
The
Costello School
ESTABLISHED SINCE 1908


Welcome to
Year 7

What does it mean to be part of ‘Team Costello’?

Enjoy

We try new things and push our limits. Everyone is part of the team. Helping a member of our team is helping ourselves.

Respect

We play by the rules. We are always respectful, smart, polite and courteous. We have the courage to do the right thing.

Achieve

We work hard. We never give up. We do what it takes for as long as it takes.

Senior Leadership Team

Headteacher	Mr A Conway	
Assistant Headteacher	Mrs A Piper	Curriculum + Attainment
Assistant Headteacher	Ms E Forsey	Culture
Assistant Headteacher	Mrs S Peszkowski	Continual Professional Development
Assistant Headteacher	Mr J Hulse	Safeguarding
Associate Assistant Headteacher	Ms Moseley	Digital Strategy +School Operations
Associate Assistant Headteacher/ SENDCO	Mrs Lenferna	Inclusion
Head of Year	Mr Rees	Head of Year 7
Assistant Head of Year	Miss Bone	Assistant Head of Year

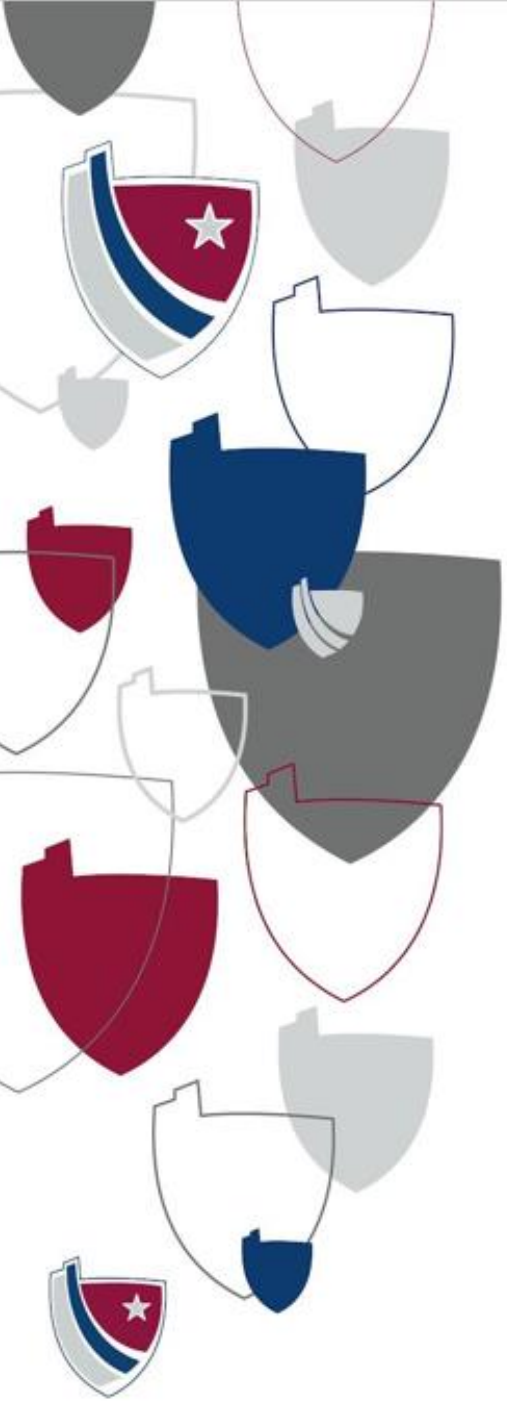
Pastoral Team

- Mrs A Cahalarn – Assistant Head of Year 11
- Mrs K Jordan – Assistant Head of Year 10
- Miss L Adams – Assistant Head of Year 9
- Mrs C Wheeler - Assistant Head of Year 8

Wider Support Team

- Dr A Bourchier – Family Liaison
- Mrs Hanks – HWC lead
- Mrs A Goolding – School Nurse





School Day Timings

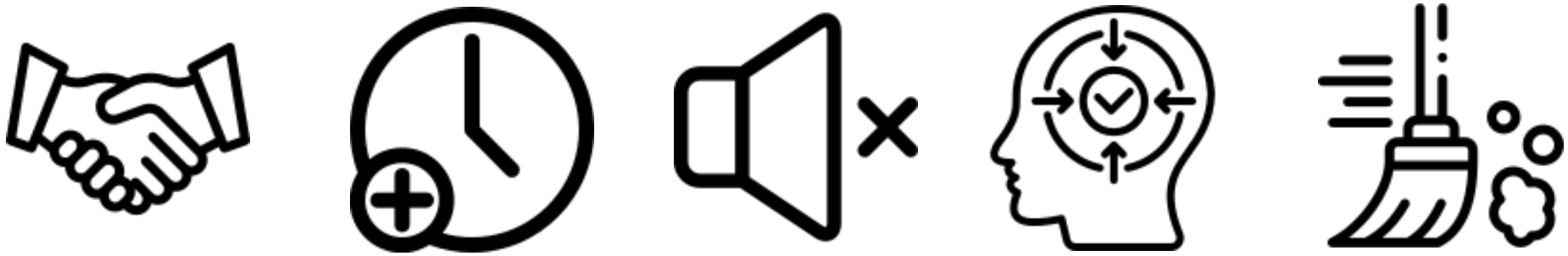
Monday-Thursday		Friday	
8.30-8.55	Tutor Period	8.30-8.55	Tutor Period
8.55-9.50	Lesson One	8.55-9.50	Lesson One
9.50-10.45	Lesson Two	9.50-10.45	Lesson Two
10.45-11.05	Break	10.45-11.05	Break
11.05-12.00	Lesson Three	11.05-12.00	Lesson Three
12.00-12.55	Lesson Four	12.00-12.55	Lesson Four
12.55-1.30	Lunch	12.55-1.30	Lunch
1.30-2.25	Lesson Five	1.30-2.25	Lesson Five
2.25-3.20	Lesson Six		

Head Student Ellie & Deputy Head Student Aidan





Our Expectations



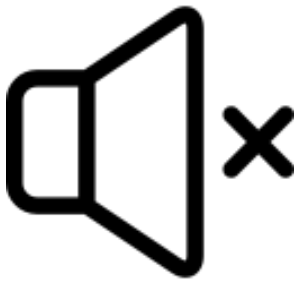
- Classroom Routines
- Social Time Conduct
- Pastoral Support
- Co-curricular opportunities

Classroom Routines

🎯

- Students know what to expect and what is expected of them.
- Predictable routines reduce anxiety and uncertainty—especially for students who find transitions difficult.
- A calm, ordered classroom feels safe, which helps students focus on learning.







Thresholds

Welcoming you in

Settling you ready to learn



Social time behaviour

Interact positively

Look after each other

No littering

No physical contact



Phones

Key Statistics

79% of 12-15 year olds owns a smart phone

86% of that group are members of a social networking site

46% of that group report as being online "almost constantly"

On average a student receives 237 notifications a day

On average is takes 23 minutes to refocus following an interruption from a notification

75% of that group report having encountered one or more potential harms due to smart phone usage

Research funded by the NIHR (National Institute for Health and Care Research)



Financial Times

Teenage social media use strongly linked to anxiety and depression

Oct 13, 2024



thetimes.co.uk

Teenagers prefer detention to giving up phone, study shows

Apr 23, 2025

Is it just us?

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Behaviour better at phone-free school - head teacher



GETTY IMAGES

Members of the Senedd will discuss a report which has advised against an outright ban on phones

week

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School goes smartphone free in new challenge



e information in this article and materials provided on RPC's website are for information purposes only and should not be construed or relied upon as legal advice.

This article is more than **1 year old**

Academy chain with 35,000 pupils to be first in England to go phone-free

Exclusive: Ormiston academies trust says impact of phones on learning and mental health has been 'catastrophic'

How going phone-free taught pupils 'to socialise, old school'



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School seeing benefits of smartphone ban



GOV·UK

Home > Education, training and skills > Pupil wellbeing, behaviour and attendance

Press release

Mobile phone use to be banned in schools in England

Mobile phone use to be banned during the school day, including at break times, new guidance recommends.

From: Department for Education and The Rt Hon Gillian Keegan

Published 2 October 2023

Smart Phone Free @ Costello

Less distractions

Social interaction



Student wellbeing

Reduce negative incidents



Head of Year 7
Mr Rees

The Vision for Year 7 – preparing for the road ahead

- Open, honest and consistent ***communication***
- A ***positive approach to learning*** and pastoral care support
- Embedding core ***school values*** – **enjoy, respect, achieve**
- Ensuring high focus of QFT and ***pupil progress*** across the curriculum
- Daily delivery of ***varied and informative resources*** through the PSHCE program
- Regular ***praise and celebration*** of both success and progress
- Supported and guided careers links / activities
- Developing a sense of ***culture, maturity and respect*** through their transition period into Year7
- Upskilling students for ***responsibility*** and ***future leadership opportunities***



The Vision for Year 7 - preparing for the road ahead



The **Costello School** believes it is a moral imperative to **strive to be outstanding** in all areas of education **–** starting from the beginning in year 7**.**

Our policies, routines and high expectations push students to develop holistically.

The pastoral team are here to **assist and guide** students through a strong structure of **consistency, review and reflection –** both personally and each day in their lessons.



The **Costello School's** culture is to progress to the next level, and to ensure **all make progress together.**

With an **open and consistent** approach to communication, the pastoral team are here to **work together** and ensure the best outcomes for all students through their transition and time here at **The Costello School.**

The Vision for Year 7

As Year 7 students begin their secondary school journey, we want every child to feel **safe, valued, and inspired to succeed**.

We aim to develop **confident, resilient, and respectful** young people who **embrace new challenges**, take pride in their **achievements**, and **contribute positively** to our school community.



The Vision for Year 7



By the end of Year 7, students will:

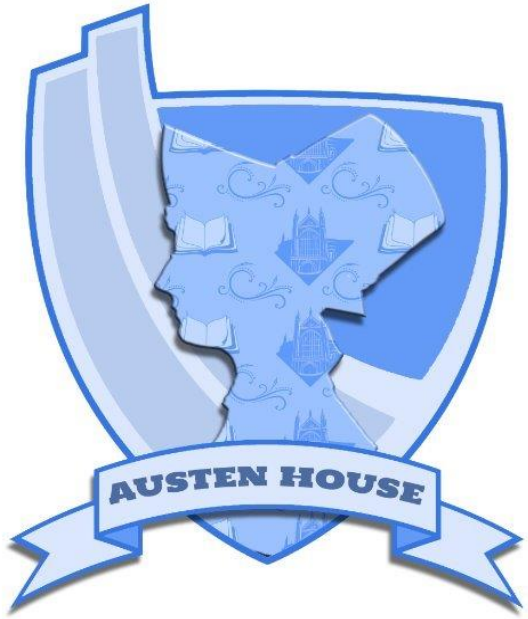
- **Belong**: Feel part of a supportive and inclusive school community where everyone is respected and valued.
- **Achieve**: Develop strong learning habits, high aspirations, and the confidence to reach their full academic potential.
- **Grow**: Build resilience, independence, and self-belief as they navigate new experiences and challenges.
- **Contribute**: Demonstrate kindness, responsibility, and respect in their interactions with others and the wider school community.
- **Prepare**: Establish the skills, character, and attitudes needed for success throughout secondary school and beyond.


Houses


ALI HOUSE


TURING HOUSE


ATTENBOROUGH
HOUSE


AUSTEN HOUSE


PARKS HOUSE

Road Map

Year 7 - Key Events 2026/27

The Costello School

CLASS OF **2031**

SCHOOL PHOTOGRAPHS
15 September

OPEN EVENING - LOOKING FOR VOLUNTEERS PLEASE
8 October
School finishes 12:55

SEND INFORMATION EVENING (INVITE ONLY)
24 September

WELCOME TO YEAR 7 EVENING
15 October
17:30-18:30

HALLOWEEN DISCO
21 October

CAREERS FAYRE
1 December

FLU VACCINATIONS
27 November

CHRISTMAS LUNCH YEAR 7 & 8
15 December

CHRISTMAS JUMPER DAY
16 December

BET ASSESSMENTS
w/c 18 January
w/c 25 January

NON-UNIFORM DAY
18 December

WORLD BOOK DAY
4 March

PARENTS' EVENING (FACE TO FACE)
11 March

SCHOOL PRODUCTION
9 -11 June

NON-UNIFORM DAY
25 March

ERA CELEBRATION EVENT
12 July

ERA WEEK
15-19 July

LAST DAY OF TERM
21 July

SPORTS DAY
20 July P5/6

enjoy | respect | achieve

enjoy | respect | achieve


Safeguarding

The Costello School

Our Designated Safeguarding Team


Dr Bourchier
Deputy DSL


Mr Hulse
DSL


Mr Conway
Deputy DSL


Mrs Lenferna


Mr Rees


Mr Randall-Bird


Mr Child


Ms Pepall


Mr Clarke


Mr Harte


Mrs Wheeler


Miss Adams


Mrs Jordan


Mrs Cahalarn

Who can I talk to if I am worried about something?

If you think you are being bullied or something is worrying you in or out of school, you can talk to:

- Your tutor
- Anyone in the Pastoral Team
- Your class teacher
- Any other adult in school
- Someone at home

Where else can I find help?

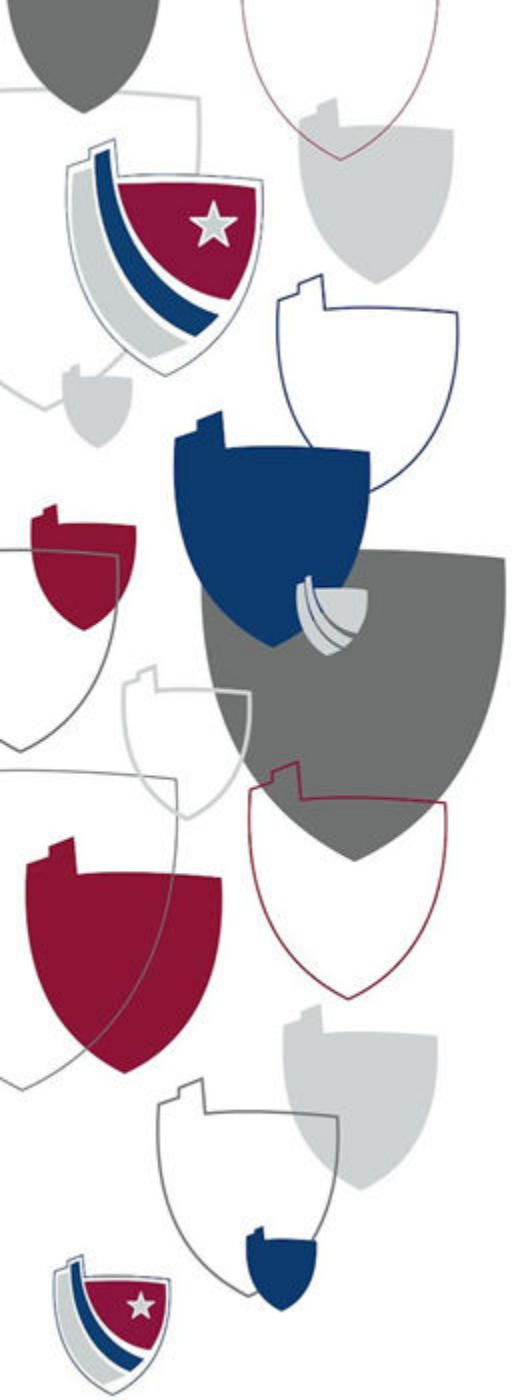
NSPCC HELPLINE 0808 800 5000 help@nspcc.org.uk

ChildLine 0800 1111

YPi Counselling

enjoy | respect | achieve

Proud to be part of Bohunt Education Trust



Know who you can turn to

- Safeguarding should not feel like a list of things that *might happen to a anybody*.
- It is about building a student's understanding of **how to keep themselves and others safe, recognise when something isn't right, and know who to talk to**.

"Be safe. Be aware. Speak up."

Every student should leave school understanding these five simple things:

- **I have a responsibility to keep myself safe.**
- **I have a responsibility to help keep other people safe.**
- **If something doesn't feel right, I should tell a trusted adult.**
- **I don't have to deal with something on my own.**
- **Speaking up early can prevent something becoming much worse.**

This is not just about serious incidents. It is about **everyday choices, relationships, behaviour, online activity, attendance, looking after each other and recognising risk**.

This way we can support everyone in our community.

Safeguarding is a partnership

What can parents do?

1. Talk regularly

Don't wait for a problem.

Ask:

- "How was your day?"
- "Who have you been talking to?"
- "What's happening in your group chats?"

2. Know their online world

Parents should know:

- what apps their child uses
- who they communicate with
- privacy settings

3. Look for changes

A change in:

- behaviour
- friendships
- attendance

It doesn't automatically mean something is wrong — but it may be a reason to**ask questions and remain curious**.

4. Don't be afraid to contact school

“You do not need to be certain that something is wrong beforecontacting us.”

Parents can contact the school if they have a concern about:

- their own child
- another student
- something they've seen online

Year 7 – “You belong here.”

“You are part of our school community. There are adults here who know you, care about you and will help you. If something worries you, you don't need to wait until it becomes a big problem before you tell someone.”

Key messages:

- Know who your trusted adults are.
- Know where to go if you're worried.
- Friendships should make you feel safe and included.
- Bullying and unkind behaviour should be reported.
- Don't keep something worrying to yourself because someone tells you to.
- Be aware of what you do and say to others.
- Online safety starts from day one.
- Attendance matters — being in school helps you learn, build friendships and access support.
- **It's okay to ask for help.**

Student takeaway

“If something doesn't feel right, tell someone.”

“Tell us early.”

And importantly:

You don't need to know exactly what is happening.You don't need to investigate it yourself. Tell us whatyou've noticed, and we can work with you tounderstand what support may be needed.

Social Media

The risks:

- Oversharing
- Sharing their location
- Talking to people they do not know
- Sending or receiving inappropriate content

Tips:

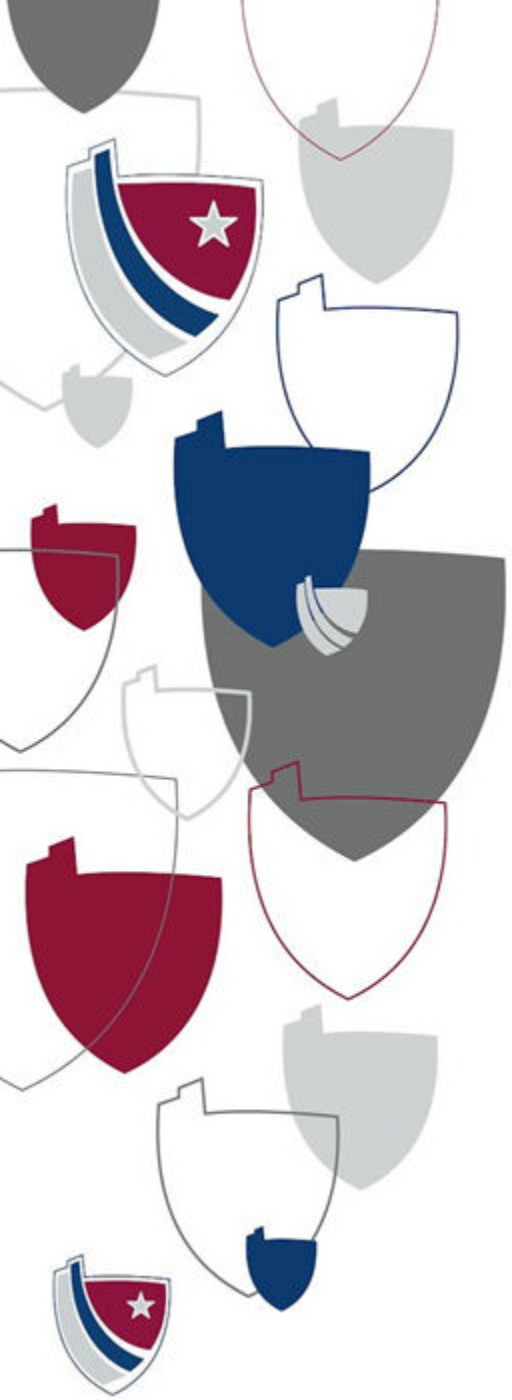
It can be helpful to remind children that they shouldn't share location information:

- on their posts, on public forums and chats, on videos, with people they don't know.

Safety and Privacy Settings: Each app has slightly different ways to set up an account, but most have the option to:

- set an account to private, not allow friend requests, hide the user's location.

- Age Rating and Features: Each app your child uses will have an age rating and it's useful to know what these are.
  - Facebook, Instagram, Snapchat, TikTok Twitter, Wink – all have age restrictions of 13+
  - The ban on social media for under 16s is due to come into force in Spring 2027



Final message

Help your child to…

- **Recognise** – understand what safe and unsafe looks like.
- **Resist** – know that they can say no and walk away from pressure.
- **Report** – tell a trusted adult when something isn't right.
- **Reach out** – understand that asking for help is a strength.
- **Respect** – look after themselves and the people around them.

And for parents:

Talk. Listen. Notice. Share.

- If you're worried, talk to us. If we're worried, we'll talk to you.

Co-Curricular

Enjoy Respect Achieve

Beyond the classroom

CO-CURRICULAR

How many Costello Students went to a club last year?

85% of the whole school attended the co-curricular opportunities that were on offer last year.

88% of year 7 students

74% of year 8 students

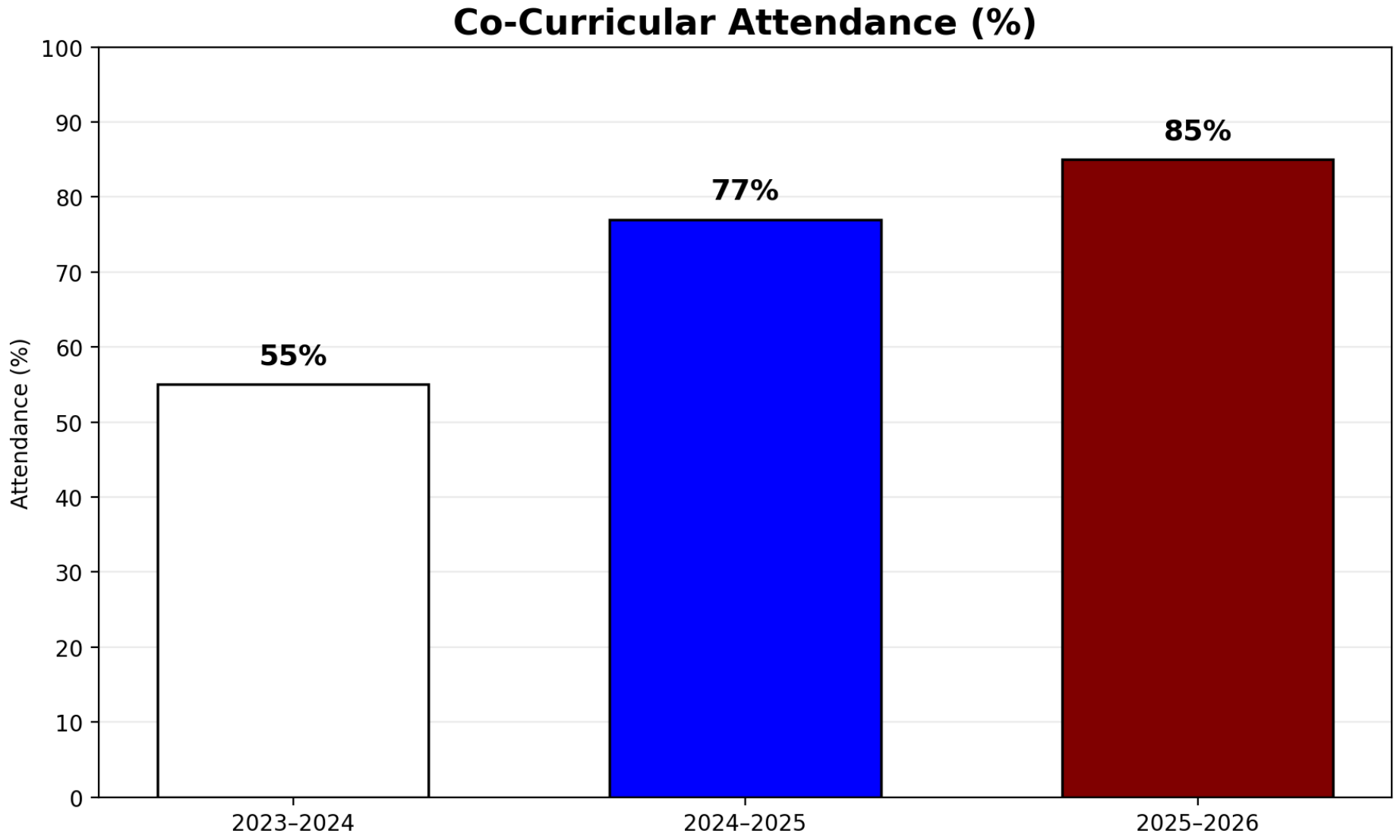
84% of year 9 students

81% of year 10 students

98% of year 11 students

That's almost 17,000 clubs attended!

How have we been doing as a school?



Parents were asked to describe the positive impact that participation in co-curricular clubs and activities has had on their child's development.

Helped them understand more for their classes

It has grown my child’s social skills, communication skills, independence and confidence.

Improved physical health

Feeling part of the school community

New interests, confidence boost, keeping active, better mental health

After school sports clubs enable him to socialise with different children and try activities that he may not have easy access to outside of school such as cricket.

Sense of belonging, furthers interests

Supported confidence and belonging to the school

It definitely helped him make friends as a near year 7 and built his confidence in interacting with students across different year groups.

Self esteem. Better relationship with teachers.

My son has loved being part of the school production. It has increased his confidence no end and has helped him make new friends in the school.

Confidence, friendship, commitment and fun

After school commitment, spending extra time in gaining knowledge and having fun.

Cadets has really helped with a wide experience for my son. Table tennis led to new friendships

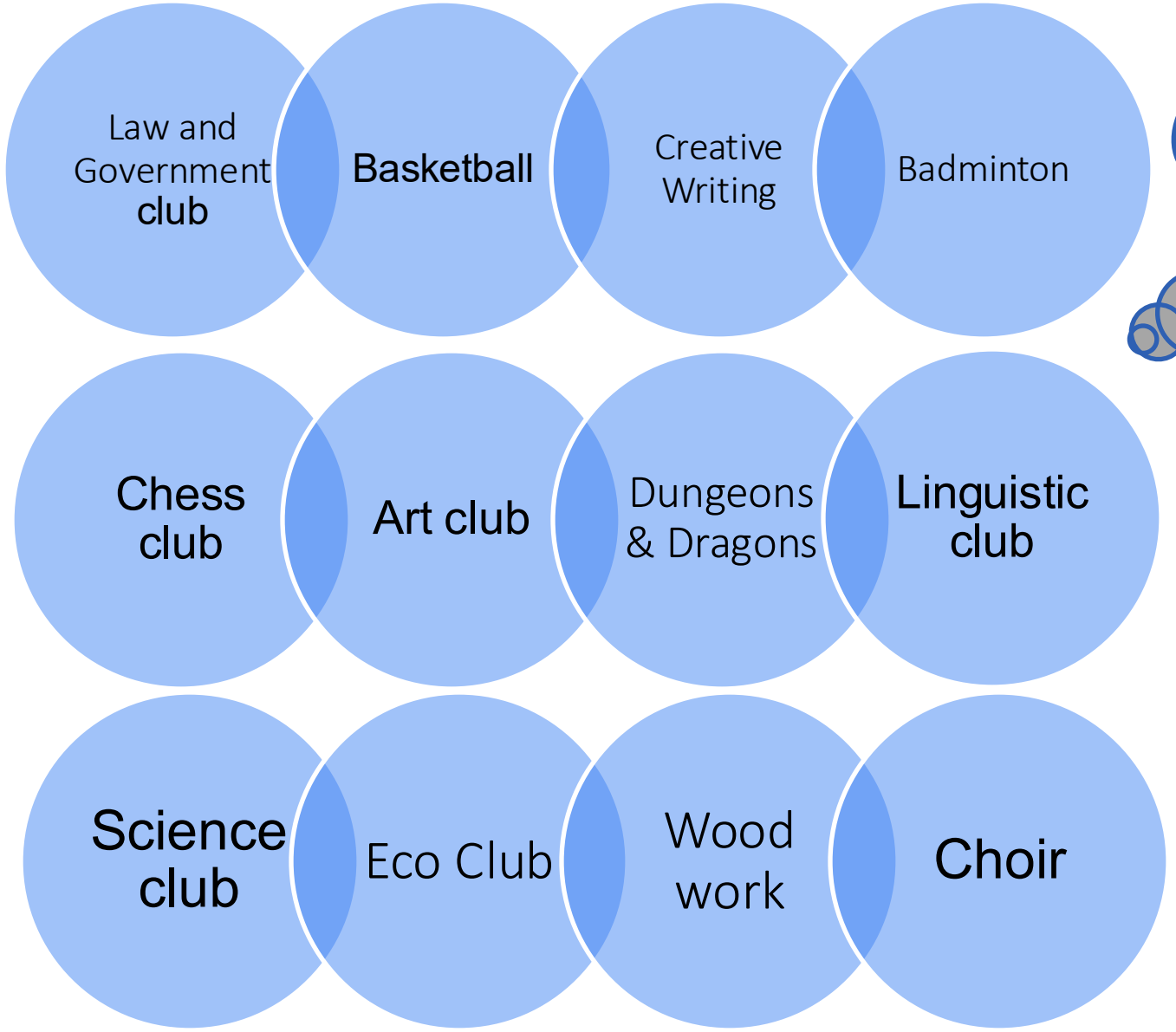
Where you can find information about the clubs on offer

There are an abundance of opportunities for you at lunchtimes and after school.

The timetable of activities has been shared with you all via class charts announcements and can also be found on the school website.

Your tutor has a copy of the timetable so remember to ask them what clubs are on each day.

Some (not all) of the clubs on offer to you....



If there is a club that you would like to see on the timetable, please let Mrs Jones know

To see the full timetable please look at the school website and the Class Charts Announcement

WEDNESDAY				
ACTIVITY	**YEAR GROUP**	**STAFF**	**LOCATION**	**TIME**
TUTOR TIME				
LUNCHTIME				
Chess Club	7 – 11	Mr Thomas	H6	12:55
Multi gym	9-11	Mr Jennings	Multi gym	12:55
Mindfulness Pom Poms	7-11	Mrs McClure & Miss Cooper	H9	12:55
Languages and Culture club	7-11	Mrs Astardjian	Library	12:55
Craft & Puzzle Club	7-11	Ms Sadeghi	Library	12:55
AFTER SCHOOL				
Homework Club	7 - 11	Miss Arias and Mrs Cheung	Library	15:25 – 16:20
Badminton	10&11 BLUE WEEK 7-9 RED WEEK	Mrs Jones	Sports hall	15:20 – 16:20
CHOIR!	7-11 + Staff!	Ms Wagstaff	A8	15.25 - 16.20
Eco Club	7-10	Mr McCleod, Miss Philpott	S1	15:30 – 16:30
Football	7-11	Mr Jennings, Mr Child, Mr Heslin	PE	15:20 – 16:20
GCSE Art and Photography Invention	9-11	Mr Spacagna	A6	15:25-16:20
Art Club	7-9	Miss Turner - Clarke	A5	15:20 – 16:20
Woodworking Club	7-11	Mr Ham	T2	15:20 – 16:20
Law and Government Club	7- 11	Mr Phillips	H9	15:30 – 16:20
GCSE History Intervention Grades 7+	11	History Teachers	H3	15:20 – 16:20
GCSE English Intervention	11	English Team	English Rooms	15:20 – 16:15

Example of what is on offer on a Wednesday

Have your say...

Mrs. Jones will be sending a student voice form via class charts announcements next week. Please take the time to fill this in.



Are you ready to be a Co-curricular Game Changer?

Literacy – 18:30 – 18:50 Main Hall

Join us for a focused 20 minute session covering:

- practical strategies to use at home;
- supporting reluctant readers;
- vocabulary and reading comprehension;
- helping with subject and examination language;
- useful resources and recommended reading;
- an opportunity to ask questions.

- Here! This evening, after this presentation.

Meet the Tutor & Technical support

Meet the Tutor locations

Tutor	Tutor code	Room
Mr N McShane	7AT1	C2
Dr R Shyulak	7AT2	C3
Mrs A Zychowska	7DA1	H10
Miss L Wysocka	7DA2	C4
Miss K Powell	7JA1	C1
Mr C Jennings	7JA2	H9
Mr M Spacagna	7MA1	M9
Mr G Holloway	7MA2	M8
Mr J Melham	7RP1	M7
Mr B Harte	7RP2	C5

ClassCharts & School Gateway support located in the Library