro turf is open for year 7's to use on Tuesdays, keep in mind this could change when you come to Cardiff High.)

If you're late to lessons there is no need to worry, but just don't take advantage of this because the teacher will notice, and won't be happy about it, also don't be afraid to ask other students or teachers if you get lost.

There are many clubs at different times of the day, there are clubs like: Football, Rugby, Coding, Badminton, cooking, debate, table tennis, and many, many more to do!

So don't worry, it's not bad at all!

A pupil from Marlborough Primary School

Dear year 6 pupils,

This letter is all about answering any questions and worries you might have about coming to Cardiff High and becoming the next class of year 7! This time last year I was a year 6 at Rhydypenau Primary School and I remember being very, very nervous for my transition days into Cardiff High and moving up into year 7. But as soon as the first day finished I felt as if I had been there my whole life! I was nervous about lots of things but some of my main worries were: getting lost, not having any friends, forgetting something and the teachers. But I can tell you from experience that I do not worry about these things at all nowadays.

About me-

I came from Rhydypenau Primary and I completely understand how you are feeling about moving up into high school because I felt it too! Just so you know, the school goes out of its way to make you feel safe and welcome by showing you around before you go out and explore for yourself! One thing that really helped my settle down was by meeting the other people in the year because I have met some amazing people in and made some friendships that are going to last the rest of my life! All you need to remember is all those other people starting out in September coming from their own schools are feeling exactly the same as you and you will all soon feel that Cardiff high is like a second home to you all.

Worries-

It's actually very hard to get lost in Cardiff High because there are lots of signs pointing you in the right direction and on the first day you travel around with your classmates so it's nearly impossible to lose your way. You do lots of great activities on the first day to help you get to know your classmates and teachers better and lots of fun group activities to get you all together. You are also given a planner on the first day with a list of your lessons and what equipment you need so as long as you stick to your planner you shouldn't forget anything (it's also not the end of the world if you forget something though!). Finally, the teachers are all incredibly understanding and kind and they have all been through their own transitions and they will be able to empathize with you and help you in any way possible.

Clubs and activities-

There are so many clubs and activities to do after school and at lunch! I haven't even tried some of the clubs you can sign up for! There is a range of sports activities to do at Cardiff high such as Netball, Football, Rugby, Badminton, Dance, Gymnastics, Basketball and lots more! There is something for everyone! If you are not interested in sports you could also try the chess club, homework club, debate club, science club and many more. We also have lots of language clubs if you are interested in languages too!

What I love about CHS-

There are so many things you can do in CHS that you couldn't do before in Primary schools! You have so much more freedom and responsibility in Cardiff high and if you want you could just go inside and finish some homework at lunch or you could go out onto the playing fields and even go home for lunch! In addition to this, I also love the school's canteen system! You scan your fingerprint on a scanner and it just takes some money out your account! It's so much simpler than bringing in lunch money every day! The canteens food is also delicious

with a wide range of vegetarian, vegan, halal, allergen and normal food and the food will always meet your dietary requirements! Another thing I love is how easy it is to get around! There are signs in every hallway and staircase telling you which classroom is where! (Another quick tip is: G stands for the ground floor, F stands for the first floor, S stands for the second floor and T stands for the towers.)

In conclusion, I wish you all my luck for you when you start year seven and just remember everyone is feeling nervous and excited! Even I'm nervous to start year eight so just remember that everyone in the school knows how you feel and are feeling the same way! Trust me Cardiff High will help you create long-lasting friendships and memories. I hope you and your family are okay and not struggling too much in these times. See you in Cardiff High!

Yours sincerely,  
A pupil from Rhydypenau Primary School

Hello Year 6

I am writing to tell you about my first year in Cardiff High School

The first week of Cardiff High is to let the new year 7 pupils get to know their teachers and classes and explore the school. For instance the first term of games is either football or rugby with Mr Curnow and Mr Jones. P.E. might be basketball with Mr Lewis. I really enjoy all of these things and there is a lot more too - for example science is much better. I won't tell you why because it will spoil the surprise but it is 10/10.

Also, the food is really nice in my opinion. It is tasty and is not expensive at all. My favourite is the Friday fish and chips with curry sauce and all under £3 - amazing.

Plus, there are lots of clubs you can join. Some are sporty like football, rugby, basketball, table tennis, netball and hockey; some sports are just for girls - like hockey and netball and boys basketball. Other than that there is a team for both genders for all other sports. There are also some not sporty clubs like chess club, movie club, dance club and lots more.

Also if you get into a team you get to leave school to take part in games playing other schools across Wales and even England. It is a really good way to get to know pupils in your team or in another school.

The teachers are really good at what they do. At the start of my first year in PE I knew nothing about different exercises but in only a week I learnt lots. For example

how they are good for your different muscles and strengths. The teachers can even get you to understand the most complicated things. I am surprised that students don't get all As. The teachers never shout if you get anything wrong and they will talk you through it and help you get the right answer.

So all in all, Cardiff High in my opinion is the number 1 secondary school in Cardiff and it would be a real shame if you cannot come and enjoy all of the opportunities that it can give you.

A pupil from Lakeside Primary School

Hello Year 7's to be!

I went to Rhydypenau Primary School. When I first thought about high school, I was super excited. I used to talk to my friends about how fun it would be! The thought of making new friends and the experiences we would have was just so exciting. However when the time drew closer to the induction days I grew more and more nervous because in primary school we were the oldest pupils in the school but now we were going to go to high school and we would be the smallest. On the evening before the induction day I could not get to sleep, I was just so anxious but at the same time I was excited.

On our first day, as we were walking to school we couldn't stop talking to each other about the new friends we were going to make and the subjects we were going to learn and so much more. When we arrived, we saw a couple of friends from our primary school. At first I was hanging out with them, then we all got put into different groups with other people from other schools. Only two or three people from my primary school were in my group.

My first lesson was Religion and Philosophy. As there were only three people from my primary I sat next to somebody from a different school. Throughout the lesson we became good friends. At break time she introduced me to some of her friends and I introduced her to my friends. I felt at ease that I had finally made some friends that I never knew. The day carried on like this throughout the rest of the lessons e.g. Science, Design and Technology and Maths. Therefore by the end of the first day I had made a lot of friends.

When we found out our form groups it was a bit scary, I had doubts that I wouldn't be with anyone that I knew. Do not worry; everyone has people from their primary school in their form. I was listening very carefully for my name to be called out. Finally, the teacher called out my name under form 7T alongside other people from my primary school. I was so relieved! During the day I became friends with my whole form group. I was super happy that I had a great form! I was so relieved that I would start high school knowing that I had such a friendly environment to be in.

I am delighted that I was able to share my great experience of starting high school with you. When starting high school everyone's a little nervous but to be honest there is nothing to worry about at all. There are so many new opportunities in high school and the staff and students are all super friendly. I am looking forward to seeing some familiar faces next year!

A pupil from Rhydypenau Primary School