

## A message from current Y7 student, Pola Ozon



My name is Pola, and I am currently a year 7 student at The Regis School. I can imagine that some of you are nervous as you begin your journey here. I too was nervous when I started but have developed in confidence and become an outgoing person with the help of my tutor, teachers and my fantastic peers.

One system that has supported me is the tutor programme, when I first started year 7, my tutor really helped me adjust and fit into my new school routine. We often talked about our wellbeing and completed aspiration surveys that encouraged people to tell their tutor how they were feeling and express their opinions which I am sure took some of the weight off their shoulders.

The idea that all children have the freedom of speech and can voice their opinions is particularly important to The Regis School. We do this by letting all students write their ideas and opinions when writing their aspiration surveys, tutors then privately talk to them about these opinions and then do their best to turn these ideas into reality. Another way we can be heard is through the A-team leadership programme which any child can sign up to. There is an A-team rep from every tutor group to present the ideas they would like to share.

Sports and physical wellbeing are very important at The Regis School and something that is very much encouraged. One way that you can engage in sports is by becoming a Sports Leader. As a sports leader you will be a role model to others by often going to primary schools and running sporting events like sports day. For this role you must have excellent leadership skills, exemplary behaviour and a positive mindset.

To help develop students' confidence and personalities, there are many extra-curricular clubs and activities to do after school. These clubs are run by teachers that specialise in the subject or just have a very keen interest and passion. There are over 55 clubs in the school each fortnight and teachers are very open to new ideas. These clubs help children settle into the school and they will find friends that are interested in similar things to them, giving them an opportunity to socialise.

I hope this information has lifted some of the weight off your shoulders knowing that you will be supported when you come into year 7, I look forward to seeing you in September.

Pola