

Dear Parents/Carers

A very warm welcome to West Hatch. We recognise that when parents choose our school for their children they entrust us with something very precious, years that are very important, golden years that are irreplaceable.

New entrants to Year 7 are supported by an extensive induction process to ensure their start to West Hatch is happy and secure.

This involves a residential outdoor educational trip within the first three weeks. Pupils take part in rock climbing, archery, orienteering and team challenges. All students get to know each other and their form tutor. They forge positive friendships that will serve them well as they progress through school.

Making the transition from Year 6 to 7 a successful one is very important to us. We value working closely with parents and understand that a continuing and active dialogue between school and home will provide the best support for your child.

The Induction evening is a way of introducing ourselves putting some faces to names and explaining to you and your child what students in Year 7 might expect.

It is a big moment in every child's life, moving from junior to secondary school. We feel parents and children need to be clear about our school values and our expectations so that together we can maximise chances of success.

We hope that our talk will answer many of your questions and senior staff will be on hand to respond to individual queries afterwards.

Individual interviews will be held for all parents and children new to the school. Existing parents of students (siblings) at the school can request an interview also.

May I point out that there is no parking on the school site when you come in to meet with staff due to the rest of school being in session.

I look forward to meeting you and your sons and daughters.

Yours sincerely

JAHavart.

Mrs F Howarth Headteacher

The Transition Process

Thursday 16th May 2013: Induction Evening

For parents and children: senior staff present an introduction to the school, explaining what new students should do to prepare, how parents can support, and what is to be expected in Year 7. (We do request that all new parents attend; anyone who is unable to will be asked to come in and meet with senior staff so that we can ensure key information and messages are received.) The evening will be split into two sessions (1) at 6pm and (2) 7.30pm as we cannot accommodate all parents and children together in the Hall.

Interviews (date to be confirmed)

Parents and students are invited to meet with an experienced member of staff for a confidential meeting. Letters will be sent out shortly with the date and time of your interview.

Topics covered at interview include:

- Checking of personal details we already have on file (address, contacts, email address)
- Requests for duplicate correspondence (i.e. to a parent not living with the child)
- Special Educational Needs (OTHER than Statements as our SEN Co-ordinator meets with all families where a child has a Statement)
- Parent / School Contract (parents and students will be asked to sign)
- Internet Access Permission (parents asked to sign)
- Any issues, queries or additional information you feel the school should have that might help us support your child.

If parents feel they would specifically prefer to meet with the **Learning Manager of Year 7** or **Key Stage 3 Manager** this can be arranged via the Admissions Secretary, Mrs Burns on 0208 504-8216 ext 1004.

CASHLESS CATERING: Letters about this, together with log-in details etc, will be communicated to you by the Finance Department over the next few weeks, before your child starts school.

Induction Day: 28th June 2013

(Students with a statement: additional days in school: Friday 5th and 12th July)

School Tours

Most new Year 7 students will have visited the school on Open Evening last autumn.

Primary School Visits

During June/July, the Year 7 Learning Manager, teaching staff and the SENCO (Special Educational Needs Co-ordinator) make visits to the Primary schools of our new Year 7s to meet with both staff and children. This helps us to get to know students.

First Day of Term: Tuesday 3rd September 2013

The Big Day!

What to bring:

- Proper school bag (no handbags with brand names or carrier bags)
- Pencil case with pens, pencils, colouring pencils, sharpener, ruler
- Small dictionary

What to do:

- Wear full school uniform if it's a hot day, no need to wear your jumper
- Students should arrive for 8.30am
- Parents should leave at the school gate

PLEASE DO NOT DRIVE INTO SCHOOL TO DROP OFF

- Students will be directed to go around the school to the playground at the back
- They will be called into the school hall and introduced to their new form teacher
- Form teachers will take their form to their form room and introduce the timetable
- Homework diaries will be given out
- Lessons begin after break

PLEASE DO NOT DRIVE INTO SCHOOL TO COLLECT YOUR SON OR DAUGHTER

Starting Lessons in Year 7

Subjects studied are:

- English
- Maths
- Science
- IT
- Art
- Technology (Design Technology, Food and Textiles)
- Geography
- History
- Religious Studies
- PSHC (Personal, Social Health and Citizenship)
- Physical Education
- Modern Foreign Language
 Students have a half term each of two different languages and then choose their language for Year 8.
- Music
- Drama

Some Key Points

- All subjects are run by a Head of Department who is responsible for the schemes of learning and curriculum in Year 7.
- Students will be issued with books to write and do homework in and need to get quickly into the habit of putting their full name and form details on the front
- Students will be issued with a diary to record homework in. We ask that parents sign it each week. In addition all homework is put on the Learning Gateway (online) for which you will receive a password to access it.
- Students follow a timetable which remains the same all year, and move around the school for different lessons. We recommend that parents put a copy on display at home to help organise their son or daughter.
- Parents will receive half termly Progress Check reports telling you whether your son/daughter is on target to achieve.
- We use Key Stage 2 SATs (Standard Assessment test) data to help generate targets for students and also Cognitive Abilities Test (CATs). As a minimum your child will be expected to make three levels of progress from Year 7 to Year 11. This means if they get a level 4 at the end of Year 6 the lowest grade they should achieve at GCSE is a C grade. We set four and five level progress targets to challenge children, so a level 4 to a B or an A grade. This means your child could make a minimum of between 2 to 3 levels progress in Year 7 from a 4c to a 4a to one and a half levels

progress from a 4a to a 6b. We set target levels in five grades: 4a being the highest level 4 for example.

- We carry out various diagnostic tests early on to help us assess the level students are and baseline tests in subjects. These include a Cognitive Ability Test (CATs), 2nd Accelerated Reader reading tests. Assessment of students is on-going in each subject and students are set a formal assessment every half term. We have summer formal examinations as well. Marking may often be peer and self-assessment, which we encourage to develop independence. Students will be expected to re-do work not at expected levels. For each half termly assessment you will see a RAG Sheet (Red, Amber, Green) in your son/daughters book explaining "what went well" and "even better if" for the half terms work and assessment.
- In core subjects like English, Maths, Science, History, Geography and Modern Foreign Languages they are also set by ability. This enables us to provide appropriate support for all children. Students in the lower band have a slightly different curriculum which does not include languages so that we can offer an intervention reading and writing programme called Fresh Start. In addition, we offer Learning Support in a wide variety of ways to meet different needs.

Encouraging Reading

We support reading in Year 7 and 8 with the Accelerated Reader programme. This identifies students' reading age and enables us to monitor progress. The programme has interactive games/quizzes for the students to enjoy and suggests suitable books for them to read. We value this scheme which aims to enhance literacy skills. Further details will be available at your interview.

Gilwell

In September all Year 7s attend a special two days/one night event at Gilwell Park, Chingford which is designed to bring a team building element into the year group. They take part in a variety of fun activities. A payment for this is requested from parents.

WHHS Rewards Scheme

Our reward system directly rewards pupils for work they produce and the academic progress they are making towards their targets.

The system is operated on-line by staff, and rewards can be given for a number of reasons, within and outside of lessons.

There are a wide range of reward gifts available, from items costing as little as 2 points right up to 400 points. Students can choose to save their rewards over the course of the year to get larger items, or spend smaller amounts more regularly.

Each pupil is given a password to access the scheme. When a pupil has made their reward request, an e-mail alert goes to the School Office and the reward request is processed.

Here is the current list of rewards available to Year 7 pupils:

	Rewards		Rewards
Item	price	Item	price
Glow bracelets	2.00	Table tennis balls	100.00
Gel pens	5.00	Netball	100.00
Glow necklace	6.00	Amazon voucher	100.00
Glow sticks	20.00	iTunes voucher	300.00
Skip the queue for a week (lunch)	35.00	HMV voucher	100.00
Key rings	40.00	Claire's Accessories voucher	100.00
Sondico football	60.00	Diary	100.00
Headphones	60.00	Gum Shield	110.00
1 pack tennis balls	60.00	Sketch pencils (Smiths)	110.00
Mini highlighters	60.00	Goalkeeper gloves	120.00
Plastic rulers	60.00	Tennis racket	120.00
A4 sketch pad	70.00	Swimming goggles	120.00
Pack of pens (smiths)	70.00	Pastels	140.00
Pencil case	80.00	Water colour pencils	148.00
Football Club key rings	80.00	Table tennis set	160.00
iphone/Blackberry covers	80.00	Casio calculator	160.00
A3 Sketch pad	80.00	Laptop skins	200.00
Set of pens, pencils, eraser (Smiths)	80.00	Game voucher	200.00
Phone charms	80.00	Airfix set	200.00
24 Crayola pencils	90.00	Portable speakers	240.00
£5 Charity donation	100.00	Chemistry set	240.00
Slap-on watches	100.00	MP3 player (PC World)	300.00
Sondico rugby ball	100.00	Karaoke set	400.00
Maths sets	100.00		

Induction Day

Friday 28th June 2013

This is the special day when new students really get a feel for what life will be like when they start school here in September! We do expect that all students attend. Letters inviting students will arrive after induction evening and will give full details of timings and what to bring.

Provisional Details

Please note there is no parking or drop-off by car in the school grounds

ARRIVAL: 8.30 to 8.45 into the School Hall

Students brought down the front path to the first car park where they will be directed onwards – parents – please leave at this point and don't proceed past the roundabout.

DEPARTURE: between 3.00 and 3.15

Parents can meet children who will be brought to the roundabout.

WHAT TO WEAR AND BRING:

- Casual clothing e.g. tee shirt or tracksuit, but no expensive branded clothing, strappy tops or cropped tops please. Girls do not wear jewellery other than small silver or gold studs and we have a no make-up policy which includes nail varnish.
- Mobile phones are not to be switched on or seen out during the school day.
- Bring a pen and pencil.
- Lunch will be held in the Dining Hall. A price list is available on our website: http://www.westhatch.essex.sch.uk/files/parent/catering/catering_price_list.pdf
- Packed lunch if parents prefer.

WHAT CAN STUDENTS EXPECT?

- A variety of 'taster' lessons including Maths, English and Science
- Break and lunch in the Dining Hall a chance to try our great food! (If packed lunch is preferred, students simply take it to the Dining Hall and eat there with the other children no need to queue).
- The experience of walking around the school and familiarising themselves with the layout.

- The opportunity to meet lots of new students and future friends!
- Students will be put into class sized groups, accompanied by a teacher, learning support assistants and older students who will guide them around all day.
- At break and lunch students go into the playground on their own. There will be staff supervising them.

Who's Who at West Hatch High School

Headteacher Mrs F Howarth Mr D Leonard **Deputy Head Deputy Head** Mrs P Johnson Assistant Head Mr J Cowen Mr S Langton Assistant Head **Assistant Head** Mr A Sinfield Miss E Barham Assistant Head **Business Manager** Ms B Newman

Learning Manager Mr G Blain Miss C Moon SENCO Head of English Mrs N Gill Head of Maths Mr A Russell Head of Science Mrs D Blain Head of Art Mr G Hanley Head of Geography Mrs V Davis Head of History Miss D Sterlini Head of PE Mrs C Reid Head of Religious Studies Miss D Sterlini Head of Performing Arts Ms S Pavelkova Head of Music Mr M Fourie

Head of IT : Miss S Chamberlain
Head of Languages : Mrs A Rodway
Head of Food/Textiles : Mrs H Barnard
Head of Design Technology : Mr J Limon
Librarian : Mrs J Davidson

Useful Contact Points

Catering, School Fund, Finance

Office Manager : Mrs I Muscatt
Admissions/Appeals/Induction : Mrs D Burns
Attendance/EWO : Mrs M Hall
Absence : Mrs P Guest
Medical/Care Plans : Mrs M Hall
Lost Property : Mrs K Kennedy
Lockers : Ms L Chittock

Uniform Shop : Parents Voice via Mrs I Muscatt

Ms B Newman

Musical Instrument Tuition : Mr M Sheehan

Our Pastoral System

Form Tutor

Students are placed in a form with a tutor who registers them **every morning** and gets to know them. Tutors may well not teach their form except for PSHC lessons (Personal, Social, Health and Citizenship).

Form Tutors are the first point of call for you – but please see the "Useful Points of Contact" above for details of who to contact regarding <u>lost property</u> and <u>attendance which tutors do not directly deal with.</u>

It is useful to contact Form Tutors for example if:

- Your child has suffered a trauma or bereavement
- Your child is unhappy about coming to school for any reason including possible friendship issues or bullying
- Your child is struggling with being organised or coping with school generally

The Learning Manager

The Learning Manager co-ordinates the academic and social progress of the whole year group. He liaises with the SEN (Special Educational Needs) Department and with the office Pastoral Support Staff to ensure a full picture is kept of students. This includes:

- Tracking progress throughout the year, identifying under achievement and taking action by, for example, organising mentoring.
- Ensuring achievement is recognised.
- Leading the work of the Form Tutors.
- Liaising with SENCO over provision for SEN students.
- Liaising with external agencies, e.g. Social Services.
- Visiting Lessons to monitor the quality of learning and marking by teachers and good behaviour of classes.
- Dealing with serious behaviour issues.

You may want to contact the Learning Manager if for example:

- You feel your child is struggling to cope in several subjects
- You feel there is a problem with bullying (Form Teacher can be contacted too)
- Progress checks have shown up a problem

Subject specific problems

If you feel there is a problem with a particular subject, we recommend contacting the subject teacher and/or Head of the Department direct by phone on 0208 504-8216, via letter at the usual address or via email admin@westhatch.essex.sch.uk

Attendance and Welfare

We look for very good attendance of at least 95%

- Mrs M Hall is the main point of contact for notifying us about medical needs.
- We have a dedicated Absence Line please call 0207 036-6287.
- School should be notified of absence as early as possible on the first day and every day of absence after that.

We do pursue attendance with vigour and systems in place include:

- Texting or ringing parents to discover reasons for absence if you have not called in.
- Letters from the Learning Manager are sent when absence rates are getting to be a cause of concern and calling parents in for a meeting where attendance is considered a worry. The Education Welfare Officer may be involved in some instances.

Medical, dental and opticians appointments should be made outside school hours as far as possible.

Where there are genuine health issues we are pleased to support your child and it is therefore crucial that you keep us informed.

We also look for **excellent punctuality** and late arrival at school for the 8.45am registration is logged and parents contacted if this is happening regularly.

Holidays: Holidays in Term Time are not allowed

Behaviour Manager

The Behaviour Manager's role is to help Learning Managers and senior staff deal with any issues and help with good order around the school. Other responsibilities include:

- Interviewing students involved in incidents and getting them to write their version of events in a statement
- Ringing parents to inform them of incidents
- Supervising change over at lessons and circulating around the school site during the day
- Patrolling outside school at the beginning and the end of the day
- Holding restorative justice meetings

How to Contact Us

We try to work closely with parents and all our staff are trained to deal with callers in a professional and courteous manner. If you feel you have not been dealt with properly you should contact the Headteacher by letter.

Equally, parents/carers are asked to treat all teaching and support staff politely, whether communicating by phone, letter or personal visit to the school.

- Phone reception on 020 8504-8216 who will transfer your call. It may well be that you have to leave a message in the first instance as all staff teach, so please do not expect an immediate response.
- You should receive a call back within 24 hours to at least acknowledge your call. Your query may take a little longer to resolve.

Please bear in mind that all Learning Managers and senior staff have a teaching timetable and are not often in their offices but they will endeavour to respond as quickly as they can.

However, in the case of an **emergency** do explain the details to our trained reception/office staff and they will be pleased to take appropriate action to help you.

Please be advised that it is very difficult for us to arrange for you to meet with any member of staff without an appointment. This is because the school day is taken up with teaching, meetings and other duties before school.

Special Educational Needs (SEN)

SEN Co-ordinator (SENCO):

Senior Higher Level Teaching Assistant:

Mrs A Crathern

SEN Administration:

Mrs S McGeown

smcgeown@westhatch.essex.sch.uk

We run a very big and busy team of Learning Support Assistants (LSAs). The SEN team has a great deal of experience in dealing with all sorts of needs and in helping identify specific problems. If needed, support continues throughout a child's time at West Hatch and this might include extra support in public examinations.

Statemented children are well catered for and supported with a range of meetings and visits. The SENCO liaises closely with both parents and primary school to ensure we have full information and this is communicated to all teaching staff at the beginning of term.

Students identified as SA (School Action) or SA+ are notified to us by primary school together with relevant details which is also passed on to teaching staff.

About Year 7 - Frequent Q&As

How do you decide which form my child will go in?

With students joining us from as many as 25 different primary schools, our aim is to create a mix in forms which will work together well. We therefore do not, for example, put all students from one primary school together. Starting secondary school should be seen as a new start for all students and we consider the ability to get along with different people is a key skill in life. Whilst we aim to help students develop their personal and social skills, and learn to get on with everyone, we do stress that school is <u>not</u> primarily for socialising – it is for studying, learning and achieving. We want students to be serious about studying and being "the best that they can be".

We do sometimes move students between forms if we feel there are unhelpful behaviours or mixes emerging. This is the decision of the Learning Manager and Senior Leadership Team and whilst we would inform parents of moves they are not subject to negotiation/consultation. We manage the school in the way we think best to achieve an excellent learning environment.

Can my child be with his/her best friend in a form?

At interview you may wish to name another child who you feel your child **would not** work well with — based on past experience. We quite understand that moving to secondary school can often be a chance to start afresh. We **do not** however make up new forms based on existing friendships. If parents feel there are exceptional circumstances, for example, twins who don't want to be separated please do raise this at interview for consideration. Our policy is based on the principle that we want all students to have a new beginning and to focus on learning. Each year we have a number of students who are the only child from a particular primary school and we think it fairest to create new form groups where everyone has the opportunity to make new friendships.

How do you know about my child's abilities?

- We visit primary schools in the summer term to get information from Year 6 teachers and SENCOs.
- We access KS2 SAT results in the summer.
- We carry out cognitive ability tests (known as "CATS"). These give us a benchmark for your child's vocabulary, numeracy and puzzle solving abilities.
- The Library and English Department organise a reading test which gives a reading age.
- Subjects carry out various assessments during the first term.

All of these help provide us with as wide a picture as possible of your child's academic abilities.

What extracurricular opportunities are there?

We are pleased to offer a very wide range of sporting and other activities and strongly encourage students to take part in them. A programme is published three times a year for students to take home. We are particularly keen on encouraging leadership skills, for example students organising events for charity, acting as form representatives or serving on our whole school council.

What happens if a student is ill or has an accident at school?

The first year can be stressful for some students – occasionally resulting in frequent 'unwell' complaints. Our simple and straight forward system outlined below works well to identify any patterns that might emerge and also to support genuine illness.

Firstly, please be aware that we do not employ a nurse. It is therefore parents' responsibility to check if their child is well enough to send to school. We also do not have a full time staffed medical room. It is therefore not possible to look after sick students all day.

Secondly, we cannot offer a medical diagnosis service.

We can look after medicines in the school office.

Students who feel **unwell during the school day** should tell the teacher whose lesson he/she is in. The teacher will ask if they feel unwell enough to go to the office or if they can 'carry on'. This is not a refusal to allow your child out, simply a practical way of encouraging students to be in class. Some students can be over anxious! Teachers are not medically trained and will usually dispatch students to the office with a note.

The school Office staff – who are all qualified First Aiders – will assess students to ascertain if parents should be contacted. They apply first aid principles and if deemed necessary will promptly call for an ambulance.

They will question and clarify what the problem is; it might be something that will 'feel better' with a glass of water and a quiet sit down and students will be encouraged to return to lessons. However, if students feel unable to carry on, we will advise you and ask you to collect them.

It is important that secondary school age students are able to ask for help if they feel unwell or have had an accident of some sort for example in the playground. We keep an accident book to log details.

Medical related queries: Mrs I Muscatt, Office Manager on 0208 504-8216 or via email imuscatt@westhatch.essex.sch.uk

Bullying Policy

West Hatch is a school in which bullying of any kind is not acceptable

Bullying is the intention to hurt, threaten or frighten someone **over time** and includes:

- Calling people names
- Personal making fun of something, for example, physical features in a way that is intended to cause distress, making fun of someone about his/her family
- Trying to make someone fight others when they don't want to ('stirring')
- Arm twisting
- Pushing
- Sexual and racial abuse
- Hiding others' belongings or tipping out their bag
- Threatening, for example, with violence
- Leaving people out in a way which makes them feel sad
- Putting others down

All year groups receive regular reminders about what bullying is and how it is not acceptable

We encourage students to let us know if they feel they are being bullied: through their Form Tutor, Learning Managers, email or Sixth Form Student Mentors.

Parents should inform the **Learning Manager** if their child complains of unacceptable behaviour and we will investigate it.

Contact between Parents and their Children

Like all schools we regard mobile phones as a mixed blessing of the modern world: useful for keeping in touch but a real distraction from learning.

We ask that parents **avoid** contacting students during the day **unless** there is an **emergency**.

In the case of a family emergency, it is better to contact the school office so that a message can be given to the child confidentially.

We do not expect students to ring parents about problems they may have had in the day, for example 'being told off'.

Mobile Phones

These may be brought into school <u>but must remain switched off and out of sight at all</u> **times**. This includes walking down corridors between lessons and in the playground.

They **must not be used to film, record or photograph** other students, staff or lessons – there will be very serious consequences for any student caught doing this.

Mobile phones are confiscated by any member of staff, if seen being used by a student, and placed in the school office.

1 st Offence	Kept in school office until the end of the day	Returned to student
2 nd Offence	Kept for One Week	Parent may collect in person earlier
3 rd Offence	Kept	Parent must meet with Learning Manager to discuss

This obviously means that a student may have to go home without his/her phone.

<u>Please Note:</u> We recommend you do <u>not</u> allow your child to bring Blackberries, or any other phone that allows **instant messaging**, in to school.

We ask Parents to sign an agreement to our mobile phone policy during interview as it is designed to keep students focussed on learning.

Electronic Equipment

There is no place in school for any equipment such as MP3 players. They will be confiscated and parents asked to collect.

<u>Items that are Completely Banned and Forbidden on the School Premises</u>

Any student who brings <u>any</u> kind of **weapon**, pretend or real, or who brings **illegal drugs** or **fireworks** onto the school premises is highly likely to lose their place at West Hatch. This includes penknives or any other kind or sharpened instrument for example craft pens or items on key rings.

Cigarettes and **matches** are forbidden. Any student caught with them will be punished and parents informed.

Laser Pens - or similar, as these are dangerous.

Chewing Gum - is highly damaging to the fabric of the school and therefore not allowed.

Messages Sent Home

We try very hard to improve the service that we deliver to you and to your children by communicating as frequently as possible so that everyone is kept informed.

However, you might also be aware that sending written information home can be rather 'hit and miss' with information often going astray on the way! We are also increasingly aware of the environmental impact of the amount of paper we use.

Therefore, we use a service called "Keep Kids Safe", which enables schools to send their letters and messages direct to parents by email and text message. The service is used by more than a thousand schools around the UK. We hope the result of this will be that you receive information from the school in a reliable and efficient manner, and that you will no longer need to trawl through the contents of your children's school bags!

In order to use "Keep Kids Safe" we need to collect parent email addresses and mobile telephone numbers and would ask you all to complete the Pupil Information Form if you have not already done so. Please be assured, the "Keep Kids Safe" service is registered with the Data Protection Registrar and guarantees that all information supplied will be kept completely private. There is also NO advertising associated with the scheme.

Our student body devised our school motto and the qualities needed to achieve it.

To be the "Best that I can Be" I need to

Be determined and persevere
Be respectful
Be responsible
Be considerate
Be ready to achieve
Be proud

Behaviour Expectations

We expect high standards of behaviour. These are clearly embedded in the Code of Conduct and the Character Pledge below. Students are expected to address adults by name, i.e. Miss Barham or as 'Sir' or 'Miss'. Students must not argue/answer back.

Pupil's Code of Conduct

I will act with courtesy and consideration to others.

I will call others by their proper name.

I will walk quietly and sensibly around the school.

I will join in lessons fully.

I have the right to learn without disruption and distraction.

I must never prevent learning.

I will show respect for myself, my fellow students, staff and the wider school community.

I will wear my uniform smartly and with pride.

I must be honest with myself and others.

I will help take good care of our school as we are all responsible for a clean and tidy school and for its appearance. Litter goes in the bin and I will take part in litter clean ups to help West Hatch.

Physical or verbal bullying has no place in my school.

Physical violence such as fighting has no place in my school.

Good attendance, arriving on time and good behaviour are **vital** if I am to **achieve my full potential**.

I am responsible for bringing the correct equipment to school.

I will organise myself to use the toilet at break and lunch time as much as possible.

My Character Pledge

We ask that parents take time to discuss this with their child before they arrive in Year 7

I will take responsibility for my actions and will not make excuses or blame others.

I will value my education in all its forms because education is the key to my success in life.

I will say no to negative influences and people. I understand that my self-worth will not be helped by harmful attention from other people.

I will choose my friends carefully and take time to get to know my peers. I know their influences can affect my growth and development.

I will always believe in myself and will always try to exceed the expectation people have of me. I can and I will achieve great things in my life.

I will make good choices based on my principles and values. There are always consequences for my decisions and actions.

I know time does not stand still for me, so I will not waste it. Tomorrow belongs to me and I will prepare for it today.
