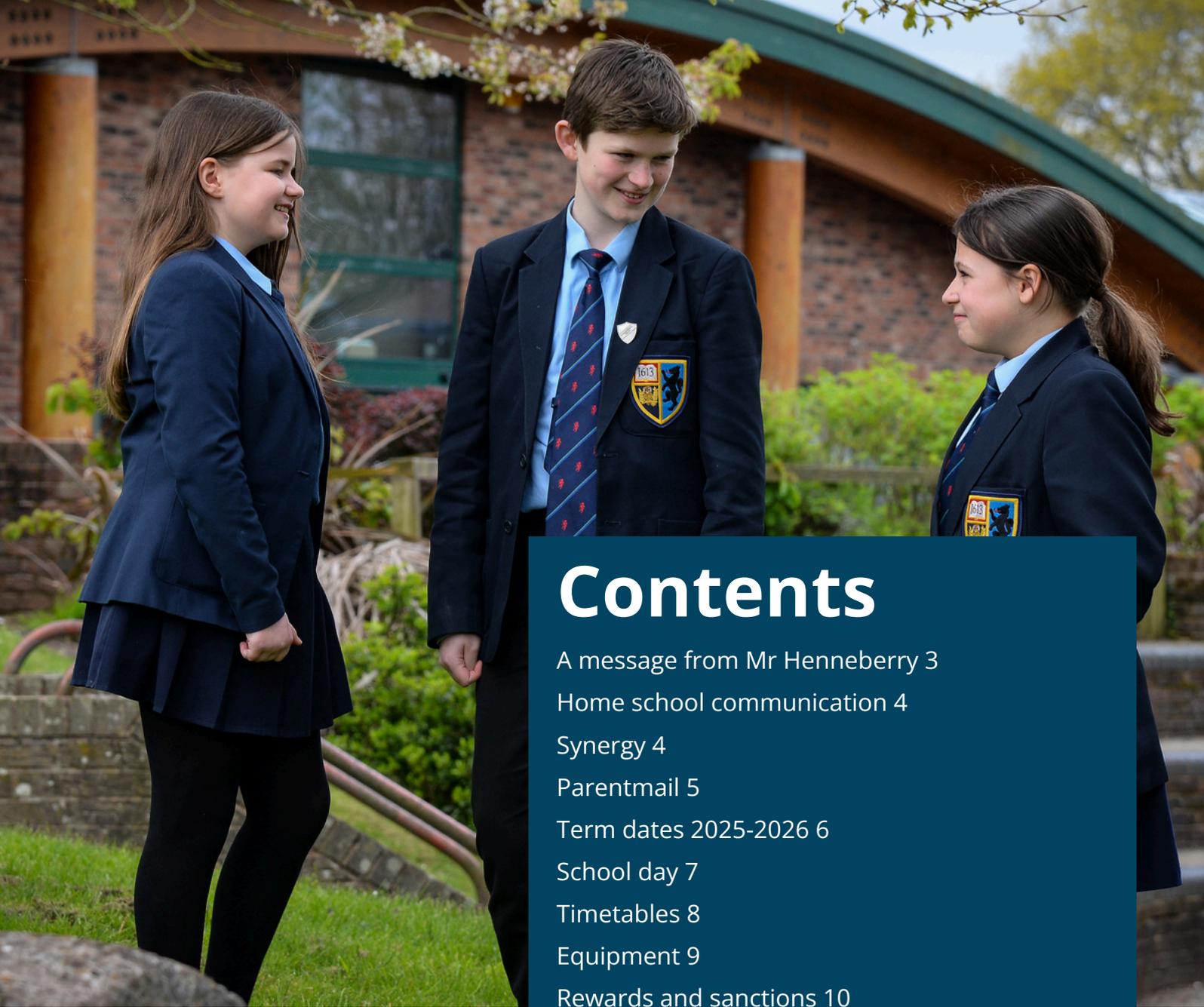




Dallam School



*Parents'*  
Handbook 2025/26



NB This document was up to date at the time of publication. We reserve the right to amend the contents herein throughout the academic year.

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# A message from Headteacher, Mr Henneberry

We're so pleased to welcome your child to Dallam this September. Beginning secondary school is an exciting time, and we know it brings a mix of emotions for both students and parents.

Many young people feel a little unsettled at first as they get used to new routines, larger spaces, and unfamiliar faces. It's completely normal to have concerns, whether it's about finding their way around, making friends, or understanding new expectations.

That's why we take great care in helping every student feel settled, safe, and supported. Our experienced teachers and support staff are here to guide students every step of the way.

We know that when students feel happy and confident, they are in the best position to thrive. Supporting their wellbeing is at the heart of everything we do.

This handbook combines key information to help your family make a smooth transition into the Dallam community. It also includes tips and contacts for further support or advice.

It's natural as a parent to wonder how best to help your child during this time. The early weeks of Year 7 may involve a bit more hands-on support at home while your child adjusts.



Finding the right balance can be tricky. The key is to encourage independence without taking over. Try to avoid doing things that your child can learn to manage on their own. They may surprise you with how quickly they grow in confidence.

The way students begin their secondary journey often shapes how they grow, learn and take on challenges in the years ahead. That's why we encourage families to nurture qualities like resilience, responsibility and self-organisation from the beginning. Above all, try to stay positive. With encouragement and consistency, your child will soon feel at home here at Dallam.

We hope you find this guide useful, and we're very much looking forward to working together in the months and years ahead.

# Communication between home and school

During this transition to secondary school, your point of contact is Paul Ainsworth, Head of Year 7. Please do not hesitate to contact him with any queries via our reception team on 015395 65165. He will endeavour to get back to you as soon as practicable.

From September, your main point of contact will be your child's Form Tutor, and Assistant Head of Year, Sophie Wright.

Our preferred method of communication is Synergy. You can communicate with all our teams at Dallam, whether pastoral, administration, finance, attendance, form tutors, class teachers or senior leaders.

On their first day, your son or daughter will receive a welcome letter with a code that links them to your Synergy account.

Students are also encouraged to use Synergy. They can download the student version of the app or access it via a web browser. During their first two weeks, we will help students gain access to their Office 365 account and this can be linked to their Synergy account.



You can download the Synergy app from the Google Play Store or Apple App Store. Alternatively, you can access Synergy here: [dallam.schoolsynergy.co.uk](http://dallam.schoolsynergy.co.uk)



Scan to connect to Synergy

**SCHOOL SYNERGY**  
Doing the right thing...Making a difference!

Dallam School

Login

Email or Username

Password



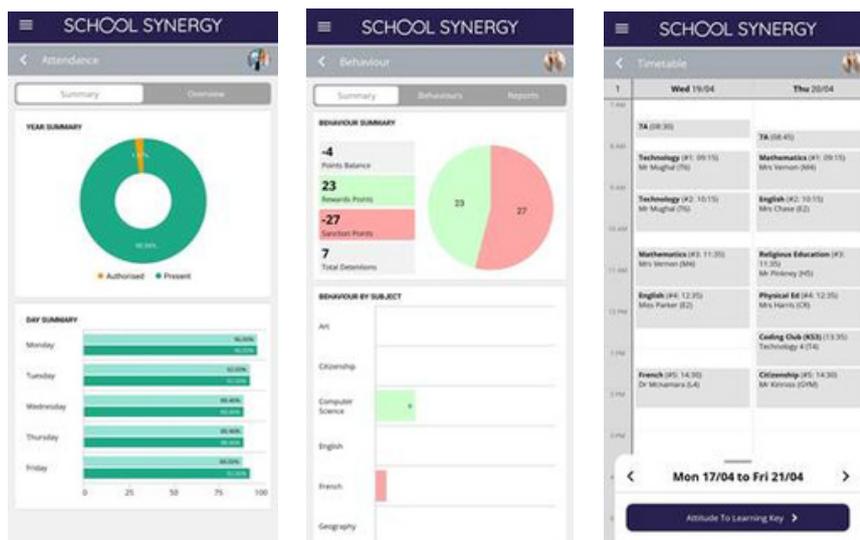


# Synergy

On Synergy, you will have access to a wealth of information about your child, and we strongly encourage you to check it regularly. You can see your child's timetable, reward points, behaviour points, progress reviews, attendance, and more. You will also be able to update your child's contact and medical details via the app.

The vast majority of school communication is sent via the Synergy app, and a copy is sent to the email address you provide.

Please keep up to date with all communication. Sometimes, we may need to send paper letters, particularly for immunisations, etc. You will be notified electronically if paper letters have been distributed to children in school.



# ParentMail

Parentmail is used to complete payments, such as for school trips or school meals. Parents/carers also use ParentMail to purchase lockers and calculators.

A letter about how to use this payment system is included in the welcome pack at the new intake evening.

# Term dates 2025 - 2026

INSET (Students do not attend school on these dates)

Monday 01 September  
Tuesday 02 September  
Monday 05 January  
Monday 13 April

Autumn

**Starts**  
Wednesday 03 September

**Ends**  
Friday 19 December

*Number of school days in term - 73*

**Half Term Holiday**

Monday 27 October -  
Friday 31 October

Spring

**Starts**  
Tuesday 06 January

**Ends**  
Friday 27 March

*Number of school days in term - 54*

**Half Term Holiday**

Monday 16 February -  
Friday 20 February

Summer

**Starts**  
Tuesday 14 April

**Ends**  
Friday 17 July

*Number of school days in term - 63*

**Half Term Holiday**

Monday 25 May -  
Friday 29 May

**Wednesday 3<sup>rd</sup> September is our new starter day and only Years 7 + 12 are in school.**



Scan for term dates

Alternatively, you can access term dates at:  
[dallamschool.co.uk/school/term-dates/](https://dallamschool.co.uk/school/term-dates/)

# Our school day

Understanding the school day plays a big part in feeling prepared. The table below provides a full outline of timings. Students are expected to move between lessons efficiently, and we allow up to five minutes for these transitions.

Timetables can feel like a big leap with new subjects, changing classrooms, and different teachers. It's a lot to take in at first, but your child won't be expected to work it out on their own.

In the early weeks, form tutors will spend time helping them understand how to read and follow their timetable, building confidence step by step.

On their first day at Dallam, your child will be given two printed copies of their timetable. One should be kept in their school bag, and the other can stay at home as a daily reference when packing for the next day. An example timetable and a breakdown of how to read it can be found on the next page.

Each year group comes together once a week for an assembly, which takes place during morning Form Tutor time. These sessions are a valuable part of school life, giving space for shared messages, celebration and community reflection.

Your child will soon feel at ease with their timetable and ready to make the most of every day at Dallam.

Simple techniques like colour-coding subjects to match each exercise book can make a big difference in helping students feel more organised and in control.

These little routines help establish independence and reduce stress as they adjust to new expectations.

## Activity Timings

|               |   |
|---------------|---|
| 8:50 – 09:10  | Year 7 Line up in Yard/Registration/Form time |
| 9:10 – 10:10  | Period 1 lesson                               |
| 10:10 – 11:10 | Period 2 lesson                               |
| 11:10 – 11:30 | Break   |
| 11:30 – 12:30 | Period 3 lesson                               |
| 12:30 – 13:15 | Lunch   |
| 13:15 – 14:15 | Period 4 lesson                               |
| 14:15 – 15:15 | Period 5 lesson                               |
| 15:15 – 15:25 | Bus transition                                |

# Timetables

This is an example of a Year 7 timetable. It shows each lesson (period), the subject, each teacher's name and the room the lesson will take place in.

Because we offer so many different subjects, we cannot fit them all into one week, so we have a fortnightly timetable. Your child's timetable will be different in Weeks A and B.

*Week and Day* ↓  
This is Week A,  
Monday

|            | AMon                            | ATue                               | AWed                               | AThu                            | AFri                                  |
|------------|---------------------------------|------------------------------------|------------------------------------|---------------------------------|---------------------------------------|
| <b>Reg</b> |                                 |                                    |                                    |                                 |                                       |
| 1          | Mathematic 03<br>Mr R M Nichols | History 13<br>Ms L H Gemelli       | Science 44<br>Mrs L Riley          | English 15<br>Mrs J L Woodhouse | Mathematic 03<br>Mr R M Nichols       |
| 2          | Technology 26<br>Mr J Parkinson | Physical E PE2<br>Miss P A Garnett | Science 38<br>Mr A J Cooper        | PDev 21<br>Mrs L A Reid         | Drama 48<br>Miss A L Cooper           |
| 3          | Geography 15<br>Ms C L Etchells | Science 34<br>Mrs J J Tracey       | Computing 29<br>Mr S S Watson      | English 07<br>Mrs J L Woodhouse | English 13<br>Mrs J L Woodhouse       |
| 4          | History 12<br>Ms A Farrell      | English 57<br>Mrs J L Woodhouse    | Art 41<br>Mrs M R Stansfield       | Mathematic 03<br>Mr R M Nichols | Religion ethics 14<br>Ms C L Etchells |
| 5          | Spanish 23<br>Mrs H Martin      | Technology 36<br>Ms S Burrows      | Physical E PE2<br>Miss P A Garnett | Music 47<br>Miss A Feben        | Spanish 23<br>Mrs H Martin            |

*Teaching Period* →

*Room Number* ↑

*Teacher Name* ↑

*Subject* ←

You'll also be able to view your child's timetable on Synergy. It will be colour-coded to indicate attendance and lateness to lessons:

|         |  |  |  |  |   |
|---------|--|--|--|--|---|
| 1:00 PM |  | 08h/Pv3<br>Mrs Dunne<br>PDev<br>4 - 22 | 08h/HI3<br>Mr Newbold<br>History<br>4 - 20 | 08h/Sc3<br>Mrs Tracey<br>Science<br>4 - 38 | 08h/Sc3<br>Dr Owen<br>Science<br>4 - 39 |
| 2:00 PM |  |  |  |  |   |

/ - Present \ - Present PM L - Late N - Not in Lesson

For school events, there's a calendar on the website which you can check: [www.dallamschool.co.uk/events/](http://www.dallamschool.co.uk/events/)



# Equipment

Having the right equipment to hand ensures a smooth start to every lesson. Missing items can hold up learning, not just for the individual but for the whole class.

When students bring their full set of equipment, they're more focused, settled, and ready to learn. Being well-prepared also encourages important life skills like staying organised, planning ahead, and taking ownership of personal responsibilities.

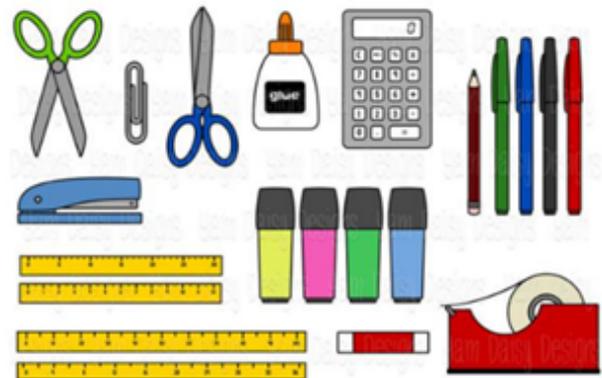
## Essential Equipment

- Two black or blue pens
- Pencil
- Ruler
- Rubber and pencil sharpener
- Purple pen for feedback
- Scientific Calculator\*
- Water Bottle

\*We recommend the Casio FX-83GT which can be purchased from the Finance office for £10.75

## Optional Equipment

- Highlighters
- Compasses and protractor
- Glue stick
- Safety Scissors
- Dictionary
- Mini whiteboard and drywipe pen
- Earphones
- A4 sized zip bag (to keep books dry and clean)



Please remind your child to bring a water bottle to school every day. Water fountains are located in the dining hall, the main corridor, and PE.

Drinking water is healthy and aids concentration. It's also more cost-effective and better for the environment than bottled drinks.

# Rewards and behaviour

At Dallam, we celebrate effort, kindness, and contribution as qualities that help every student thrive. We also have high expectations of all in our community. Having high expectations does not just mean 'wanting' all pupils to do well; having high expectations means truly 'believing' in pupils' potential and demonstrating this belief day-in day-out. Both the beliefs and associated actions are critical in raising individual students' achievement.

Recognition takes many forms, from reward points earned in lessons and around school to acknowledgements in Form Time and weekly assemblies. Parents can stay informed through Synergy, where achievement and behaviour points are updated daily.

We also highlight success through termly Awards events, and in Year 7, students enjoy extra weekly recognition: Achiever of the Week on Mondays, with a trophy awarded, and Unsung Heroes on Fridays, a prize draw to spotlight those quietly making a difference.

*Scan for our  
behaviour policy* →



Our behaviour policy can also be found on our website: [www.dallamschool.co.uk/about-us/policies/](http://www.dallamschool.co.uk/about-us/policies/)

Should a student be in a position where **3 detentions** are due to be sat, these will convert to an **after school detention**

Should a student be in a position where **3 after school detentions** are due to be sat, these will convert to a **suspension**

Equally, we set clear expectations for behaviour. First, a verbal reminder is given. If the behaviour continues, a concern flag may be issued and logged on Synergy. This carries no further consequence but signals that expectations need to be met.

If students continue to disrupt learning, they will be removed from the lesson and placed in a designated room for the remainder of the session. They'll also attend a lunchtime reflection the next day to help them refocus and make more positive choices. If a student refuses removal or continues to disrupt others, further steps will be taken, as outlined in the behaviour pathway below:



# Homework

Studies by the Education Endowment Fund show that home learning can enhance pupil progress by up to five months, with self-regulation and independent learning strategies offering gains of up to seven months.

Homework helps students build essential skills such as independence, practising and reinforcing key concepts, preparing for upcoming lessons, carrying out deeper research, and forming strong revision habits for assessments.

If a homework concern arises and leads to a sanction, this will be logged on the Synergy app. All sanctions, whether for homework, behaviour or missing equipment, are recorded, giving Form Tutors a clear overview of how your child is progressing across subjects. You can also access this information instantly via Synergy.

Please visit the school website to find out more about homework across the different subjects.

Scan for homework info 

Or visit the website [www.dallamschool.co.uk/school/homework](http://www.dallamschool.co.uk/school/homework)



# Supporting SEND students

At Dallam, we are committed to ensuring that all students, including those with Special Educational Needs and Disabilities (SEND), are fully included in every aspect of school life. This includes access to the curriculum, participation in extra-curricular activities, and involvement in school trips.

Support is tailored to meet individual needs, and we work closely with parents and carers to ensure the right approach is in place. When needed, our SEND team also collaborates with external professionals to provide effective, well-rounded support.

Our SENDCo, Rob Surtees, leads a dedicated team based in the Learning Support area, where specialist provision is available. However, most of our support happens in the classroom, where staff work alongside students to help them succeed within a mainstream setting.

Many students with SEND will have been identified during primary school. At Dallam, the process typically begins with referrals or observations from teaching staff and, when necessary, includes input from external agencies. These processes can take time, and in many cases, thoughtful adjustments made by classroom teachers are enough to effectively meet students' needs.

As a mainstream school, we welcome a wide range of learners with varied abilities and aptitudes. While we strive to meet the needs of as many students as possible, there are occasions when more specialist input is appropriate. In those cases, we work in partnership with families and the Local Authority to identify the most suitable support.

## Literacy

Understanding written language opens a world of information, imagination and enjoyment. Being skilled readers and writers allows students to explore new subjects and reach their potential to grow as individuals.

### Supporting your child with reading at home:

Fluent reading means reading smoothly, with few errors, natural expression, and little conscious effort. When a student reads fluently, their brain isn't focused on breaking down letters and sounds; it's free to focus on understanding and enjoying the text.

One of the most effective ways to support your child's reading fluency is to listen to them read aloud each day. Students are expected to read for 15–20 minutes each evening as part of their English homework.

Literacy expectations change from Year 6 to Year 7 as texts become longer and more academic, and writing becomes more analytical. Additionally, there is more emphasis on oracy.

Students' oral language skills can have a significant impact on their reading and writing ability. By engaging in quality talk and enjoying word games together, you can help your child improve their vocabulary.

### Supporting your child with reading at school:

At the start of Year 7, students will complete two diagnostic reading tests:

#### Accelerated Reader Star tests

- Assesses students' understanding of texts and vocabulary
- Groups students into those who need additional reading support.

Students identified in these results receive intervention through the Step-a-Reading Buddy programme delivered by trained Year 11 and Sixth Form student volunteers.

#### NGRTs

- Assesses which elements of reading students may struggle with.
- A more thorough picture of the specific reading needs of students.

Students identified in these results receive intervention through Leap – a phonics programme delivered by a trained member of staff.

# Literacy



Dallam's Library is the heart of the school, offering a wealth of books and resources, including stories, nonfiction, poetry, graphic novels, verse novels, magazines, self-help books, dyslexia-friendly texts, decodable phonics books, and more!

Our Librarians are fantastic at helping students find books to love, encouraging discussions about reading, and enhancing their research skills by helping them source information.

Students in Year 7 (and 8 and 9) have one designated Library lesson a fortnight in their English timetable. This allows them to choose a book and read and discuss it with peers. These lessons include creative tasks to celebrate stories and characters.

Once students finish a book, they take an Accelerated Reader quiz on the computer to show they understand what they have read. Passing quizzes counts the number of words students have read; prizes and parties are available for increasing their word count and becoming Word Millionaires.

The Library is open to all students every break and lunch as a quiet space to read, take book quizzes and play word-based games.

## Literacy for transition

As part of the transition to Dallam, your child will receive a copy of *A Long Walk to Water* to read over the summer. It's important they finish it before September, as their first three lessons in every subject will explore themes from the book. This shared experience helps build a sense of community from day one.

## Other ways we encourage and celebrate reading in Year 7

Reading is important in helping students understand the world around them as they become capable, independent adults. That's why we place such emphasis on reading and Literacy, even from this early stage:

- Shortly after they arrive in Year 7, our students can choose a book to keep for free!
- Author visits, both in person and virtual.
- Year 7 Register and Read - reading in Form Time once a week with their Form Tutor; building a sense of community, as well as improving reading fluency and comprehension.

# Breaks and lunchtimes



We want students to enjoy their breaks and lunchtime while feeling safe, supported and included.

Our school day includes a 20-minute morning break and a 45-minute lunch; essential times to relax, recharge and reset for learning.

Staff are always on duty inside and outside the building to ensure students feel secure and supervised during these times.

A dedicated area for Year 7 and 8 students helps them build friendships within their years and creates a strong sense of community.

Mr Ainsworth provides a box of games, including the ever-popular Four Square, to encourage active play and group fun.

Students are also welcome to take part in a range of lunchtime clubs, offering opportunities to connect with others, explore new interests and make the most of their time with friends.

Students can purchase hot and cold food in the dining hall, including sandwiches, pasta pots, and salad boxes. All food and drink must be consumed in the dining hall unless otherwise advised by staff on the day.

We operate a cashless catering system. School lunches can be paid for via ParentMail.

Alternatively, students can bring a packed lunch.

## Free School Meals

As you may know, the government provides funds to support students who receive Free School Meals. The current free school meal allowance is £3.15 per day. You can apply for free school meals through the Local Authority:

Westmorland and Furness

[www.westmorlandandfurness.gov.uk/schools-and-education/free-school-meals-and-clothing-vouchers](http://www.westmorlandandfurness.gov.uk/schools-and-education/free-school-meals-and-clothing-vouchers)

Lancashire

<https://www.lancashire.gov.uk/children-education-families/schools/free-school-meals/>

Scan for catering info 





## Lockers

At Dallam, every student has a locker to safely store bags, coats and PE kits. To help make this possible for all students, we ask for a £25 refundable deposit. This is returned when your child leaves Dallam, provided the locker is in good condition and the key is returned.

If a locker key is lost, a replacement will be issued, and £5 will be deducted from the deposit. Please note that only one key is provided per student, and lockers must not be shared.

All students are expected to have a locker, and we ask that bags be stored there during break and social times to help keep the school environment clear and safe.

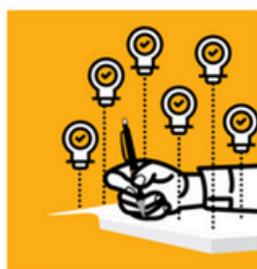
Payment should be made via ParentMail (an email invitation will be sent to all new starters).



## Exercise books

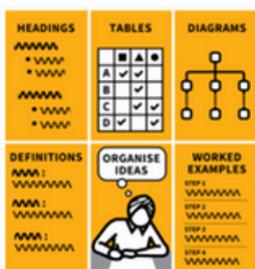
Your child will be taught by several different teachers each week. To maintain high standards, all teachers promote pride in presentation.

Your child's books are a record of their learning and progress. Exercise books have several different uses:



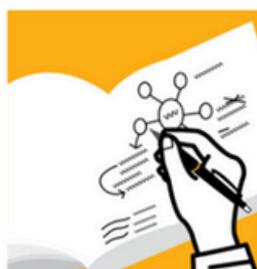
1

**MAKE NOTES THAT SUMMARISE THE KEY IDEAS**



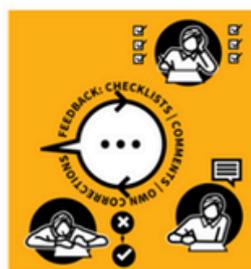
2

**ORGANISE IDEAS TO SUPPORT FURTHER STUDY**



3

**USE FOR DRAFTING & PRACTICE**



4

**CAPTURE FEEDBACK & ACT ON IT**



5

**REVISE WORK BY SELF-TESTING NOT JUST REREADING**

Photos above: © Teaching Walkthrus

If students keep their books up-to-date and organised, they can be a source of pride and satisfaction in themselves.

Here (see right) is an example of the standards of presentations we expect to see in exercise books.

CW Digestive enzymes 1 Sep 2022

Write CW (classwork) or HW (homework) in the margin.

Begin work with a title and date, neatly underlined with a ruler.

Cross through mistakes with a single neat line.

Write neatly in **blue** or **black** pen only.

Draw diagrams, graphs, and tables neatly in pencil and label in pen.

The enzyme amylase breaks down carbohydrates into sugars.

Stick down all loose sheets.

Work sheet

Rule off at the end of a section of work or lesson and start the next piece of work straight after so no space is wasted.

HW Enzymes in industry 1 Sep 2021

# Attendance

If your child is too unwell to attend school, please report their absence via Synergy before 8:30am. If we haven't received a reason, you will be contacted by text as part of our safeguarding procedures.

Good attendance supports strong academic progress, confidence, friendships and future opportunities. That's why attendance and punctuality are a high priority at Dallam.

We expect all students to maintain attendance of at least 97%, with absences only permitted for illness or authorised circumstances.

We strongly discourage term-time holidays. If exceptional circumstances arise, please contact your child's Student Services Officer to arrange a meeting before making any bookings.

Our Attendance and Belonging policy (available on the school website) outlines the five foundations of good attendance. We work closely with the Local Authority, who visit fortnightly to support students with lower attendance.

If there are any barriers affecting your child's ability to attend school, please let us know as early as possible so we can offer the right support.

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# Reporting progress

At Dallam, we believe in keeping parents and carers well-informed about both the progress their child is making and their overall experience of school life. Early in the autumn term, we invite Year 7 families to a Parent Information Evening where we explain how we support each student to thrive and grow.

Throughout the year, you'll receive two progress reports showing how your child is developing academically and their attitude to learning.

During Key Stage 3, we do not set GCSE-style target grades. Instead, we focus on helping students build a strong understanding of key concepts, develop a love of learning, and grow as confident, independent thinkers.

Rather than working toward a single number or grade, students are assessed against Dallam's own progress indicators in each subject. These indicators reflect whether a student is meeting, exceeding, or falling below expected progress — giving a clear sense of where they are and what support or challenge might be needed next.

If you want to know more about Reporting, you can contact Darren Oliver Senior Assistant Headteacher – Curriculum, via our reception team on 015395 65165.

# Beyond the classroom

We believe what makes a great school is the breadth and depth of learning and experience it offers its students. We want our students to gain in-depth knowledge during their time at Dallam and acquire the skills and experiences necessary for success in life, all while fostering a sense of happiness and fulfilment during their time with us.

## School trips

Our commitment to an enriched learning experience is shared through school trips. From our surroundings here in the Lake District World Heritage Site to the snow-capped peaks of Austria and the historic streets of Berlin, our students go on unforgettable journeys. These trips broaden students' horizons and foster cultural understanding and global awareness.

## Duke of Edinburgh Award

For over 30 years, we've been proud providers of this prestigious programme. Participants not only gain valuable skills such as confidence, independence, and problem-solving abilities but also cultivate a sense of achievement and improve their fitness and health. With the natural landscapes of the Lake District National Park, Yorkshire Dales National Park and the Morecambe Bay coastline right on our doorstep, students have ample opportunities to engage in physical, skills-based, and volunteering activities as part of their Duke of Edinburgh journey.



# Mobile phones

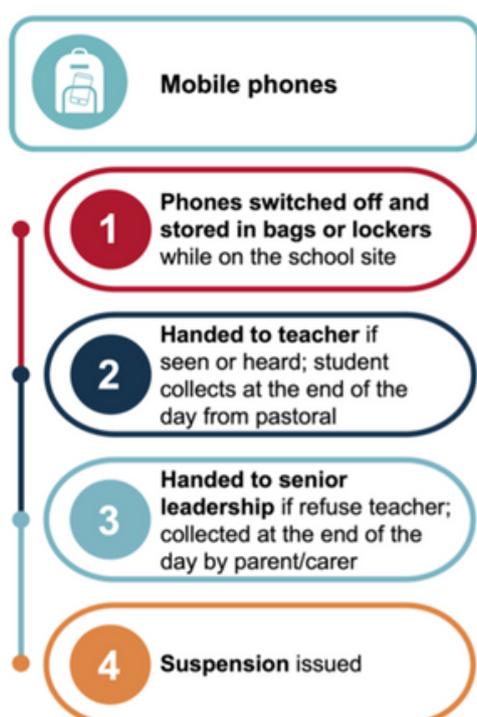
At school, students need to be present, focused, and connected (with their learning, with each other, and with the adults around them).

To support every student's education and wellbeing, we ask that parents, carers, students and staff all support our clear, consistent approach:

- **Phones must be turned off and stored** in students' bags or lockers from the moment they enter the school site - until they leave.
- **Phones must not be kept on a student's person** during the school day.

As such, students are not permitted to use them at break or lunch time. If a student violates this rule, their phone will be confiscated by a member of staff and stored securely. We have the following process for mobile phone use in school:

If students choose to bring their phone to school, it is their responsibility to look after it.



As educator Doug Lemov (2022) notes:

*"At a time when students have been profoundly isolated and cut off from the groups in their lives, it's critical that we engineer schools carefully to maximise these characteristics of daily interaction... To ensure that experiences are fully engaging, students need to be off phones and in a setting that is psychologically beneficial."*

## The impact of mobile phones on children

- **They fracture attention** – learning demands deep, focused thinking.
- **Social media 'likes' deliver dopamine** – unpredictability fuels addiction.
- **They disrupt slow thinking** – constant switching undermines analytical thought.
- **They damage relationships** – tech firms intentionally reduce the influence of key social networks like family and friendship.
- **They reduce social engagement** – fewer children take part in extra-curricular activities that support mental and physical health.
- **They impact everyone** – phones cause us to be "forever elsewhere," distracted from the present.
- **They fuel anxiety** – looking at smartphones is a significant factor in the reduction of eye contact between people during conversations. Eye contact is a vital communication skill, deep-rooted in humans as a non-verbal cue for safety and belonging. Without this biological need for security being met, our brains are hard-wired to believe we are under threat and so become anxious.

# Governors

We are fortunate to have a dedicated governing body with a diverse range of skills and experience who give up their time in supporting Dallam.

Governors work closely with the school as critical friends and strategic partners. The main functions of the Governing Body are to:

- Ensure all students have an excellent education
- Provide challenge and support the Headteacher and staff
- Represent parents and the local community
- Ensure the school spends public funds responsibly

Governors carry out their responsibilities in several ways including visits during the school day, working closely with the Headteacher, Senior Leadership Team and staff, and attending governor and committee meetings.

Our governors are determined to support the staff of Dallam in providing academic excellence, opportunities for everyone and a safe learning environment for all students to achieve their potential, as well as being proud to belong to Dallam.

Governors look forward to meeting parents at school events such as information evenings, productions, concerts, sports fixtures and other events.

# Getting involved with the PTA

Dallam PTA is a group of parents and staff who support the school. We organise social and fundraising events and volunteer at school occasions, such as drama performances and Sports Day.

Joining the PTA is a great way to get involved in the life of the school. We are committed to help provide the best education for our children.

We meet regularly to plan activities and events. If you can give some of your time and join us - either as a regular member or occasional volunteer who can give a few hours now and again - you would be most welcome!

If you are interested in actively supporting Dallam by joining the PTA, please contact [PTA@dallamschool.co.uk](mailto:PTA@dallamschool.co.uk)



# Get ready for Secondary school checklist

## 1. The night before:

- **Check your timetable:** What do I have tomorrow? Will I need my PE Kit? Pack school bag: Ensure all necessary items; including books, homework, stationery and PE Kit (if needed) are packed the night before.
- **Phone:** On charge, outside of bedroom at least 1 hour before bedtime.
- **All devices:** Off an hour before bedtime – time for more reading on own or with parent/carer

## 2. Wake up & set the stage:

- **Wake up at a consistent time:** Establish a regular wake-up time, even on weekends, to regulate your body clock.
- **Make the bed:** A simple act of tidiness can contribute to a feeling of being organised and prepared.

## 3. Morning routine:

- **Get dressed:** Lay out your (washed and ironed) clothes the night before to save time and avoid last-minute decision-making.
- **Eat a healthy breakfast:** Fuel your body for a productive day.
- **Brush teeth & wash face:** Maintain good hygiene habits.

## 4. Final checks:

- **Double-check essentials:** Before leaving the house, make sure you have your packed lunch, water bottle, homework, books, equipment, all uniform, phone, and any other necessary items like bus pass.
- **Leave on time:** Give yourself enough time to avoid rushing and potential stress.

## 5. When I get home:

- **Empty bag:** Make sure lunch box (if taking) is emptied, cleaned and replenished ready for tomorrow. Rinse water bottle
- **Equipment check:** Do I need to put some more stationery in my pencil case?
- **Uniform check:** hang up uniform, ready for tomorrow and put items for washing in the wash basket
- **Homework check:** what needs doing for tomorrow? 15-20 minutes of reading each day.

# School uniform for Year 7

We are proud of our school and the way we present ourselves is important to us. A smart uniform sends the message that we care about how others see us and that we are serious about coming to school to work, to do our best and to succeed.

## Jewellery, makeup and hairstyles:

- › one wristwatch
- › one signet ring
- › one pair of plain stud earrings in ear lobe (no nose studs or any other body piercing)
- › no visible nail varnish or makeup
- › no acrylic nails
- › hairstyles should be reasonable and appropriate in both cut, style and colour.

## Dallam PE kit

- › Dallam sports polo shirt
- › Dallam tracksuit/(hoodie/raincoat optional)
- › red games socks and white trainer socks
- › black/navy leggings (no branding)
- › Dallam rugby shirt, navy cotton shorts (rugby style) and/or navy polyester shorts, and/or navy skirt as appropriate to the activity
- › football boots (please note that blades are not allowed – rubber/metal studs only)
- › trainers, shin pads, gum shield (essential-rugby/hockey), protective headgear (recommended-rugby).



Scan for our Uniform Shop 

Or visit the uniform shop online at:

[www.conistonshop.com/school/?ShopID=57&ShopSlug=Dallam-School\\_57](http://www.conistonshop.com/school/?ShopID=57&ShopSlug=Dallam-School_57)



# School Uniform Expectations

- › Clip-on tie and school badge
- › Navy blue blazer
- › Pale blue shirt
- › Trousers, shorts, skirts:
  - navy knee-length box pleat school skirt or;
  - navy, dark grey or black tailored trousers (not skin tight) or;
  - navy, dark grey or black tailored knee-length school shorts (not skin tight)
- › Black ankle-length socks or tights
- › A navy or black V-neck pullover can be purchased (optional)
- › Black, flat or low-heel shoes. Plain black trainer type shoes are permitted, with no obvious logos on. No other footwear is permitted, i.e. trainers with air bubbles, boots, or canvas
- › Dark outdoor coat (high visibility bands recommended in winter - available from school) **hoodies must not be worn instead of an outdoor coat**
- › Dark school bag **handbags are not allowed**



## Acceptable footwear



## Acceptable footwear



The following styles of footwear **do not** meet the school's uniform policy:



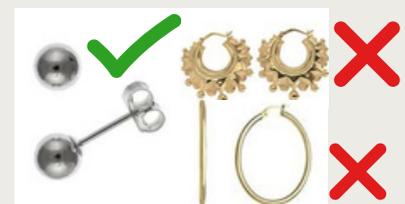
Skirts which do not reach just above the knee are **not** acceptable



Handbags are **not** acceptable for school



Acceptable earrings





Dallam School

*Learning for all,  
Learning for life*

015395 65165

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