

West Building

E-Points

Ethos:

Embedding a culture of positive behaviour and attendance across the school, both within and outside the classroom is essential to learning.

Celebrating good behaviour and attendance whilst challenging poor behaviour and attendance is the shared responsibility of every member of the school community.

Students managing their own behaviour and working well with others are important educational ends in themselves.

Objectives:

1. To promote positive and caring attitudes to
 - People
 - Work
 - Self
 - Property
2. To help students overcome the barriers to learning
3. To work with students, families and community to help young people reach their potential

Our behaviour systems are built upon The Ramsey Approach and seek to:

- Embed a culture of positive behaviour and attendance across the school, both inside and outside the classroom.
- Celebrate good behaviour and attendance while challenging poor behaviour and attendance.
- Help students to manage their own behaviour and to work well with others.

We use three broad levels when considering behaviour:

Level 1	<ul style="list-style-type: none">• Both good behaviour and poor behaviour is identified and dealt with by the classroom teacher using suitable professional strategies. <p>The event and the outcomes are added to a student record in SIMS and a comment may be written in the planner. Parents/carers are informed of L1 detentions.</p>
Level 2	<ul style="list-style-type: none">• A more serious/noteworthy behaviour event has taken place or;• A pattern of behaviour has continued / been maintained. <p>The Subject/team Leader is involved and will put consequences into place. Parents/carers are informed. The event and the outcomes are added to a student record in SIMS.</p>
Level 3	<ul style="list-style-type: none">• A significant behaviour event has occurred, or• A pattern of behaviour has been maintained for a significant period of time, or across many subject areas. <p>School systems are involved. Consequences are put into place. Parents are required to be involved in dealing with the situation. The event and the outcomes are added to the student record in SIMS.</p>

Level	Good Behaviour	Poor Behaviour	Actions														
Level 1 Teacher and classroom	<ul style="list-style-type: none">Generally well behaved, does as asked, and contributes to the positive and cooperative atmosphere of the lesson. <p>e.g.</p> <ul style="list-style-type: none">Has all equipmentGood attendance/punctualityCompletes/attempts all tasks as requested.Works to expectationRegularly completes homeworkWell behaved and engaged	<ul style="list-style-type: none">Low level classroom disruptionStudents preventing themselves and students nearby from learning <p>e.g.</p> <ul style="list-style-type: none">Lack of equipmentArrives late, causing low level disruptionHomework issues (lack of, poor standard)Lack of effort in classTalking out of turnUse of personal devices	<p>Class teacher to use positive behaviour strategies and issue appropriate rewards/sanctions.</p> <table><tr><td colspan="2">e.g. (not definitive list) Recorded in Planner</td></tr><tr><td>Verbal praise</td><td>Verbal warning</td></tr><tr><td>Written feedback</td><td>Written feedback</td></tr><tr><td>Contact time after lesson</td><td>Kept behind</td></tr><tr><td>Use of planner</td><td>Use of planner</td></tr><tr><td>Referral to SL/TL</td><td>Referral to SL/TL</td></tr></table>	e.g. (not definitive list) Recorded in Planner		Verbal praise	Verbal warning	Written feedback	Written feedback	Contact time after lesson	Kept behind	Use of planner	Use of planner	Referral to SL/TL	Referral to SL/TL		
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Level 2 Sub/Team leader and department	<ul style="list-style-type: none">Produces notably good work, has made more effort than normalHelped others learnShows an improved attitude to learning <p>e.g.</p> <ul style="list-style-type: none">A specific piece of work is of a higher standard than normalProvided support to a peer or peers with their understandingAccepts their role in learning (goes the extra mile)Repeatedly contributes positively to the lesson	<ul style="list-style-type: none">Medium level classroom disruptionStudents prevent many members of a class from learningLonger term risk to own progress and learning <p>e.g.</p> <ul style="list-style-type: none">Not responding to repeated warnings from staffArguing with, or being disrespectful to, staffNot accepting responsibility for own behaviourRepeated lack of effort, homework and engagement	<p>Suitable Departmental intervention and support strategies and appropriate rewards/sanctions</p> <table><tr><td colspan="2">e.g. (not definitive list) Recorded in SLIMS</td></tr><tr><td>Verbal praise from SL/TL</td><td>Verbal warning from SL/TL</td></tr><tr><td>Comment in planner from T/SL</td><td>T/SL comment in planner</td></tr><tr><td>Subject report/work unit</td><td>Moved to another classroom</td></tr><tr><td>Subject detention (pm)</td><td>Subject detention (pm)</td></tr><tr><td>Sub postcard/written praise</td><td>Parental contact</td></tr></table>	e.g. (not definitive list) Recorded in SLIMS		Verbal praise from SL/TL	Verbal warning from SL/TL	Comment in planner from T/SL	T/SL comment in planner	Subject report/work unit	Moved to another classroom	Subject detention (pm)	Subject detention (pm)	Sub postcard/written praise	Parental contact		
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Level 3 Head of Year Pastoral system and whole school	<ul style="list-style-type: none">Maintains high levels of effort over a significant period of timeContributes significantly to the learning of others <p>e.g.</p> <ul style="list-style-type: none">Excellent modular/topic/mock resultsSupported/mentored peersSelf motivated – completes extension work regularlyConsistently exceeds L2 expectations	<ul style="list-style-type: none">High level disruptionMost/ all class prevented from learningOther classes disruptedLong term risk to own progress and learning <p>e.g.</p> <ul style="list-style-type: none">Continued / extreme disrespect to staffContinued disruption despite warnings and departmental supportContinued refusal to complete workConsistently presents with L2 behaviours	<p>Pastoral intervention and support strategies and appropriate rewards/sanctions</p> <table><tr><td colspan="2">e.g. (not definitive list) Recorded in SLIMS</td></tr><tr><td>Verbal praise from HOY</td><td>Moved to another class</td></tr><tr><td>HOY postcard/written praise</td><td>Verbal warning from HOY</td></tr><tr><td>Parental contact</td><td>Report Card-Pastoral Team</td></tr><tr><td>Prize at PG</td><td>Parental contact</td></tr><tr><td>Special prize at PG</td><td>School detention</td></tr><tr><td></td><td>suspension</td></tr></table>	e.g. (not definitive list) Recorded in SLIMS		Verbal praise from HOY	Moved to another class	HOY postcard/written praise	Verbal warning from HOY	Parental contact	Report Card-Pastoral Team	Prize at PG	Parental contact	Special prize at PG	School detention		suspension
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Prize at PG	Parental contact																
Special prize at PG	School detention																
	suspension																

E-Points Rewards

Level 3 rewards have been developed by School Council and staff. This involves points being awarded to students and held electronically. Points are awarded for engagement with learning across the curriculum and which acknowledge behaviour over and above that expected as a matter of course.

- Students are given running totals at set points during the term by their form tutor which they can record in the front of their planner ;
- Students have opportunity to cash in their e-points at the e-points bank at specific times of the year;
- E-points contributes to an inter-house competition and winning tutor groups are rewarded at 3 points in the year by their Head of Year.

This year many students exchanged their E-points at the Bank. This is how they achieved them:



So how do I get these E-points? What do I have to do? Where do they come from?.....

- I had my Student Planner signed every week at home to show my Form Tutor
- I made an effort to wear my uniform correctly each day
- Sport at RGS is great. I achieved points by representing the school in football against SNHS and BHS
- Drama is one of my favourite lessons and I try really hard even though I'm shy. I got points for effort and taking part
- I was in the school play which we performed in the Drama Studio
- My friend and I helped out at Parents' Evening and so we got points
- In Geography, I tried really hard with my homework and got points
- We have an Open Evening for Yrs 5/6 to show them what RGS is like and I helped show some experiments in the Science lab
- At Christmas, we played in the Ramsey Brass Group in Douglas with the Manx Youth Choir
- I made the best cheesecake in Food Technology!!
- I took part in the Reading Scheme in the library and got my Bronze and Silver Awards
- We looked after the sheep and the piglets after school, cleaning out the pens and feeding them with milk from bottles
- Our netball team won their very first match—and I scored!!

The list of rewards will vary year to year according to availability of certain items and opportunities. The table on the next page shows the current rewards and the E-points which are required to obtain them.

BRONZE		SILVER		GOLD		PLATINUM			
B1	Bounce Place, Cherry Running £5 Voucher	K54 only	S1	Monsoon £10 Voucher	K54 only	G1	Despicable Me DVD complete boxed set - NEW*	P1	Apple Iunes Apps £15 Voucher
B2	Books £5 Voucher	K54 only	S2	Boxes £10 Voucher	K54 only	G2	Harry Potter DVD complete boxed set	P2	Apple Iunes £15 Voucher
B3	Monsoon £5 Voucher	K54 only	S3	River Island £10 Voucher	K54 only	G3	Frozen and ID 2 DVDs - NEW*	P3	Session at the Venture Centre with a Friend
B4	Glyphers Coffee Shop £5 Voucher	K54 only	S4	Discount on driving lessons	K54 only	G4	Scifi Stick - NEW*	P4	Visit to Gaiety Theatre - backstage tour
B5	Door to the Edge TT Blue-Ray DVD	K54 only	S5	The Gym - voucher for a day with induction	K54 only	G5	Maxx Telecom Top Up worth £10	P5	Walkby Trucking on the Carrighs - you plus a friend
B6	Sam's Café voucher £5	K54 only	S6	Frags Transport to the Prom	K54 only	G6	RCS Book Blazer - make some noise!	P6	Half-day Mountain Biking
B7	Good Coffee voucher £5	K54 only	S7	£10 off cost of the Prom	K54 only	G7	£10 on your Stunacad	P7	Venture Centre session
B8	Yo 10 off site at unitariane with a Friend	K54 only	S8	Power Bank - device charger - NEW*	K54 only	G8	Basketball afternoon	P8	Visit to Romelkway Airport - check out behind the scenes
B9	Sam Harvey £5 off your Prom bag	K54 only	S9	Golf - Thurs afternoon after 22nd May	K54 only	G9	Cake Baking and Decorating	P9	Sailing for a Day
B10	DVD based set HMV Voucher - NEW*	K54 only	S10	Splad Mini £5 Voucher	K54 only	G10	Football Coaching - Thurs afternoons after 22nd May	P10	Mountain biking half-day out from RGCS
B11	RCS Dancesport Sports Bag		S11	Next £5 Voucher		G11	Volleyball - Thurs afternoons after 22nd May	P11	Sea kayaking - take a friend on an adventure - you plus a friend
B12	Top Trumps - Dr Who, 1 Direction		S12	Large Sports Football Bag		G12	Badminton - Thurs afternoons after 22nd May		
B13	RCS Calculator Ruler		S13	Loveshop Voucher worth £5.00		G13	Fitness Session - Thurs afternoons after 22nd May		
B14	RCS Highlighters		S14	Maxx Telecom Top Up worth £5.00		G14	Climbing Wall at RGCS		BRONZE 150 points
B15	RCS Pensil Cases		S15	Chique £5 Voucher		G15	Personalised Embroidery or Silk Printing - you plus a friend		SILVER 200 points
B16	RCS Pages - a money book		S16	Gunny Earphones - different colours		G16	A day as a 6th former with the Social Sciences team		GOLD 250 points
B17	RCS Clocks		S17	Superting £5 Voucher		G17	Session in Art Studio - open choice activity with friend		PLATINUM 290 points
B18	RCS Spen's Bottles		S18	New Look £5 Voucher		G18	Art MasterClasses in water colour, drawing, photography, photoshop, ceramics - you plus a friend		
B19	RCS Coloured Pencil Tubes or Boxes		S19	WTSmile £5 Voucher		G19	Ceramics session - sea life, insects, buildings - you plus a friend		E-points - they're all yours!
B20	RCS Dynamo Trenches		S20	Boat Bag - NEW*		G20	Board Games for All - an afternoon of traditional games		
B21	Special Pens and Notebooks		S21	Top Shop £5 Voucher		G21	3D History flashcards - you plus a friend		
B22	Sam Bowling Ramsey - free entry voucher		S22	Next £5 Voucher		G22	Dance Workshop		
B23	RCS Writing Pad and Pen		S23	Juggling Balls - NEW*		G23	Beauty Session - you plus a friend		
B24	RCS Yo-Yos		S24	£5 onto your Stunacad		G24	Rock School - your own rock group for an afternoon		
B25	RCS Pens		S25	Film Afternoon in Lecture Theatre and bring a friend		G25	Crafty Staff - a craft-making afternoon		
B26	RCS Heber Shaker Reader		S26	Use of the Wi with a friend for an afternoon		G26	Chill Out - with hot choc and cakes - you plus a friend		
B27	Hot Dog and drink at break - you and a friend		S27	Library Fun - quizzes, youtube clips, music videos etc - popcorn, juice and bean bags		G27	Spend an afternoon in Rural Science with a livestock related activity		
B28	Free lesson in ICT room - you and a friend		S28	Card Making afternoon		G28	Make an animated robot face - you plus a friend		
B29	Go to the front of the dinner queue with a friend		S29	Photographer for a Day - record a day in the life of RGCS for the Website Blog		G29	STAGE Lighting - Have A Go! - you plus a friend		
B30	Really Great Sunglasses		S30	Masks and Spencers £5 Voucher		G30	Rockstar Making Challenge		
B31	RCS Wrist sweatband with zip pocket		S31	1 Direction Goodie bag - loads of stuff in a special gift bag		G31	Outdoor Giant Chess session		
B32	RCS Mini Rugby Ball - NEW*		S32	Pedometer - multi-function - NEW*		G32	Tennis Lessons		
B33	Playing Cards in Plastic Case - NEW*					G33	Record your own CD - studio session		

E-points - they're all yours!



My Progress Record in Key Stage 3

You will receive a number of reports throughout the year. Use this chart to record all your Assessment Levels so that you, your family and your teachers can see the big picture. You can compare your assessments with your target level. This will help you see at a glance where you are doing well and where you can improve. You can also measure your progress over the year.

Subject	Target level	Report 1	Report 2
Art & Design			
Drama			
English			
Dance			
Design Technology			
Geography			
History			
Information Technology			
Mathematics			
Modern Languages			
Music			
Physical Education			
Religious Education			
Rural Science			
Science			

The 6Rs of Learning

Learning is far more than a body of knowledge; it is the development of a skill set that you need to be successful in life. We call these the 6Rs.

Readiness

- positive self esteem;
- an ability to take responsibility for own actions;
- skilled in managing emotions and feelings;
- appropriate curriculum skills;
- good concentration and focus.

Relationships which are positive

- an ability to work as a team member;
- an ability to and sustain friendships;
- understanding and respect for others;
- an acceptance of boundaries;
- empathy and understanding the role of others.

Resourcefulness

- a recognition of how to get help;
- the capability to apply reason, (compare/contrast);
- the ability to question;
- the ability to use initiative;
- achieving self-motivation.

Resilience

- the ability to solve problems;
- the capacity to persevere;
- an acceptance of constructive criticism;
- adaptability and flexibility.

Remembering Skills

- the ability to recall;
- the confidence in the use of transfer skills and strategies;
- the ability to interpret;
- the ability to learn from experience.

Reflectiveness

- a sense of pride;
- the ability to plan;
- skills in analysis, reasoning, negotiation, mediation and organisation;
- the capability to monitor, revise and adapt;
- an appreciation of own learning process.

Student2Student

What advice do other students have for you?

To Yr 7: students from other primary schools are human too - make some new friends!!

The library is a great place to read books, catch up on homework or do fun activities so check it out.

Always remember your PE kit; wearing someone else's isn't pleasant!

If you get a detention just do it—it's easier in the end!!!

To Yr 7: use the map in your planner till you know your way round; it won't take long.

My advice to you is to always have 5 pens in your pencil case—they seem to disappear like magic!!

Try to get as many E-points as you can because the prizes are really cool.

Don't lose or damage your Smart-card because you have to pay for a new one and that's a waste of money

Laugh at your teachers' jokes—even if they are not funny. S.

Don't start smoking! It doesn't matter how awesome you think it makes you look, by the time you get to Yr 9 you won't be able to get rid of the smell and people will start to hold their noses when

Try hard at the cross-country—if you come in the top 10 you get Respect.

Always go on Standalone Week visits if you can. It is a seriously incredible experience. J from Yr 9

Don't be cocky! Maybe you are the best, but telling that to everyone you meet won't go down too well. M. from Yr 9

It's NEVER cool to bully — RGS is a safe school

Don't leave homework till the last minute cos it just makes it very Stressful. S from Yr 8.

Don't cave in to peer pressure; it's easy to give in but not always the best option. R from Yr 7

School Detentions are on Mondays. Don't get one of these because they are seriously boring !!!

Go on — try something new. You will meet new people and get chances to do something different.

Always be yourself. That's what makes you unique in your year. Why would you want to be like anyone else?

We all know it is exciting to have chips every day, but it's not the best option!!!

Don't talk about people behind their back; you will find that by the time it gets back to them you're words will be twisted. From E in Yr 8

Don't expect to be good at everything - different subjects suit different people.

Always remember your Food Technology ingredients. Scavenging off people doesn't help you make friends!!

Always stay on school grounds—you can't go out at lunch time.

You ought to go to a different place each year in Standalone Week; it's great.

Concentrate on getting your grades instead of wondering what everyone else is doing! They won't matter when it comes to trying to get a job!

If you have to miss a day of school, make sure you borrow a friend's book to catch up on what you have missed in class.

If you are going to have your nose pierced, get it done at the start of the holiday because you can't wear the stud in school.

A man once said, "I did it for the laughs." The laughs won't get you a job. Don't end up being the class clown - there are no circus jobs on the Isle of Man!

To Yr 7: Avoid hurting anyone's feelings, as there is a difference between a joke and bullying. No one will want to be your friend if you make that kind of first impression

The teachers are not your mother - so don't call them mum!

Your temper is yours - don't lose it!!

Learning doesn't make you a nerd! It gives you a better chance to make a future for your self.

Think before you say or do.
A. in Yr 10

To Yr 9: when you make your option choices, take it very seriously and listen to advice.

To Yr 9: you should definitely join the Duke of Edinburgh Award scheme. It is really good fun and the expedition is awesome.

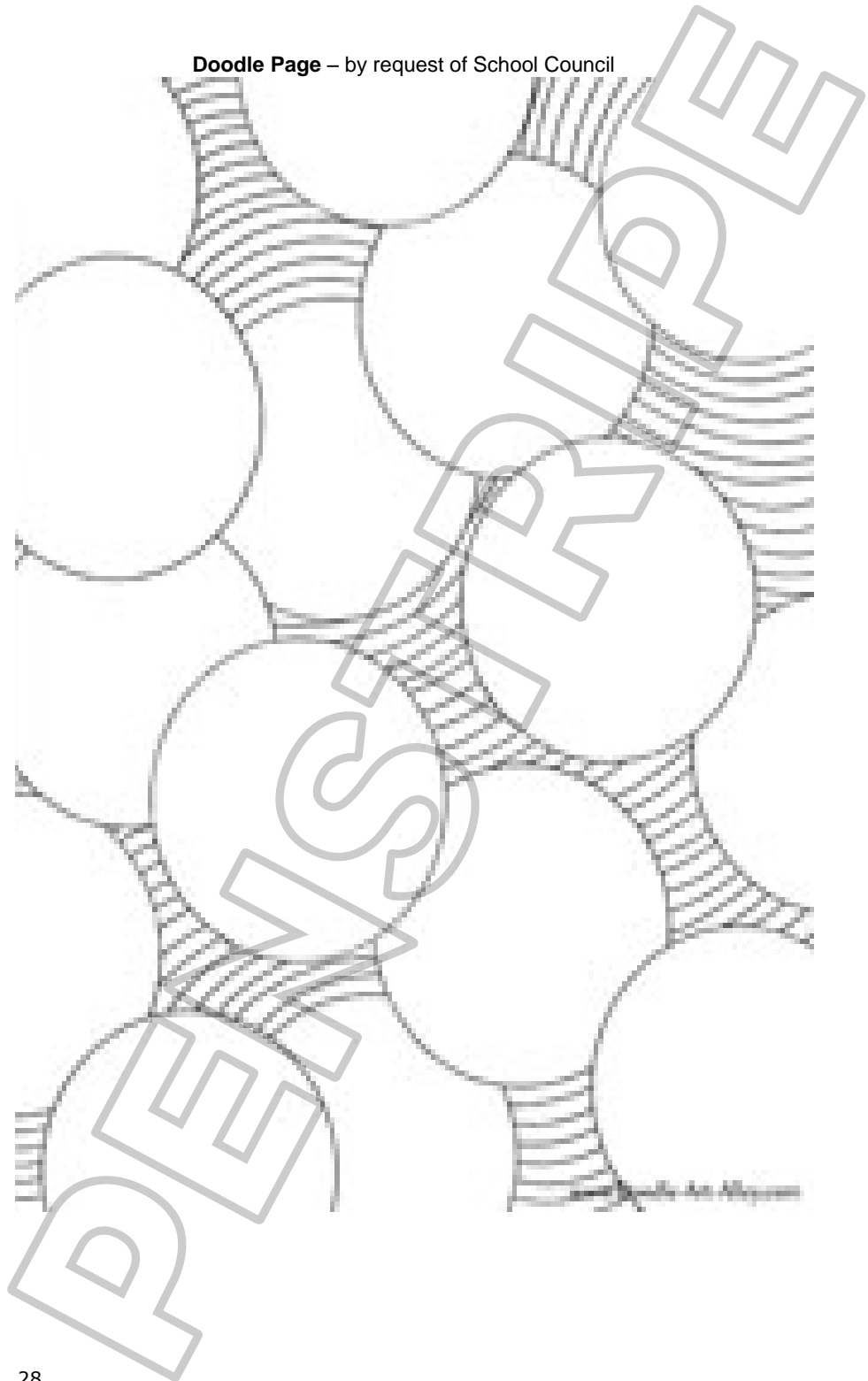
I would advise you to join a club at the weekends to give you time to have fun and relax.

Work hard in the earlier years so you have a chance of getting into higher sets for GCSE.

When you are given a task to do, start as soon as possible and don't leave it until the night before because it will stress you out - I know because it did it!!!

You don't have to be loud to make a noise

Respect other people and they will respect you. If you disrespect others, their responses will be your own fault.



2017-2018 Cafeteria Sample Pricelist

(correct at time of print but subject to minor change)

Hot Food

Meal of the Day	£2.00
Jacket Potatoes	from £1.20
Sub Rolls	£2.00
Baps/Wraps	£1.60
Soup & Roll	£1.20
Pizza	£1.30
Sausage Roll	£1.30
Portion of Chips	£1.40

Fruit & Desserts

Daily fresh fruit	35p
Boxed fresh fruit	40p
Veg Sticks & Dips	60p
Jelly/Whirl	45p
Traybakes	65p
Muffins	70p
Yoghurts	40p
Hot dessert	65p

Drinks

Plain Water 500ml	55p
Flavoured water 500ml	65p
Flavoured water 300ml	50p
Fruit Juice cartons	40p

Breaktime Snacks (not available at lunchtime)

Toast	30p
Danish pastries	80p
Cookies	50p
Cereal Bars	50p–70p

Cold Food

Sandwiches	£1.50
Baps/Wraps	£1.60
Boxed Salad	£1.80
Bread Roll	40p
Cheese Portion	50p

Snacks

Gluten Free Crisps	70p
Gluten Free Popcorn	70p
Crisps	60p
Biscuits	30p–70p

Milk Shakes	40p
Fresh Milk 1/3pint	25p

School Dinner Rota (West) 2017-2018

Students are on first sitting when they are on their games afternoon.

Students can eat well before taking part in sport and there is not a need to gain early access to the dining room before an away fixture.

	Monday	Tuesday	Wednesday	Thursday	Friday
1st sitting	Year 8	Year 9	Year 7	Year 8	Year 9
2nd sitting	Year 9	Year 7	Year 8	Year 9	Year 7
3rd sitting	Year 7	Year 8	Year 9	Year 7	Year 8

Revision timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							

RGS P.E. DEPARTMENT'S FITNESS PROFILE

Performances in Fitness-based Activities

FITNESS TEST	1 ST ATTEMPT	PERSONAL BEST
Multi stage Fitness test		
Alternate hand ball throw		
Vertical jump		
Standing broad jump		
Plank		
Sit and reach		
Agility run		
30/60m sprint		
Abdominal test		

PERSONAL TRACKINGS FOR SCHOOL YEAR

<u>Clubs</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Autumn					
Spring					
Summer					

School Clubs Attended

1)	2)
3)	4)

Position in School Cross Country

Time

Events performed in School Swimming Gala and Results (Years 7 and 8 only)

1)	3)
2)	4)

Events performed on Sports Day and results

1)	3)
2)	4)

School Representation

1)	3)
2)	4)

School Colours or other Awards

1)	4)
2)	5)
3)	6)

Clubs participated in during own time and Island Representation

1)	4)
2)	5)

ATHLETICS PERSONAL BESTS

100m	800m	Javelin	High J
200m	1500m	Shot	Long J
300m	Hurdles	Discus	Triple J

SELF ASSESSMENT IN PHYSICAL EDUCATION

Sport	Area of strength	Area for development	Level

Emotional Health & Well Being.

Looking after your mental health is just as important as revising for exams. You will learn about resilience skills, breathing techniques, coping strategies, self-esteem, social media pressures, coping with exam stress and many more current issues during PGE lessons, assemblies and in form time.

We all experience worry, sadness and frustration at some point. Learning how to cope and talk about things is very important.

At Ramsey Grammar school we care about you. If you ever feel upset, there is always someone in school you can go to- you are NOT alone.

- 1- Talk to someone - tell them your concerns
- 2- Your form tutor/HOY/DHOY can arrange some 'time out' in the quiet rooms which are in each building
- 3- We can arrange some nurture workshops to help you.
- 4- We have trained staff who can listen to you and give you advice
- 5- We can refer you to the 'listening service' in school
- 6- We can arrange support for you and your family if this is required.

Be nice to each other and if you are worried about a friend, please let someone know.

Beating Stress

If you are organised, you are far less likely to suffer from stress. Here are some strategies which may help you to cope with stressful times

DO establish a routine - and stick to it. Make sure that you have proper meals and that you sleep well and keep to your work plan

DO get plenty of exercise

DO start revising as early as possible. Give yourself a head start.

DO take regular breaks when revising - the result is less stress.

DO practice, practice, practice!

DO build in variety - beat the boredom factor this way

DO relax regularly. Make sure you still have plenty of fun.

Whenever you are "stressed out" or you can't relax, this exercise will help you.

Find a quiet comfortable place, lie down and close your eyes. Tense all your muscles, clench fists etc. Now deliberately relax each muscle until you are totally still.	Breathe in deeply and hold your breath for a count of 5. Breathe out gently, Repeat this - listening to your breathing for a couple of minutes.	If thoughts enter your head let them go – just concentrate on breathing. Now that you are relaxed enjoy the quiet.
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