



BSK

The British School of Kuwait

Kuwait's Premier School

The History of the School

The British School of Kuwait (BSK) traces its origins to 1978 when Mme Vera and Mr. Sadiq Al-Mutawa established a small kindergarten which became known as The Sunshine School. Steady growth took place through the 1980s and, having recovered from the ravages of the 1990 invasion of Kuwait, by 1992 the School accommodated 550 Kindergarten and Primary age students. The decision having been made to serve the community at both Primary and Secondary levels, a move to the present site in Salwa took place and in September 1993, newly renamed, The British School of Kuwait opened to 900 students.

Currently, BSK provides a quality education from Reception to Year 13. These students come from more than 70 countries and follow the National Curriculum of England through to GCSE, IGCSE, AS and A Level qualifications. The school provides a structured, caring and happy environment for learning with excellent resourcing and a qualified, highly-trained and well-motivated staff.

In 2017, BSK joined the Nord Anglia Education family of schools and now forges links with students across the world in a global campus.

The School Crest

The crest of The British School of Kuwait incorporates several aspects of the school's history. The bold sunrise symbolises our students' potential, setting out on their lives of achievement.



The sun also reminds us of the original Sunshine School and its climb to success. The sun is seen rising over blue water with its strong reference to Kuwait where the sun breaks daily over the Gulf on the eastern horizon. Finally, the crest is adorned with branches of laurel, a traditional accolade, in this setting celebrating academic and cultural achievement.

PERSONAL DETAILS

Full Name			
Tutor Group		Admission Number	
Class Tutor		House	
School Email			

STUDENT CHARTER

- I will arrive on time to school and to each lesson.
- I will incorporate the core values of Resilience, Respect, Honesty, Empathy and Courage into my school routine and life.
- I will trust my teachers and follow their instructions carefully.
- I will take pride in my uniform, appearance and environment.
- I will do my very best work in all my lessons.
- I will use my planner and complete my homework on time.

If I ever fail to meet these standards, I will accept the sanction, think about how I can do better next time and re-commit to this charter.

Signed:

(student should sign to agree)

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Please note that policies, procedures and regulations may change without notice. The most recent versions are always on the BSK website: www.bsk.edu.kw

LEADERSHIP TEAM

Initials	Name	Role	Ext.
NIS	Mr Nicholas Smith	Secondary Head Teacher HT	5134
SOG	Miss Sophie Gore	Academic Assistant Head Teacher AHT (A)	1220
SOA	Miss Sophie Ali	Pastoral Assistant Head Teacher AHT (P)	1205
EMG	Miss Emma Greaves	Assistant Phase Coordinator APC	1203

STAFF EMAIL ADDRESSES

To email any member of staff, simply use their three letter initials at the BSK domain. For example: soa@bsk.edu.kw is the email address for Miss Sophie Ali.

Students should always include their full name, tutor group and admission number in any email to a member of staff.

SUBJECT COORDINATORS

Mr Ahmed Al-Adawi	AMA	Arabic Coordinator
Mr Jon King	JOK	Art Coordinator
Mr James Henderson	JAH	Computing Coordinator
Miss Sophie Rees	SOR	Design Technology Coordinator
Miss Annemarie Rofail-McCall	ARM	Drama Coordinator
Miss Rebecca Fauvel	REF	English Coordinator
Miss Sinead Noone	SNN	Geography Coordinator
Miss Sarah Lilley	SAL	History Coordinator
Mr Waleed Al-Abboud	WAA	Islamic Studies Coordinator
Mr Joel Darko	JOD	Mathematics Coordinator
Miss Jennie Russell	JNR	Modern Foreign Languages Coordinator
Miss Linda Ward	LIW	German Coordinator
Mr Edward Mayo	EDM	Music Coordinator
Mr Ashley Trodden	AST	Physical Education Coordinator
Mr Ryan Husher	RYH	PSHE Coordinator
Mr Adam Forrest	AAF	Science Coordinator
Mr Bradley Thomas	BRT	Social Studies Coordinator
Mr Gregory Cook	GEC	F1 in Schools Coordinator
Mr Conrad Phillips	COP	Student Leadership Coordinator

HOW TO USE THIS PLANNER

Your planner is a very important book. It helps you organise your homework and plan ahead for tests. It is the main method of communication between your teachers and your parents. You must use your planner according to the following rules:

On the first day of Term 1

- Complete the 'Personal Details' section on page 1
- Read and sign the Student Charter on page 1
- Complete the weekly timetable on page 112, including room numbers in pencil
- Complete your homework timetable on page 110
- Set yourself a homework for tomorrow to put a clear plastic cover on your planner
- Write your homework subjects into the left hand column for every week

During the first week of Term 1

- Write your teachers' names and initials in the table on page 110
- Record on your weekly timetable (page 112) the room numbers of all your lessons in pen
- Ensure that you understand all the policies and procedures detailed in the online student handbook

Each Lesson

- Take your planner to AM Tutor Time and to every lesson, including PE
- Keep your planner on your desk throughout every lesson (except PE)
- Record all homework and its due date very carefully
- You must always record your homework in your planner
- If ever you do not receive a homework, write "No homework" beside that subject
- Record future assessment dates carefully, so that you can prepare thoroughly

Each Evening and weekend

- Check your planner carefully. Plan ahead and spread out your homework
- Cross out each homework only when it is complete and packed in your bag

Your tutor's role

- Each morning, your tutor will check you have brought your planner to school
- If you have failed to bring your planner, your tutor will log -1 point
- Each week, your tutor will check that you have been using your planner correctly
- Your tutor will sign your planner weekly and may write a comment

What to do if I lose my planner?

- If you think your planner might be lost, see Miss Emma (EMG) for a temporary planner sheet
- If you really have lost your planner, see Miss Emma (EMG) for a replacement. It will cost KD2 and you will be logged -2 points and have to attend a breaktime detention

FREQUENTLY ASKED QUESTIONS

Who do I see to get a timetable or to discuss timetable changes?

Miss Sophie Gore (SOG) in Office R139

How do I get my textbooks?

You will receive your textbooks on your first day at school.
If you register late, see Miss Sophie Gore (SOG)

How do I get access to the Virtual Learning Environment?

Your admin number is your username. If you have forgotten your password, press on the "Forgotten your username and password?" link and follow the instructions to re-set it. If you still can't access the VLE see your tutor for help.

What do I do if I lose my laptop or bag?

Lost laptops can be found in Office R139. Other lost property can be found either

- Outside the Middle Phase Office (046a), or
- In the lost property room TBC

Who do I see if I'm struggling in or have any questions about a lesson?

The most important person to see if you need help is your teacher.
You may also want to see the SCC for that subject. The SCCs are listed on page 3.

How do I contact a member of staff?

Take their initials from page 110 in your planner and add them to the address @bsk.edu.kw
For example, Miss Sophie Gore (SOG) would have the email address sog@bsk.edu.kw.

Who do I see if I have any pastoral concerns?

Miss Sophie (SOA) or Miss Emma (EMG) in the Middle Phase Office.

Who do I see if I have any academic concerns?

Firstly: Your teacher. Secondly: The SCC of the subject. After you have taken these steps, if the issue is not resolved, see Miss Sophie Gore (SOG) in R139.

Who do I see if I believe I may have received a negative unfairly?

Firstly: The teacher who awarded the negative. Secondly: The SCC of the subject.
After you have taken these steps, if the issue is not resolved, Miss Sophie (SOA) or Miss Emma (EMG) in the Middle Phase Office (046a).

How do I access Nord Anglia Global Campus?

You can access Global Campus by going to the NAEGC website (www.globalcampus.nae.school) and logging in with your Office 365 details.

What do I do if I have forgotten my school email password?

Email Miss Sophie Ali (SOA), Miss Emma (EMG) or Miss Sophie Gore (SOG).

Where can I find my Office 365 details?

You can find your Office 365 details on your profile page on the VLE. Once on your profile click the "More" tab.

STUDENT WELFARE

The welfare of all of our students is very important to us. If you have concerns about the wellbeing of a child in Years 6 to 8 it is important that you report these to one of the colleagues listed below.

Middle Phase Years 6 to 8



Sophie Ali
soa@bsk.edu.kw
*Assistant Head Teacher
Deputy Designated
Safeguarding Lead*



Nicholas Smith
nis@bsk.edu.kw
*Head Teacher
Designated
Safeguarding Lead*



Laura Whisker
lrw@bsk.edu.kw
*Student Welfare
and Safeguarding
Coordinator*

OUR FIVE CORE VALUES

In the Middle Phase, we teach students BSK's 5 core values which run through the Primary Section of BSK.

Those values are

Resilience – Continuing to try and not giving up in difficult situations or when facing disappointment. Having mental toughness to bounce back and recover quickly.

Respect – Treating people with manners in a way that you would expect to be treated. Showing the ability to tolerate and understand other peoples' views.

Honesty – Telling the truth to others and yourself, alongside behaving in an honest way.

Empathy – Having an awareness of how other people feel and taking others' feelings, wishes and rights into consideration.

Courage – Being brave and having strength in difficult times or situations.

We teach these values because we believe they are vital life skills which help and encourage the academic achievement of students. The 5 core values will be taught through Tutor Time, PSHE lessons and Assemblies.

OUR CORE VALUES BADGE SYSTEM

We want to celebrate our students when they demonstrate the values we feel are vital to their success and development. We will award students with Core Value badges, in recognition of their achievement. There are five value badges to collect, one for each value. You will earn badges through the following system:

- Teachers will nominate students who they feel have demonstrated the Core Value related to a specific term. Teachers will then email Miss Sophie (SOA) with their nominations.
- Nominations are then recorded, and badges will be given to students on a bi-weekly basis during assembly; this will be based on the number of times a student has been nominated.
- At the start of Term 3 and Term 5, the Middle Phase team will hold Core Value events, where those students who have achieved highly will be invited to a celebratory trip or event.

Try to collect all five badges!

LAPTOP COMPUTERS

To access all your work, you must always bring:

- A fully charged, BSK network-enabled Windows laptop
- A compatible charger

If your computer or charger are not working correctly, or if you do not yet have all the required software (see below), you must arrange for a parent to write a note in this planner. The note should explain the circumstances and provide an estimate of the date by which the problem will be solved.

Your class tutor will check every morning that you have brought a suitable computer and charger. If you have not brought a laptop and compatible charger to school, and if you do not have a parental note, your class tutor will log the sanction (-1 point).

Regulations

You must not use a laptop or any other type of computer anywhere on the school campus before morning line-up or during breaks (except in supervised break clubs).

The school has a very strong firewall and strict procedure in place to protect you from any harmful internet content.

All connections to the internet must be through the school network only. You must not bring into school a personal internet router.

The use of Virtual Private Network (VPN) software is strictly forbidden, as is any other attempt to circumvent ISP-level or school-level protections.

While on the campus, you may only use your computer for schoolwork. In particular, you may only access websites and download material as required by a teacher.

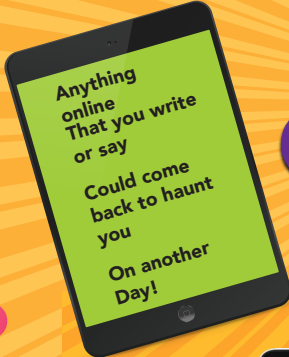
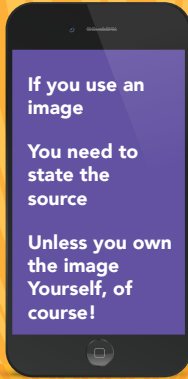
You must not share your password for any school-related account.

Teachers will not normally permit you to visit the Systems Helpdesk during lesson time.

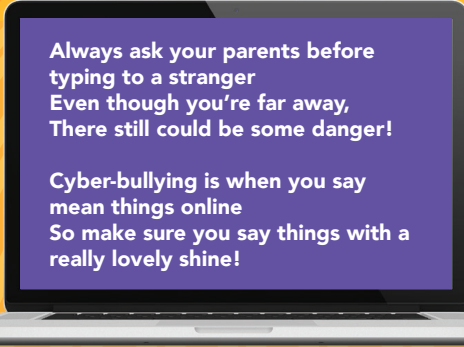
Required Software

Through the school's software licences, you are able to download a free copy of MS Office 365 for Windows.

You are expected to be able to use Microsoft Word, Excel and PowerPoint. Any other software which teachers will require you to download will either be freeware or provided by the school.



ONLINE GOLDEN RULES



Delete & Defeat online bullying

**Don't stop
until you're
proud.**

EXAMPLE PLANNER PAGE

You should fill out your planner like this to ensure that you know exactly what homework and assesment you have to do. See page 4 for more details on how to fill out this page.

Sun 10 Sep - Thu 14 Sep

Term 1 - Week 1

	Subject	Due date	Homework task
Sun 10 Sep	History	Sun 17 Sep	Finish road map of Henry's timeline
	Science	Thu 14 Sep	Finish diagram started in class and then Answer Q1 to 4 Pg72
	Art		No Homework
Mon 11 Sep	Drama	Wed 13 Sep	Read the playscript and choose a character to act
	Maths	Thu 14 Sep	MyImaths section 6 on Fractions exercise 8 and 9
	Geog	Mon 18 Sep	Use VLE and internet to research volcanoes. Answer the worksheet
Tue 12 Sep	English		Revise for test next Tuesday
	French	Mon 18 Sep	Answer questions 12 to 17 page 107
	Islam		No homework
Wed 13 Sep	Science	Wed 13 Sep	Internet research on helpful bacteria
	Arabic		
	Maths		
	Social st		
Thu 14 Sep	Computing		
	English		
	Music		
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Term 1 - Week 1

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 2

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 3

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+'ve		-'ve	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 4

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+'ve

-'ve

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 5

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 6

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received				
------------------------	--	--	--	--

	+ 've			
--	-------	--	--	--

			- 've	
--	--	--	-------	--

After-school detention letter received				
--	--	--	--	--

			Date	
--	--	--	------	--

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 7

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received				
------------------------	--	--	--	--

	+ 've			
--	-------	--	--	--

			- 've	
--	--	--	-------	--

After-school detention letter received				
--	--	--	--	--

			Date	
--	--	--	------	--

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 1 - Week 8

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

**Great
things never
come from
comfort
zones.**

NOTES

A series of horizontal dotted lines for writing notes, spanning the width of the page.

Term 2 - Week 9

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 10

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 11

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 12

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 13

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 14

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 2 - Week 15

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

**Work hard
in silence.
Let success
make the
noise.**

Term 3 - Week 16

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>	

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	
Offences and sanctions:		Detention	B3	B4
		Sunday		
		Monday		
		Tuesday		
		Wednesday		
		Thursday		

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 17

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 18

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 19

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 20

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 21

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 3 - Week 22

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

**Be so good
they can't
ignore you.**

NOTES

A series of horizontal dotted lines for writing notes.

Term 4 - Week 23

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 24

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 25

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 26

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 27

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 28

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 29

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 4 - Week 30

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

**Be stronger
than your
excuses.**

NOTES

A series of horizontal dotted lines for writing notes.

Term 5 - Week 31

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 5 - Week 32

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 5 - Week 33

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received

+ 've

- 've

After-school detention letter received

Date

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 5 - Week 34

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	<i>Tutor</i>	<i>Sunday</i>	<i>Arrange for a parent to check and sign your planner.</i>

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

Term 5 - Week 35

	Subject	Due date	Homework task
Sun			
Mon			
Tue			
Wed			
Thu			
	Tutor	Sunday	Arrange for a parent to check and sign your planner.

Notes and reminders:

Weekly Points received	+ 've		- 've	
After-school detention letter received			Date	

Offences and sanctions:

Parent's Comments:

Parent's weekly signature: _____

Tutor's Comments:

Tutor's weekly signature: _____

NOTES

A series of horizontal dotted lines for writing notes.

NOTES

A series of 20 horizontal dotted lines for writing notes.

7 Ways to be more OPTIMISTIC



See setbacks as temporary

Viewing your setbacks as permanent makes you more likely to give up. See them as a learning opportunity and aim to come back better because of them.



Get in control!

Think about what you can do to improve the situation. Focusing on this can help you find solutions and lead you to take action.



Don't over-generalise

After a disappointment, it is easy to think that everyone and everything is against you. Remember, a setback in one aspect of your life does not make you a failure in others.



Watch out for key phrases

Phrases such as "I will never", "I always mess up" and "This happens every time" after a failure are not helpful. Use phrases like "I might be able to" and "I could try this".



Shift your focus

It is tempting to focus on things you can't change. This can lead to stress and frustration as it is out of your hands. Control the controllables!



Take a balanced approach

Whether you succeed or fail, there are always things you did well and things you can do to improve. When things get hard, don't give up! With effort, a failure can become a success.



Acknowledge your own contribution

Don't always put your success down to luck. Build your optimism by thinking about how you made your successes happen.

SMART Targets

SMART targets are statements that turn your vague intentions into a plan.



Example: "I will complete all of my homework this year at least one day before they're due to avoid rushing through any work. To do this, I will list all of my homework in my planner with their due date and work through them accordingly. I will spend 30 minutes every Saturday night determining which need attention during the week ahead."

My MAP Results

English

Date taken:	RIT Score:
My areas of relative strength:	
Suggest areas of focus:	

Mathematics

Date taken:	RIT Score:
My areas of relative strength:	
Suggest areas of focus:	

My MAP Results

English

Date taken:	RIT Score:
My areas of relative strength:	
Suggest areas of focus:	

Mathematics

Date taken:	RIT Score:
My areas of relative strength:	
Suggest areas of focus:	

My Action Plan

Date:

Review Date:

Things I would like to achieve:

.....
.....
.....

SMART Targets:

1.
2.
3.

Review

Did I achieve my targets? What do I need to do next?

.....
.....
.....

Student Signature:

Teacher Signature:

Parent Signature:

*Don't Expect to
see a change*

*Unless you
make one*

My Action Plan

Date:

Review Date:

Things I would like to achieve:

.....
.....
.....

SMART Targets:

1.
2.
3.

Review

Did I achieve my targets? What do I need to do next?

.....
.....
.....

Student Signature:

Teacher Signature:

Parent Signature:

*Don't Expect to
see a change*

*Unless you
make one*

My Action Plan

Date:

Review Date:

Things I would like to achieve:

.....
.....
.....

SMART Targets:

1.
2.
3.

Review

Did I achieve my targets? What do I need to do next?

.....
.....
.....

Student Signature:

Teacher Signature:

Parent Signature:

*Don't Expect to
see a change*

*Unless you
make one*

My Action Plan

Date:

Review Date:

Things I would like to achieve:

.....

.....

.....

SMART Targets:

1.
2.
3.

Review

Did I achieve my targets? What do I need to do next?

.....

.....

.....

Student Signature:

Teacher Signature:

Parent Signature:

*Don't Expect to
see a change*

*Unless you
make one*

My Action Plan

Date:

Review Date:

Things I would like to achieve:

.....
.....
.....

SMART Targets:

1.
2.
3.

Review

Did I achieve my targets? What do I need to do next?

.....
.....
.....

Student Signature:

Teacher Signature:

Parent Signature:

*Don't Expect to
see a change*

*Unless you
make one*

Reflecting on me

What makes you
unique?

--

5 facts about you

Bravest thing you have
ever done

--

3 adjectives to
describe yourself

3 things you are most
proud of in your life

Your favourite thing
about yourself

--

Something that scares
you

--

My Future

What is on your bucket list?

If you could study one subject for the rest of your life what would it be?

--

What is your dream career?

--

How will you know you have had a good life?

--

3 things you want to achieve this year

3 things you would do if you knew you couldn't fail

Recognising the good stuff

Things, people and places you adore

One thing you have worked hard to achieve

--

One thing that is going well in your life right now

--

2 things you are passionate about

--

3 people you can count on when times are tough

3 things you are looking forward to this academic year

Journal Prompts

2 things that scare others
but not you

3 things you would change
about the world

2 things you've never done
but would love to try

3 things you like
about this year

2 things that really get
on your nerves

Something that doesn't
make sense to you

--

Someone who has
inspired you this week

--

2 things that make you
smile in the world

--

Something that made
you giggle

--

Someone who has
helped you out this week

--

Journal Prompts

One thing about your age right now that is awesome

3 things you are curious about

2 things that make you feel powerful

2 things you are grateful for this week

Best gift you have ever received

One thing about your age you didn't expect

A sound that you find soothing or calming

A sound you can't stand hearing

Favourite place to visit

My favourite way to spend the day is...

To Do List

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To Do List

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◇ _____	◇ _____

YOUR TEACHERS' NAMES AND INITIALS

Subject	Code	Teacher's name	Initials
English	En		
Mathematics	Ma		
Science	Sc		
Arabic	A1/A2		
Art and Design	Ar		
Computing	Co		
Critical Thinking	Ps		
Design and Technology	Dt		
Drama	Dr		
French	Fr		
Geography	Gg		
German	Ge		
History	Hi		
Islamic/Quranic Studies	Is/In		
Music	Mu		
Physical Education	Pe		
Social Studies	Ss		

HOMWORK TIMETABLE

You receive a homework timetable showing the subjects in which homework will be set each day. You must manage your homework around extracurricular activities and family commitments. Parents may need to help until you learn to organise this for yourselves. Your parents should check your planner daily and discuss the most appropriate homework schedule for each evening.

Sunday	Monday	Tuesday	Wednesday	Thursday

THE PERIODIC TABLE

GROUP																	
I	II	III										IV	V	VI	VII	VIII	
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1 H hydrogen [1.007, 1.009]	2 He helium 4.003	3 Li lithium [6.938, 6.997]	4 Be beryllium 9.012	5 B boron [10.80, 10.83]	6 C carbon [12.00, 12.02]	7 N nitrogen [14.00, 14.01]	8 O oxygen [15.99, 16.00]	9 F fluorine 19.00	10 Ne neon 20.18	11 Na sodium [22.98, 23.01]	12 Mg magnesium	13 Al aluminium 26.98	14 Si silicon [28.08, 28.09]	15 P phosphorus 30.97	16 S sulfur [32.05, 32.08]	17 Cl chlorine [35.44, 35.46]	18 Ar argon 39.95
19 K potassium 39.10	20 Ca calcium 40.08	21 Sc scandium 44.96	22 Ti titanium 47.87	23 V vanadium 50.94	24 Cr chromium 52.00	25 Mn manganese 54.94	26 Fe iron 55.85	27 Co cobalt 58.93	28 Ni nickel 58.69	29 Cu copper 63.55	30 Zn zinc 65.38	31 Ga gallium 69.72	32 Ge germanium 72.63	33 As arsenic 74.92	34 Se selenium 78.97	35 Br bromine [79.90, 79.91]	36 Kr krypton 83.80
37 Rb rubidium 85.47	38 Sr strontium 87.62	39 Y yttrium 88.91	40 Zr zirconium 91.22	41 Nb niobium 92.91	42 Mo molybdenum 95.95	43 Tc technetium	44 Ru ruthenium 101.1	45 Rh rhodium 102.9	46 Pd palladium 106.4	47 Ag silver 107.9	48 Cd cadmium 112.4	49 In indium 114.8	50 Sn tin 118.7	51 Sb antimony 121.8	52 Te tellurium 127.6	53 I iodine 126.9	54 Xe xenon 131.3
55 Cs caesium 132.9	56 Ba barium 137.3	lanthanoids	72 Hf hafnium 178.5	73 Ta tantalum 180.9	74 W tungsten 183.8	75 Re rhenium 186.2	76 Os osmium 190.2	77 Ir iridium 192.2	78 Pt platinum 195.1	79 Au gold 197.0	80 Hg mercury 200.6	81 Tl thallium [203.2, 204.4]	82 Pb lead 207.2	83 Bi bismuth 208.0	84 Po polonium	85 At astatine	86 Rn radon
87 Fr francium	88 Ra radium	actinoids	104 Rf rutherfordium	105 Db dubnium	106 Sg seaborgium	107 Bh bohrium	108 Hs hassium	109 Mt meitnerium	110 Ds darmstadtium	111 Rg roentgenium	112 Cn copernicium	113 Uut ununium	114 Fl flerovium	115 Uup ununpentium	116 Lv livermorium	117 Uus ununseptium	118 Uuo ununoctium

LANTHANIDE																												
I	II	III	IV	V	VI	VII	VIII	IX	X	XI	XII	ACTINIDE																
57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74											
La lanthanum 138.9	Ce cerium 140.1	Pr praseodymium 140.9	Nd neodymium 144.2	Pm promethium	Sm samarium 150.4	Eu europium 152.0	Gd gadolinium 157.3	Tb terbium 158.9	Dy dysprosium 162.5	Ho holmium 164.9	Er erbium 167.3	Tm thulium 168.9	Yb ytterbium 173.0	Lu lutetium 175.0	Th thorium 232.0	Pa protactinium 231.0	U uranium 238.0	Np neptunium	Pu plutonium	Am americium	Cm curium	Bk berkelium	Cf californium	Es einsteinium	Fm fermium	Md mendelevium	No nobelium	Lr lawrencium

The volume of one mole of any gas is 24 dm³ at room temperature and pressure (r.t.p.)

WEEKLY TIMETABLE AND ROOMS

Lesson	Lesson 1		Lesson 2		Lesson 3		Lesson 4		Lesson 5						
Period	T1	P1	P2	B1	P3	P4	B2	P5	P6	B3	P7	P8	B4	P9	P10
Normal	07.30 08.00	08.00 08.35	08.35 09.05	09.05 09.10	09.10 09.45	09.45 10.15	10.15 10.35	10.35 11.10	11.10 11.40	11.40 12.00	12.00 12.35	12.35 13.05	13.05 13.25	13.25 14.00	14.00 14.35
Ramadan	08.30 08.55	08.55 09.20	09.20 09.45	09.45 09.50	09.50 10.15	10.15 10.40	10.40 10.55	10.55 11.20	11.20 11.45	11.45 12.00	12.00 12.25	12.25 12.50	12.50 13.15	13.15 13.40	13.40 14.10
Sun		Room		Room	Room		Room	Room		Room	Room		Room	Room	
Mon		Room		Room	Room		Room	Room		Room	Room		Room	Room	
Tue		Room		Room	Room		Room	Room		Room	Room		Room	Room	
Wed		Room		Room	Room		Room	Room		Room	Room		Room	Room	
Thu		Room		Room	Room		Room	Room		Room	Room		Room	Room	

