

## What to expect on your first day at Plymouth High

After putting on your new uniform and having lots of photographs at home you will travel to school and arrive at our main gates. Here the Junior House Captains (Year 10), Miss Joynes and Senior Staff will greet you and direct you to our refectory where you will meet your tutor and sit with the rest of your tutor group. You will probably feel nervous but be assured that this feeling is completely normal and everyone is feeling the same way.

After a quick welcome you will be led to your form room to spend some time getting to know your new form tutor, classmates and school. This first session will last an hour and a half and will include; getting your timetable and planner, a school tour and getting your thumb prints scanned so you can purchase food from the refectory.

Before breaktime at 11.05am you will attend an assembly run by Miss Joynes and a PE induction where the PE team will explain how PE lessons work. After this 25-minute break you will then have two lessons as per your timetable. If you have PE on this day your form tutor will email your parents the day before to let you know to bring your kit. Your library induction and your school photographs will also take place in this time which your class teacher will take you to.

Lunchtime is at 1.30pm and will last an hour. You can spend this eating your lunch (packed or bought) in the refectory and then spend the remainder of the time on the playground or in your form room with your other classmates. You could also spend some time familiarising yourself with the school site.

At 2.30pm you will go to your last lesson. We normally finish school at 3.30pm but on this first day we will finish 10 minutes early in order for you to find bus stops, the train station or walking buddies. There will be older students assigned to each contract bus and train to help guide you on your first day and staff will be available to support you.

Every first day be it at school or in a work place will always feel very new and a little scary but we hope feeling prepared and your excitement at being a part of our community will help you enjoy the day's activities. We can't wait to meet you.