



**THE CEDARS  
ACADEMY**

Lionheart Educational Trust

**YOUR WELCOME  
BOOKLET**

Name:

# From primary to secondary school

Moving to a new school is an exciting time. We are really looking forward to you joining us at The Cedars Academy in a few months and we cannot wait to get to know you and educate you throughout your time with us. This booklet is for you to work through, to feel a little more 'ready' to start with us. At the start of the school year we aim to:

- Introduce your new teachers and support staff.
- Have assemblies with all the new year 7s
- Introduce your pastoral team, your tutor and your tutor group
- Give you a tour of the school
- Show you how the canteen works at break and lunch times.

We hope you are feeling excited about starting at The Cedars Academy - here you will begin a brand new journey where you will continue to build on skills that you have learned at primary school.

**WE LOOK FORWARD TO MEETING YOU**



# Welcome

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We are delighted that you are joining us at The Cedars Academy. As part of the Lionheart Educational Trust we set high standards and have high expectations. Our culture is founded on hard work, outstanding care, guidance and support and inspiring teaching.

We will encourage you to strive to be the best you can be, to take personal responsibility and to enjoy learning in a wide range of academic, cultural, social and sporting opportunities.

We are passionate about learning. We want you to enjoy school and with our new seamless 7 year curriculum, we know that you will be prepared for your next step. We also value your personal, social and emotional development.

Our committed staff know the importance of nurturing ambition and creativity. They will expect the best from you in your attitude to learning, your exemplary behaviour and uniform.

We want you to achieve the highest standards in a safe, secure and positive environment within our school community.

I am proud to lead The Cedars Academy and I look forward to getting to know you more.

**James Rolfe**  
Associate Principal

# Meet our staff

When you join us, you'll find a dedicated team of staff ready to support you every step of the way. Take a moment to get to know the friendly faces who are here to help you succeed.



**Laura Sanchez**  
Executive Principal



**James Rolfe**  
Associate Principal



**Hayley Pugh**  
Senior Leader Link for  
Year 7



**Robyn Tonks**  
Head of Year



**Zaheera Bahadur**  
Head of Year



**Rachael Farrell**  
Transition Lead and  
Student Manager

# Our school motto

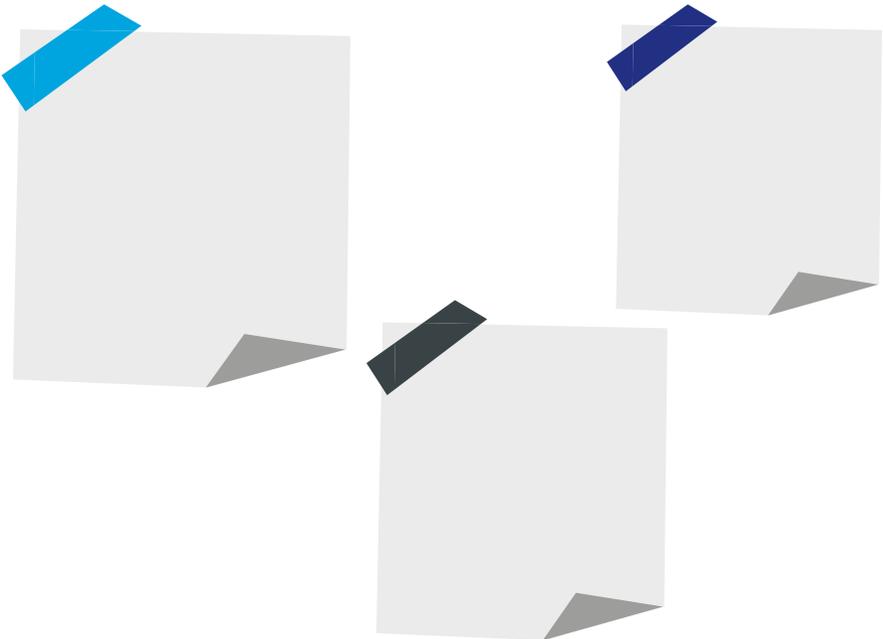
## **BE KIND, WORK HARD, TAKE RESPONSIBILITY**

At The Cedars Academy, we believe in creating a welcoming and supportive environment where everyone feels valued. Our school is a community where we all work together to ensure it's a safe and happy place for learning.

Each of you is unique, and we celebrate that. Our focus is on community, development, and learning, helping you grow into a proud and respectful individual.

We have high expectations because we believe in your potential. Our students excel academically and grow as individuals, learning to value themselves and their community.

*What do you think these values might look like in action?*



# The 4Rs

At the heart of our educational philosophy are the '4Rs'. These core values shape everything we do and believe in at our school. On this page, you'll find each of the 4Rs explained in detail.

## RESILIENCE

Determination • Ability to bounce back • Persistence • Positivity • Effort •

## RESOURCEFULNESS

Self-motivated • Proactive • Organised • Curious • Problem-solver

## REFLECTIVENESS

Thoughtful • Reasoning • Questioning • Critical • Imaginative

## RECIPROCITY

Collaborative • Supportive • Respectful • Communicative • Approachable

Once you've read through the descriptions, can you match the word to its description?

**RECIPROCITY**

To have the ability to recover quickly when the going gets tough.

**REFLECTIVE**

Learning to work together and show care and understanding for each other.

**RESILIENT**

Considering what needs to be done to take the next steps

**RESOURCEFUL**

Having the confidence to ask for help and to find answers in new ways.

# Times of the school day

To help you get ready to start with us, take a look at the timings of the school day.

TIME	ACTIVITY
8:35am – 8:45am	Line up
8:45am – 9:05am	Form Time
9:05am – 9:55am	Period 1
9:55am – 10:45am	Period 2
10:45am – 11:05am	Break Time
11:05am – 11:55am	Period 3
11:55am – 12:45pm	Period 4
12:45pm – 1:25pm	Lunch Time
1:25pm – 2:15pm	Period 5
2:15pm – 3:05pm	Period 6



# Food and drink

## How will I pay for my food and drink?

We run a cashless system where you can pay with your ID card, which your parent/carer can top up on Beehive.

## What are the options for breakfast and break time?

Breakfast is served from 8:30am, offering a variety of options such as fresh fruit, bacon rolls, and croissants.

During break time, students can purchase sausage rolls, pizza, pain au chocolat, and vegetable samosas.

## Can I bring a packed lunch?

Yes, and there are lots of spaces around the school site where you can eat your lunch and catch up with friends.

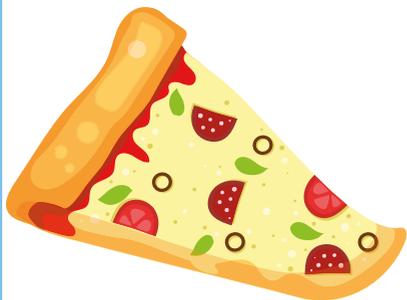
## What about Dietary Requirements?

We cater to various dietary needs, including halal, gluten-free, vegan, and dairy-free options.

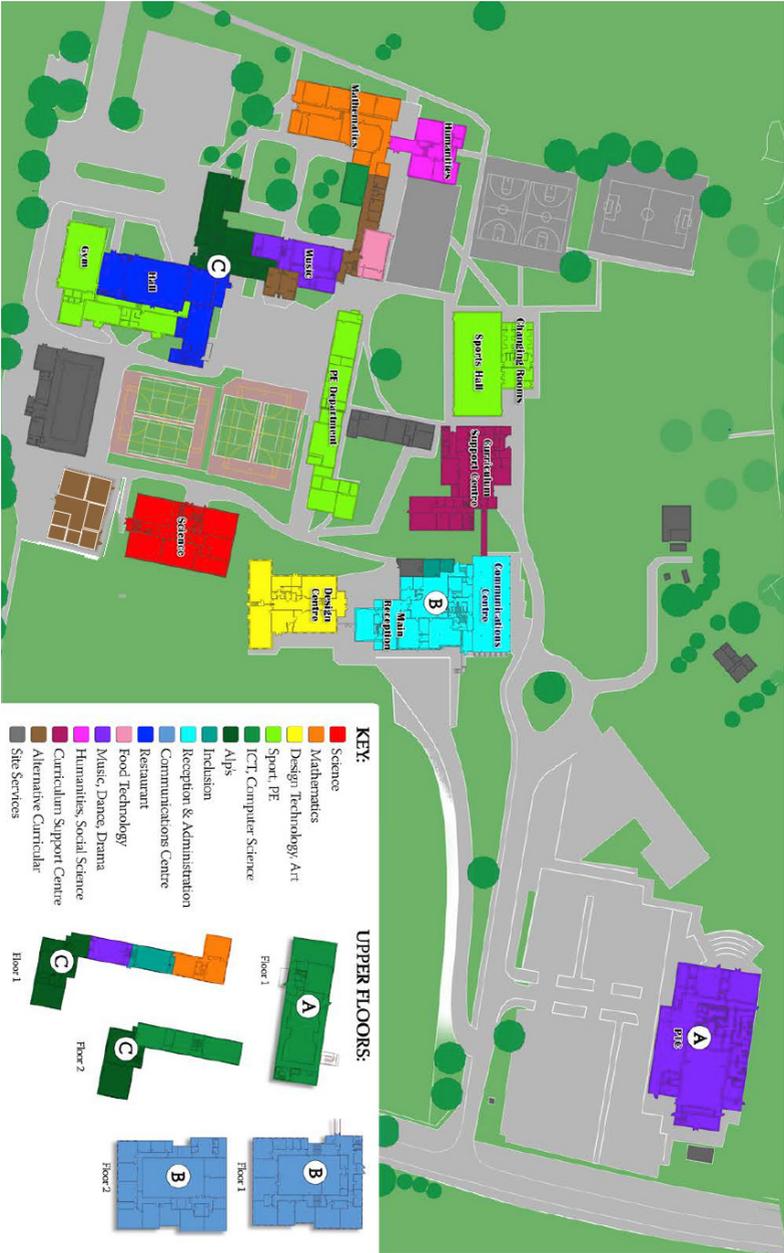
## What's on the menu?



Scan the QR code to have a look at an example menu to see what might be on the menu when you start.



# School map



# Extra Curricular

We offer a wide range of extra-curricular clubs for students to get involved with. From strategic thinking in the Chess Club to environmental activism in the Eco Club, there's something for everyone.

Students can also explore their dramatic talents in the Drama Club, enjoy musical activities in the Music Club, or stay fit and healthy with the Fitness Suite Club and Sports Club.

When you start with us you will be able to see all the afterschool clubs and book your place on them via Beehive.

**Scan to discover more clubs on offer, are there any you can't see that you would like?**



# My school bag

When you start The Cedars Academy one of the main differences is that you will be responsible for all of your equipment and you will take it home each night.

**What things do you think you should bring to school each day?**



# Poetry

At The Cedars Academy we believe in learning poetry by heart. Poetry is wonderful because it broadens our horizons, teaches us about life and can turn words into emotions. And when you learn poetry off by heart it becomes a part of you. Below is a poem about resilience. Resilience is the ability to recover from something difficult and keep going. We would like you to spend some time learning this poem off by heart before you start at The Cedars Academy.

When you join us, we will say it together.

## ***INVICTUS BY WILLIAM ERNEST HENLEY***

Out of the night that covers me,  
Black as the Pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul

# Moving up

***Here are a few activities that you can complete to help you get ready to start secondary school.***

- Visit the school website and have a browse to find out as much useful information as possible. You can find the website on **([www.thecedarsacademy.org.uk](http://www.thecedarsacademy.org.uk))**
- Practice packing all the things you will need to take to your new school. Get in the habit of packing the night before.
- Plan the route to your new school and have a few trial runs when it's safe to do so.
- Have a look at the school map and familiarise yourself with the layout ready for your first day
- Get in the habit of going to bed early and getting up early in time to eat breakfast.
- Leave plenty of time to find out about your school uniform and order it. Make yourself aware of school policies on things like jewellery, piercings and mobile phones.
- Take some time to learn the names and faces of important people like the headteacher, your head of year, and your tutor. This way, you'll know exactly who to look for if you need assistance or guidance.

# Making new friends

You will meet lots of new people at your new school. It's normal to feel excited, nervous or a mixture of both; here are some ideas that might help:

## Get involved

Spend time with others at lunch and break times. Joining a club is a great way to meet new people.

## Get to know your friends' friends.

You can meet up in the canteen, on the walk home or you could ask your friend to introduce you to them.

## Take the first step

Say 'Hi' or ask how someone's day has been. Giving someone a compliment is a good way to start a conversation.

## Be a good supporter

Help people where you can. Just offering a smile or saying 'Hi' could help someone to feel better.

# Positive friendships

Real friends encourage you to be the best that you can be. Think about the qualities you would look for in a good friend and what might warn you that a friendship was unhelpful.

Write them in the boxes below.

## Positive friendship

Examples:

- Respects my opinions
- Listens to me

# Your Notes

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This space is just for you. Use it to write down anything you want to remember—questions you might have, things you’re wondering about, or anything that feels important as you get ready for secondary school. It’s your personal space to help you feel more prepared and confident.

A large, light gray rounded rectangular area intended for writing notes. It occupies most of the page below the introductory text.



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