

# **Pontypridd** HIGH SCHOOL

#### **Pontypridd High School**

Year 7 Transition Handbook <u>ALN and SEBD</u>

ALNCO: Senior ALNCO Support Officer: ALNCO Support Officer/ CLA: Wellbeing Leader: Claire Finney Nicola Francis Emma Cope Catherine Lee

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# WELCOME TO PONTYPRIDD HIGH SCHOOL

WELCOME TO OUR ALN DEPARTMENT

This booklet describes the support you can find at school if you are a young person with an additional learning need and / or a disability.

What is an additional learning need or disability?

If someone has a <u>additional learning need</u> it means that they find learning more difficult than others.

If they have a <u>disability</u>, this can make learning harder.

We at Pontypridd High School will make sure that we give you the extra or different help that you need to help you to access learning and to succeed.

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#### MEET OUR TEAM

ELSA Support

Here is our ELSA support team.. Our ELSAs are our Emotional Literacy Support Assistants. They help our pupils learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

They have their own special spaces so that you and our other pupils can feel safe, calm, supported, and nurtured.



Miss R Ford ELSA, HLTA, Nurture



Miss L Whelpton ELSA, SEBD Support



Miss C Hoskings ELSA, Nurture



Mrs C Maxworthy ELSA, SEBD Support





#### So, what exactly is an additional learning need?

An additional learning need is something that makes learning more difficult than others. This can be dyslexia, dyspraxia, autism, Asperger's or ADHD.

#### And what exactly is a disability?

A disability is something that makes day to day life and learning harder.

This can be a visual impairment, a hearing impairment, a physical impairment, a medical condition or social and emotional difficulties that makes it harder to work.

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# THE DEN

#### Developing Emotions through Nurture space.



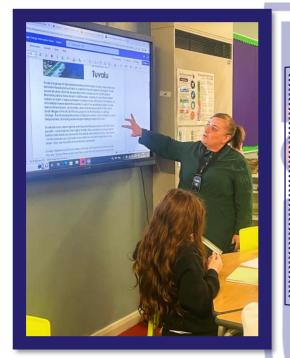
#### What is the DEN?

The Den is one of our nurture rooms within Pontypridd High School that you can use for extra support with literacy and numeracy as well as emotional support. It can also be a quiet place to work.

More than anything, it is a safe place.







#### What can I do in the DEN?

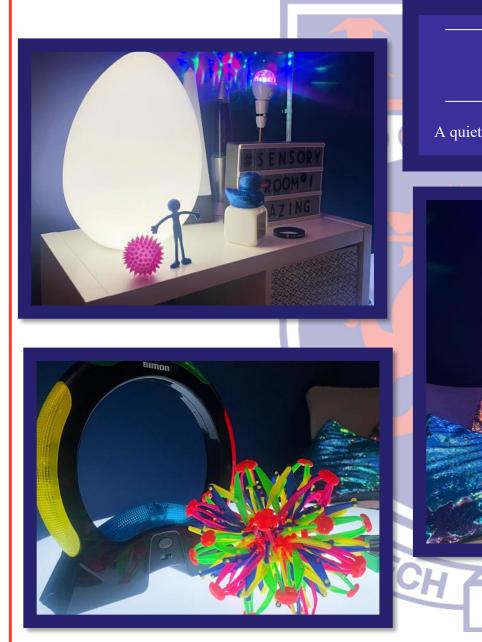
We use the DEN to do lots of different things. You are welcome to come here during lunch and break-time and relax with others who use the DEN too.

Here, we also do LEGO therapy, ELSA sessions, literacy and numeracy interventions, and there is a sensory room for you to use.





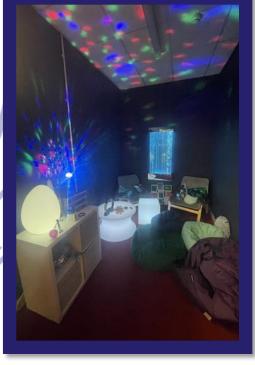




# THE SENSORY SUITE

A quiet and calm room to unwind if you feel upset, stressed, angry or anxious.





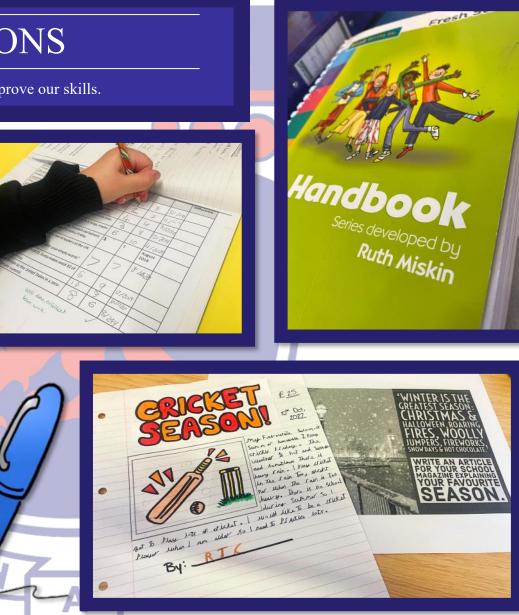
## INTERVENTIONS

Learning with others, with support to improve our skills.

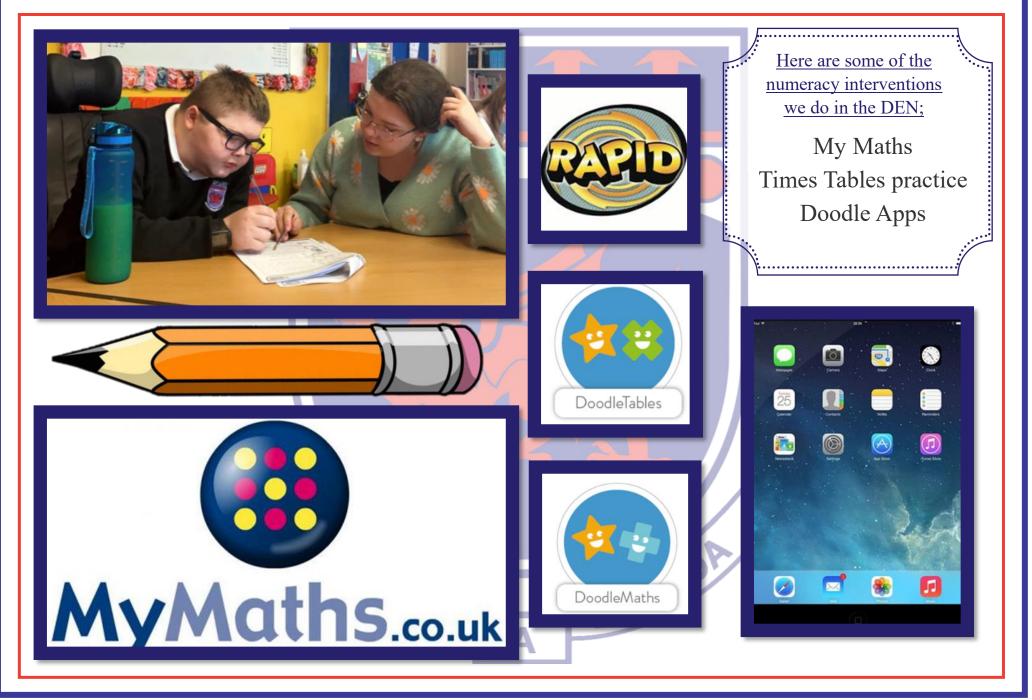
#### What is an intervention?

An intervention is when a teacher or teaching assistant helps you to overcome some difficulties you might have by removing barriers to learning, as well as filling in any gaps to your learning.

We do a variety of interventions in the DEN like literacy to improve reading, spelling and numeracy to improve our math skills. We also have memory groups and socialization activities to help us work and talk with others easier.













What is ELSA?

The DEN is just one of the nurture environments we have in school; we also have two ELSA rooms.

Some of you might be familiar with ELSA already. ELSA will help you to understand and regulate your emotions.

Most ELSA sessions last for 6 weeks.

## ELSA

Emotional Literacy Support Assistance









#### How will ELSA help me?

You may be offered ELSA for a wide variety of reasons. ELSA covers a lot of emotional topics including:

- Recognising emotions
- Social and friendship skills

- Self-esteem
- Anger management

• Anxiety

• Loss and bereavement

ELSA will help you to develop coping strategies and regulate your emotions. We do this by creating tasks and targets for each individual so that it is personal to you.



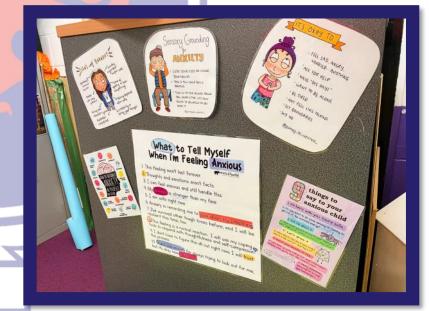
### What will I do during ELSA?

ELSA sessions are designed around giving you time to talk about anything and everything. You might also play some games or undergo some therapeutic activities like mindfulness or arts and crafts.

Our goal is to build a warm and respectful relationship so that you can feel confident discussing any issues and that you learn to understand your own feelings.

We aim to be able to provide an environment for you to feel calm and safe as well as give you a room to enjoy.





# Who are the SEBD team?

There are 3 members of staff within the SEBD class. These are Mrs Claire Finney, Miss Jessica Jones, and Miss Kylie Ponting.

They are always available to provide you with any emotional, social or behavioural support that you need.

# MEET OUR SEBD TEAM.

Here are some more people that can help you.



## SEBD CLASS

Social Emotional Behaviour Difficulties.

#### What is the SEBD Class?

The SEBD class is another part of our ALN division. It is suited towards our pupils who have difficulty with their social, emotional, and behaviour skills.

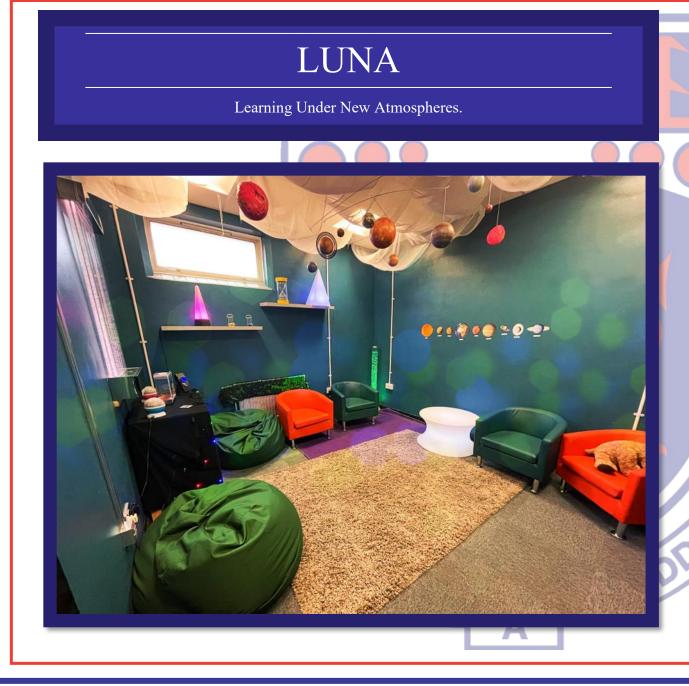
All of the staff from our SEBD class are here to make your life easier; you will engage in various different activities ranging from extra literacy and numeracy support to circle time to express emotions.

These will help you refocus before mainstream lessons.









What is LUNA?

LUNA is one of our newest rooms. It is space-themed and has lots of lights and sensory features for you to enjoy.

This room is for those pupils who have difficulty in controlling their emotions; it is a secluded and safe space to come to.

# MEET OUR SEBD2 TEAM.

Here are some more people that can help you.



SEBD2 team? There are 3 members of staff within the SEBD2 class. These are Mr Alun Thomas, Miss Lisa Whelpton, and Miss Catherine Maxworthy.

Who are the

They are always available to provide you with any emotional, social or behavioural support that you need.

## SCHOOL UNIFORM

Be proud to represent Pontypridd High School.



# What does the uniform look like?

We expect you to be smartly dressed at all times and feel our school uniform is a good way to show that you belong to our school community. It is important because it sets a standard and shows you are proud to be part of our school.

<u>Shirts</u> - A white short-sleeved polo shirt with school badge.

<u>Jumper / Cardigan</u> - Black jumper with school badge or a black waist-length cardigan with school badge.

The school badge is an important part of the uniform! No plain shirts or jumpers are allowed.

# What does the uniform look like?

**Shoes** - Plain black flat shoes. No trainers.

<u>Socks</u> - Plain black or white. Black or natural tights may be worn if preferred.

<u>Trousers/Skirt</u> - Plain black in a suitably smart style. No jeans or types of denim. Skirts must be knee length and acceptable to the school.

<u>Coats</u> - Dark, plain black fleeces or fleece lined and waterproof jackets with the school badge are available. Hoodie tops are not allowed. All top coats must be removed in classrooms. Hats, caps and beanies are not to be worn inside the school building.



# P.E KIT

Proud to play for Pontypridd High!

#### What about the P.E kit?

<u>Shirt</u> - Black or red sports shirt with school badge.

<u>Shorts / Tracksuit / Leggings</u> - School shorts, long black tracksuit bottoms or black leggings. Some small stripes or logos are allowed. No bright colours.

No jewellery to be worn during P.E lessons. Long hair must be tied back.



YOU SPOKE March 2021 You said ... So we ... You wanted time to Extended break catch up with time in your first friends. week back. You wanted to know Extended registration in your exactly what was first week back to expected when you returned to school. give you all of the information. You wanted new **Printed all pupils** copies of your new timetables for timetables. their first day back. You were concerned Informed all about being behind or teachers of your needing to catch up worries and asked on missing work. that they talk about this in class.

## PUPIL VOICE

Speak loud. Be heard.

#### What is the 'Pupil Voice'?

Ponty High is proud to have it's own student-led council. Two students from each year group are elected to let your concerns be heard. They will meet with all the other year groups to come up with some ideas and suggestions to help improve your school life, which will be passed on to our Head-Teacher, Mr Cripps.

Here is our latest pupil voice manifesto and what we did to help.



# PUPIL SERVICES

If you need anything, you can come straight here.

#### What is pupil services?

Pupil services is a room in school that you can go to for different kinds of help. Ellen, who works in pupil services, is in charge of;

- Paying for school trips
- Lost property
- Medicines
- Dinner money overdraft
- First Aid

You can also buy stationary here such as pens, pencils, rulers or erasers. Girls can also have free sanitary products if there are none available in the toilets.



#### What is the NEST?

The NEST is a small room adjacent to the ALN Office. You can come here to relax and have some quiet time if needed.

# THE NEST

Nurture Emotional Social Time.



### TIMETABLES

Your new schedule.

	1Mon	1Tue	1Wed	1Thu	1Fri
1	E	Cr	Sc	Tn	E
	EMJ 206 Lil	MMN106 At	JRP 309 Di	NT2 107 Re	EMJ 206 Lil
2	Hu	Cr	Ga	Ma	Dc
	AVF 415 At	CJH 318 H¢	ABB GYM	LAS 312 Ta	REF 202 En
3	Cr	Tn	Sc	Sc	Cr
	MMA 116	NT2 107 Re	REF Works	REF Works	MMA 116
4	Hw	E	Ma	Ma	Dc
	ABB 202 En	JWI 404 Ja:	REF Works	KAO 311 Pit	CMB 202 En
5	Sc	Ma	E	Hu	Ga
	RBD 309 Di	LAS 312 Ta	EMJ 206 Lil	AVF 415 At	ABB GYM

ABB: Miss A Bayliss
AVF: Mrs A V Farrow
CJH: Mr C J Husband
CMB: Miss C M Bartlett
EMJ: Miss E M Morgan-Jones
GJ: Miss G Jones
JRP: Mr J R Powell
JWI: Miss J Williams

KAO: Miss K Oliver
LAS: Mrs L A Serpell
MMA: Miss M M Allen
MMM: Mrs M M Madley
NT2: N Thomas
RBD: Mrs R B Davies
REF: Miss R Ford

# What does my timetable

#### look like?

Having a timetable is a big jump from primary school to secondary that might seem scary at first. Your teachers and teaching assistants are all here to help you find your way - don't worry about being late at first! We all get lost to begin with.

This is what your timetable will look like. We run on a two week timetable. This is week 1 - you can see along the top.

Each day is separated into 5 lessons withbreak after lesson 2 and lunch after lesson4. There is a key at the bottom so youknow who your teachers are.

You will see your subject, your teacher and room number in each box.

# DINNER TIME

Know where to go for food and how to buy!



#### How do I get food?

Dinner time and break time is different to primary school. Here, you have a much wider choice! We have the dinner hall with two separate windows and the Bytezone for you to be able to buy food.

There is a daily limit of £5 so try to budget your spending. You can always ask our friendly dinner-ladies how much you are allowed to spend and how much everything costs.

In order to buy food, we use a fingerprint scanner. When you come to the school, we will scan your fingerprint and save it so that when you buy food , all you have to do is scan!

To top up your money, your parents, guardians or carers, can pay online through the RCT website.

Book It

Save Time. Do It Online.

Report It

Apply for It

All Resident Services

Pay It

# WE HOPE TO SEE YOU SOON AT PONTYPRIDD HIGH SCHOOL!

WE HOPE THIS BOOKLET HAS HELPED ANSWER SOME OF YOUR QUESTIONS!

We have already met your primary school teachers and know a lot about you and your learning styles as well as the support you might need.

We hope that this booklet has helped answer some of the questions you might have or that we have eased some worries or anxieties you might have about coming to Pontypridd High School.

If you have any concerns or want to contact us, you can reach us on the emails below.

finneyc@pontyhigh.co.uk francisn@pontyhigh.co.uk leec@pontyhigh.co.uk

We hope to see you all soon!