

Welcome

Y8 Parents' Information Evening



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- ✦ **Welcome** David Clarke, Principal
- ✦ **The Year Ahead** Liz Spain, Head of Year 8
- ✦ **'The 2nd Transition'** Richard Pearce, Assistant Principal
- ✦ **Student Opportunities** Olivia & Henry (Head Students)

Core principles

**Attendance + Behaviour (effort)
= Progress**

Support

♣ School + Home + Student = 😊

- Importance of constructive dialogue between home and school
- Wellbeing

The basics

✦ Uniform

✦ Homework

✦ Equipment

✦ Phones



Upcoming Highlights

- ❖ Form & House competitions
- ❖ Soham's Got Talent - November
- ❖ Most Christmassy Form Group / Ely cathedral carol concert
- ❖ School Musical 'Legally Blonde' – February
- ❖ SVC Book Awards – Spring term
- ❖ French residential – June
- ❖ Pride World Cup & Sports Day – July
- ❖ New! Soham Literary & Arts Festival – July

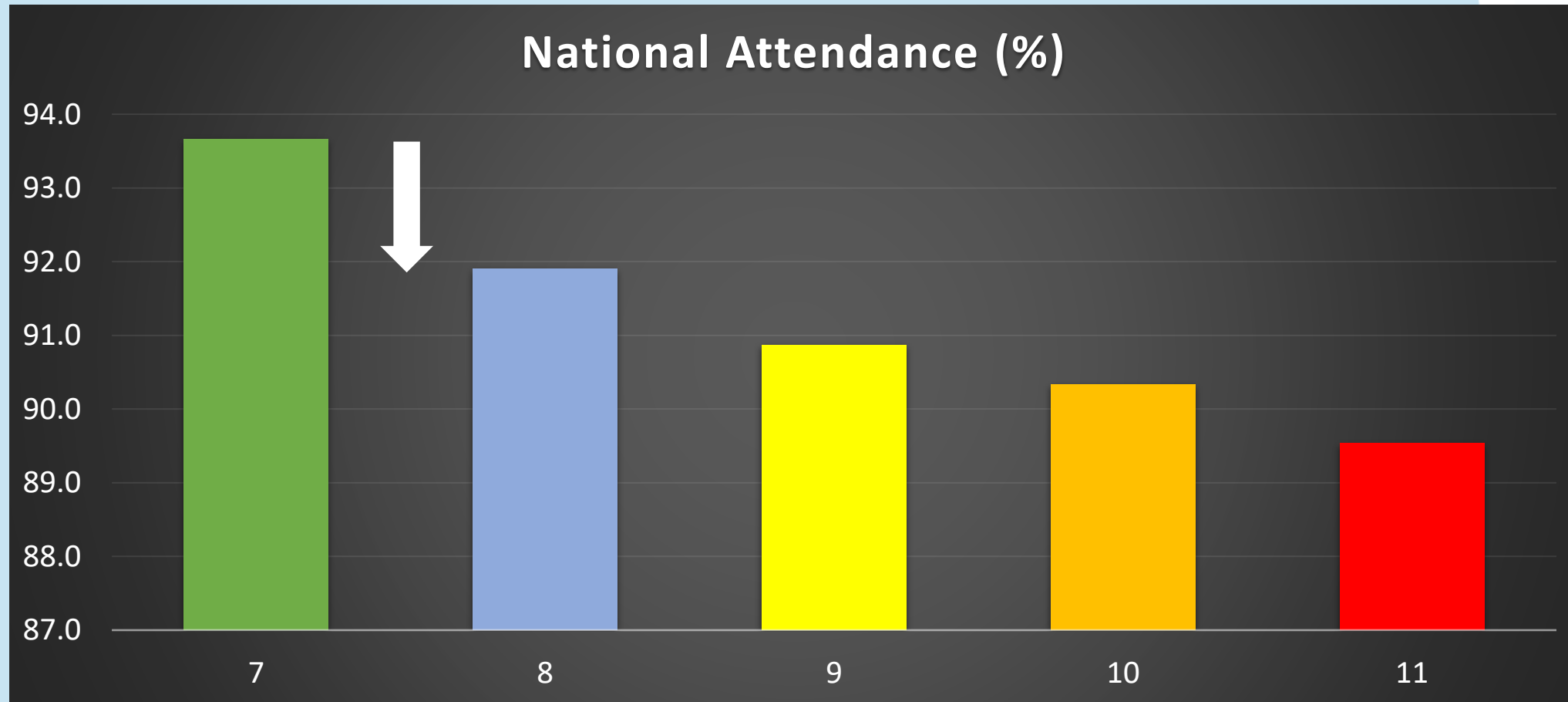


‘The 2nd Transition’

Richard Pearce, Assistant Principal & Senior Attendance Champion



Year 7 vs Year 8



The '2nd Transition' at school

“The period during early adolescence when students move into year eight. During this stage, young people often experience significant social and emotional shifts, including changes in peer relationships, growing independence, and heightened self-awareness that can impact their focus and routines at school.”

- Schools Week, 2024

5 Potential issues at home

- ♣ Increased Resistance and Morning Friction
- ♣ Vague or Heightened Physical Complaints
- ♣ Withdrawal and Communication Breakdown
- ♣ School-Related Avoidance or Hesitation
- ♣ Disrupted Sleep and Evening Routines

- ImpactEd Group, 2024

Increased Resistance and Morning Friction

- ✦ Routine tasks like getting out of bed, uniform checks, or leaving the house can turn into daily battles. What used to be a smooth departure in Year 7 can become fraught with delays as anxiety about the school day sets in.
- ✦ Establish structured, predictable routines the night before (like laying out uniforms and packing bags) to cut down on morning chaos.
- ✦ Use time-management tools, such as a fun morning playlist that keeps everyone on track and signals when it's time to head out.



Vague or Heightened Physical Complaints

- ✦ Children may frequently complain of headaches, stomach aches, or feeling unwell on school mornings. Often physical manifestations of underlying stress, social pressures, or low-level anxiety regarding peer dynamics.
- ✦ Validate their feelings rather than brushing them off as "making it up." As physical symptoms are often real responses to stress.
- ✦ Create quiet, low-pressure time after school for them to decompress before asking detailed questions about their day.



Withdrawal and Communication Breakdown

- ❖ Parents often notice a shift from open communication to closed doors, one-word answers, or reluctance to talk about school, friends, or teachers. They may seem mentally "withdrawn" as they try to navigate changing social hierarchies and growing up.
- ❖ Set aside low-stakes, side-by-side time (like cooking together or driving in the car) where conversation can flow more naturally without direct eye-contact pressure.
- ❖ Let them know you are always available to listen whenever they are ready to talk, keeping communication open without forcing it.



School-Related Avoidance or Hesitation

- ✦ There may be an increase in reluctance to attend specific lessons or days, or worries about minor social conflicts, falling behind with homework, or behavioural expectations.
- ✦ Partner early with the school by reaching out to Mrs Spain if worries persist, ensuring a united front between home and school.
- ✦ Focus positive conversations at home on reinforcing the importance of regular attendance and celebrating small wins.



Disrupted Sleep and Evening Routines

- ❖ Due to growing independence, shifting screen habits, and emotional processing, teenagers might stay up later, leading to chronic tiredness that spills over into chaotic mornings and a struggle to reset.
- ❖ Enforce consistent bedtime and wake-up schedules, even on weekends, to stabilize their internal clocks.
- ❖ Set boundaries around screen time and devices in bedrooms late at night to ensure they get enough restorative sleep.



5 Routine builders

- ✦ Launchpad
- ✦ Playlist
- ✦ Exit alarm
- ✦ Phone charging
- ✦ Streaks

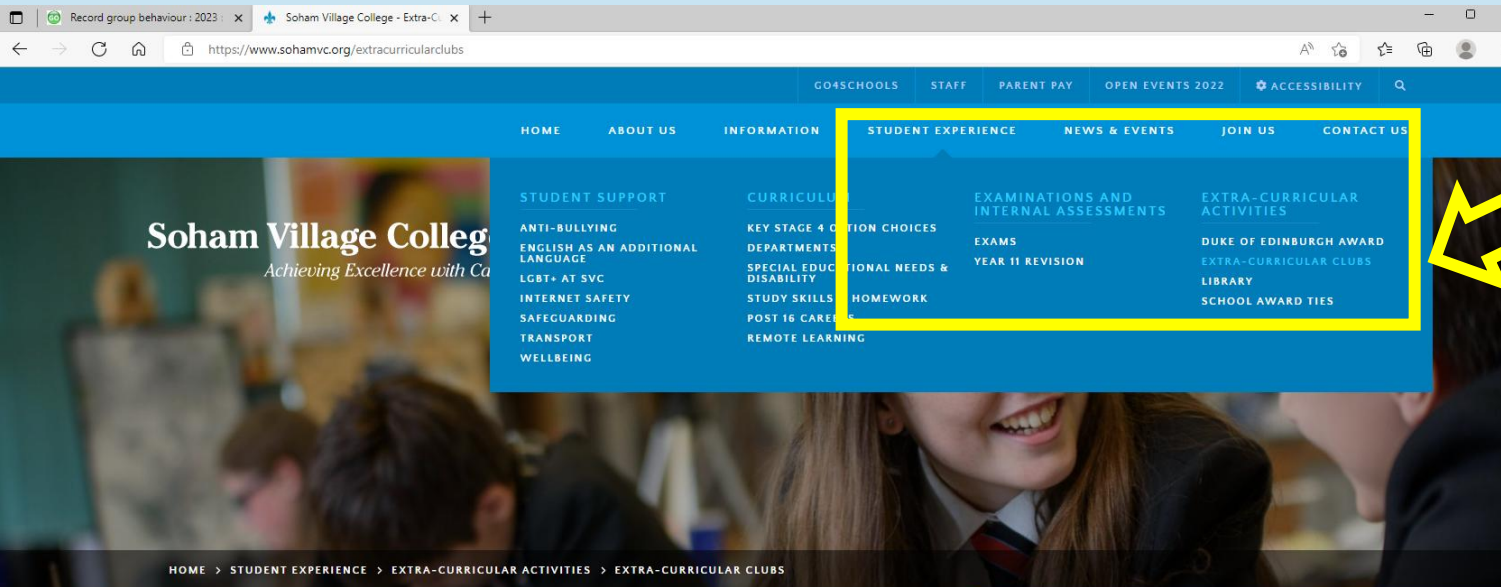


Enjoying School

- ♣ Safe environment
- ♣ Clear boundaries and expectations
- ♣ Interesting lessons
- ♣ Support
- ♣ Opportunities



Clubs



Extra-Curricular Clubs

EXTRA CURRICULAR

In this section

DUKE OF EDINBURGH AWARD

EXTRA-CURRICULAR CLUBS

LIBRARY

CLUBS

AUTUMN

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School 8.20–8.50am	• Y7-9 Girls' Choir PAC Auditorium • Y7-11 Boys' Choir P2	• Y7-9 KS3 Choir PAC Auditorium • Y10&11 Girls' Choir* P2 • Y7&8 Wake Up & Warm Up! P3	• Y10&11 Choir PAC Auditorium • Y7-11 Guitar/Ukulele Group P1 • Flute Choir* P6	• Orchestra P2 • Y9-11 Improv Troupe P3	• School Musical Rehearsal* P2 • Y7&8 Fusion Drumming P1
Break	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Lego & Board Games Library • Y7&8 Maths in Art B10	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Quiet Breaktime Library • Y7&8 Young Carers Drop-in L6 (Wk B) • Y9-11 Young Carers Drop-in L6 (Wk A) • Y7&8 Pride Club L7 (Wk B)	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Lego & Board Games Library	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Quiet Breaktime Library	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Online Games Library • Lego & Board Games Library • Jazz Group* P2
Lunch	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Lego & Board Games Library • YFC Connect Group F3 • Y7&8 Rubik's Cubing Library	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Lego & Board Games Library • Y7&8 Science Club S2 (Wk A) S8 (Wk B)	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Bingo! Library (Wk A) • Y7&8 Reading Group Library (Wk B) • Y7 Maths Challenge* B21	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Lego & Board Games Library • Y9-11 Reading Group Library • Y7&8 Scrabble B16	• Y7&8 Craft/Games/ Homework B14 • Y9-11 Homework Club B14 • Y9-11 Debate Club B3 • Lego & Board Games Library • Y7&8 Uno! Library
After School 3-4pm	• Homework Club Library • Y9 Duke of Edinburgh* • The Jam Factory* PAC 3-5pm • Soham Schools Choir PAC 4-4.30pm	• Homework Club Library	• Homework Club Library • Y9 Duke of Edinburgh* • Sports Fixtures* TBC • Gardening Club Garden near BM2 • Board Game Connoisseurs M8 3-4.30pm • GCSE Music Composition P2 3-5pm • KS4 Art F3 3-4.30pm • Creative Writing B17	• Homework Club Library • Y9 Duke of Edinburgh* • School Musical Rehearsal* PAC (3-5pm) • Y8&9 Badminton Ross Peers Sports Hall • Y7 Football 3G pitch • Y7-10 Design & Make! L1 • KS4 Art F1 & F3 3-4.30pm • Y7 Maths Foundations* B21 • GCSE Statistics* B10 3.10-4.10pm	• Homework Club Library • Warhammer L1 3-5pm • Y10&11 Badminton Ross Peers Sports Hall

* Selected students only

Please note that extra-curricular clubs are subject to change at very short notice, students should check with organisers beforehand if they are unsure if a club is running. Thank you.

