

Year 6  
2026



Welcome to  
The John Frost  
School

Carpe Diem – Seize the Day



# Introduction – Cyflwyniad

From September you will be attending The John Frost School. This is a significant step in your life and a big part of growing up. This can be a worrying time but remember EVERYONE is nervous; it's quite normal. We will do everything we can to make you feel prepared to start with us in September 😊

This booklet will help you to learn about the school, the routines and the facilities we have on offer. We hope that you will be happy and successful here and we cannot wait to meet you!

# Things to remember



## School Times - Amserau'r Dydd

### Start Time

Arrive at School	8.30am – No later!
Registration	8.40am – 9.00am
Lesson 1	9.00am – 10.00am
Lesson 2	10.00am – 11.00am
Break	11.00am – 11.20am
Lesson 3	11.20am – 12.20pm
Lesson 4	12.20pm – 1.20pm
<b>Lunch</b>	<b>1.20pm – 2.05pm</b>
Registration	2.05pm – 2.20pm
Lesson 5	2.20pm – 3.20pm

My Progress Co-ordinator's name is: \_\_\_\_\_

My Form Tutor's name is: \_\_\_\_\_

My Form Room is number: \_\_\_\_\_

My Form Room Building is: \_\_\_\_\_

You will find out all of the above information at your welcome day.

# School Areas

The canteen is open before school if you need to buy breakfast, or you just want to sit and chat with your friends. You can also use the library from 8:00am in the morning. The library is also open after school until 4:00pm (3:20pm on Fridays). You can complete homework here before and after school as well as at break time and lunch time if you want to. There are lots of books in the library for you to borrow.

The John Frost School will be very different from your primary school. It is much, much bigger with many more classrooms and teachers. Some lessons will be taught in special rooms, e.g. science in a laboratory (lab).

**Finding your way around the school can be a worry, but there is always someone to help you; a teacher or an older student. Do not be afraid to ask.**

A large, bright room with a wooden floor, rows of black chairs, and a long table. A purple arrow points from the top left towards the room.

Main Hall

A kitchen area with shelves of food, a counter, and a display case. A purple arrow points from the bottom right towards the area.

Canteen

# Written Task


There may be some facilities at The John Frost School that your Primary school does not have. Can you think of some?





## There are 10 rules that you must obey:

- Arrive on time, within five minutes of the start of the lesson
- Sit in your seating plan
- Show you are ready to learn
- Listen respectfully when others are talking
- Keep off-task conversations for social times
- Work in silence when an adult asks you to
- Allow others to learn
- Stay in your seat, unless directed to move
- Do not eat or drink (only water is allowed in lessons)
- Speak to others with respect.



At The John Frost School, we want you to have the best possible learning experience, which is free from any disruption.

# Ready to Learn

If you break one of these rules, you will be given a warning by your teacher and your name will be written on the board.

If you then break a rule a second time, you will be sent immediately to the school's Isolation Room (IR) and your parents/carers will be informed by text message.

We hope that you are never sent to the Isolation Room, but if you are then you will have to stay there for 5 lessons and you will also have to stay until 3.40 pm. You will be given work to complete while you are there.

During your time in the Isolation Room, you will have a shorter break and lunchtime than everyone else and it will be at a different time to everyone else.

A	G	E	O	G	R	A	P	H	Y
R	D	O	R	Z	Y	H	I	G	N
T	A	B	E	J	B	H	O	K	A
E	M	I	S	O	U	L	C	R	D
J	A	N	P	I	O	M	D	R	A
Q	R	V	P	N	L	I	C	I	O
X	D	G	H	I	S	T	O	R	Y
D	R	C	G	E	O	S	C	P	I
R	E	N	V	I	K	M	A	T	W
T	N	A	M	A	T	H	S	B	E
F	G	S	E	D	H	A	P	G	L
R	L	P	C	H	I	D	A	O	S
E	I	A	N	F	R	E	N	C	H
N	S	N	E	Y	D	B	I	F	M
C	H	J	I	N	R	F	S	Z	B
K	I	W	C	Y	S	L	H	X	Y
B	M	U	S	I	C	X	K	E	P

**So many subjects!**

**Llwyth o bynciau!!**

- Art
- Drama
- English
- Spanish
- Geography
- History
- IT
- Music
- PE
- PSE
- RE
- Science
- Technology
- Welsh
- Maths

Find the hidden subjects that are all taught at The John Frost School.

# Lessons

## So Many Teachers!

At the moment, you are used to having one or two teachers most of the time. When you attend The John Frost School, you will meet many more. However, it will not take you long to get to know them. Remember, first impressions are important, so do your best!

Your Form Tutor will play a key role in supporting you throughout your time at school. In addition to teaching you, they will monitor your progress, wellbeing, attendance, and overall school experience. If you have any concerns or difficulties, your Form Tutor should be your first point of contact.

They will regularly check that you have the correct equipment and are meeting the school's uniform expectations, as well as take the register and monitor attendance. You will meet with your Form Tutor twice each day, once during the morning registration period and again in the afternoon.



## Homework is an important part of learning.

In Year 7, every night for twenty-five minutes you will be expected to read your Accelerated Reader book. Do not worry, your English teacher will help you to choose this from the library in school. You will also be expected to practise your times tables for ten minutes every night. Your Form Tutor and maths teacher will support you with this.

You will also be set regular homework by your subject teachers in the form of half termly projects. It is important that you complete the tasks by the deadline set. All homework tasks will be published on Hwb. You can access Hwb by clicking on the hyperlink under the 'Students' tab on our main school website [www.thejohnfrostschool.co.uk](http://www.thejohnfrostschool.co.uk). When you arrive in September, we will explain the use of Hwb in much more detail so please do not worry. We will also provide you with your username and password.

# I'm Hungry...



The canteen serves a variety of food such as: cooked food, salads, baguettes, jacket potatoes, sandwiches and packed lunches.

You can also buy breakfast in the canteen before school and snacks at break time.

You can buy your food from school or bring in your own packed lunch. In both cases food **must** be eaten in the canteen or in one of the outside areas where benches are provided. No crisps or fizzy drinks/energy drinks are allowed. There are water fountains around the school site so you can make sure you stay hydrated all day.

We use a cashless system in school. Your parents will be given a username and password to top up your account online. You will use your fingerprint to buy your food from the canteen. You queue in an orderly way and listen to instructions given by the adults present.

Chocolate, crisps, fizzy drinks and energy drinks are not permitted in school as we follow a healthy-eating programme. If you have free school meals, please do not worry, your card will automatically be topped up. It may show as having a 0 balance, but there will be money on there each day for you to spend at break time and/or at lunchtime. If you are worried about this, please have a chat to your Form Tutor or one of the staff in the canteen. Never be afraid to ask; there's always someone to help.

**Remember students are not allowed to leave the school at lunchtime.**



- Attend school regularly and be on time
- Always walk sensibly inside the buildings and **keep to the left** on stairs and corridors
- Leave valuable items at home. If you bring a mobile phone or electronic device to school, it must be kept at the bottom of your bag. If you are seen with your phone out, it will be confiscated and you will receive a Red Card Detention.
- The only jewellery allowed is a watch and one pair of small stud earrings.
- Eating and drinking in classrooms is not allowed with the exception of drinking water from your water bottle.
- Do not say or do anything which will upset another member of our community. Always be courteous, considerate and co-operative.
- Always be prepared for learning.
- If you need additional support, speak to a member of staff in school.

Some things to get used to.....

Rhai pethau pwysig ...

# Quiz

- 1) Help, I have missed the bus home.
  - 2) I feel ill - who should I see and where?
  - 3) I am late - where do I go?
  - 4) I have lost my tie - what should I do?
  - 5) I am lost.
  - 6) I have been absent and missed quite a bit of work. What should I do?
  - 7) Someone is bullying me.
  - 8) I cannot understand what to do with my homework.
- 1) Go to Main Reception or a member of staff on bus duty who will help you.
  - 2) Tell the member of staff teaching you and they will send you to Student Reception. Do not phone your parents yourself; Student Reception will do this.
  - 3) Please sign in at Main Reception if you have missed registration. Remember you will receive a lunchtime detention for this. The detention does not apply if the reason for your lateness is that a school bus was late.
  - 4) Go to Student Reception.
  - 5) Ask a member of staff or an older student (look out for the Sixth Formers). If you cannot find anyone, go to Student Reception.
  - 6) Have a chat with your Form Tutor about this; they can sort out the catch-up work for you.
  - 7) You must tell someone; ideally your Form Tutor to begin with. Use Pastoral Hub to report incidents that you are concerned about.
  - 8) Go and see the member of staff who set the homework during break time or lunchtime or speak to your Form Tutor who will sort this out for you.

We cannot wait to meet you!

Have a lovely summer and we look forward to seeing you at The John Frost School in September.



Mwynhewch yr haf ac fe welwn ni chi ym mis Medi.