

# Welcome to Bow School

## World Ready – Career Ready



### Student quote:

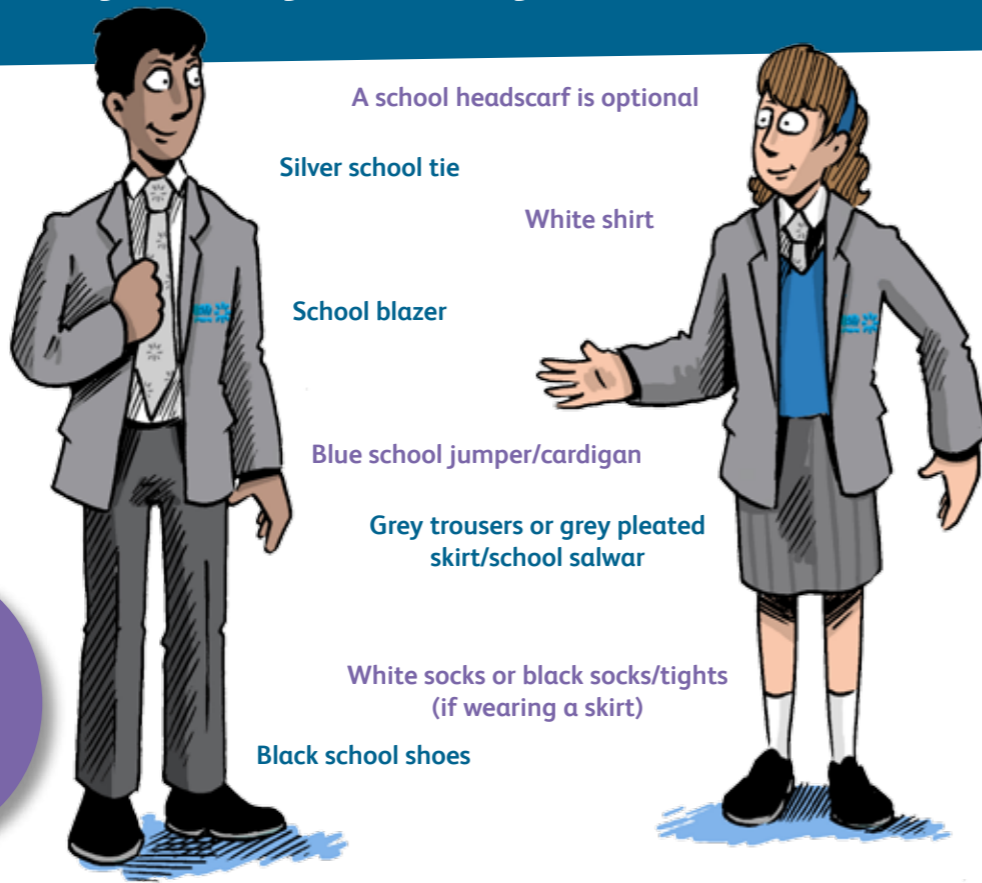
"From the time I walked in, I knew I wanted to join Bow School." **Ridouane**



# How should I get ready for my first day?

We are pleased to welcome you to your journey with Bow School.

We are very proud of our school and our brilliant staff and students. Our students show how proud they are to be part of Bow School by wearing the correct uniform. We have a few simple rules for uniform and we expect you to follow them from your first day.

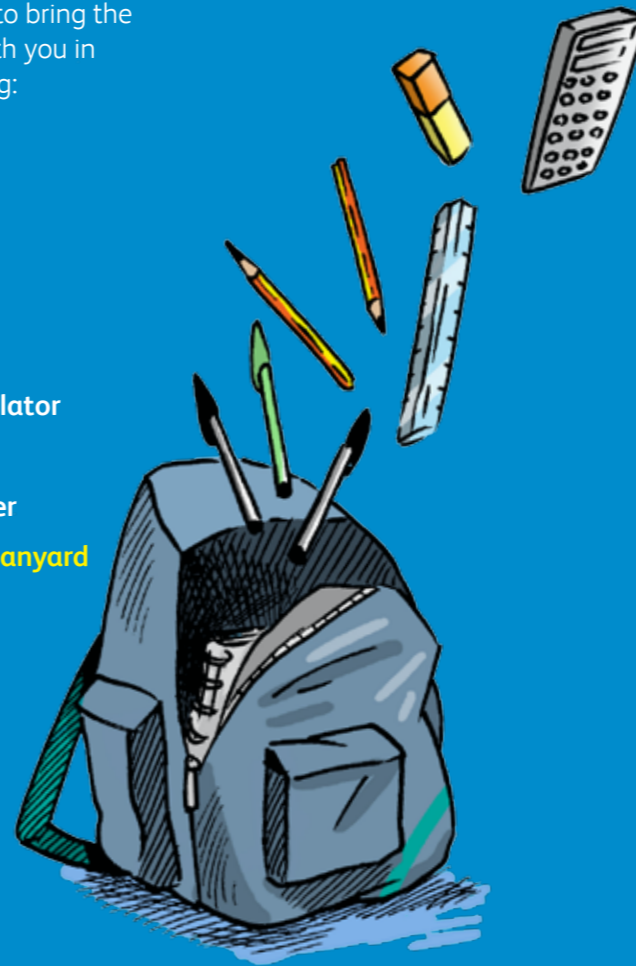


## Student quote:

“From the first day at Bow School the teachers make you feel like you are at home. More than this though, they light a fire in you that motivates you to want to succeed.” **Imte haz**

You will also need to bring the following items with you in a strong school bag:

- 2 black pens
- 1 green pen
- 2 pencils
- A ruler
- Eraser/rubber
- Scientific calculator
- A4-sized bag
- Student planner
- ID badge and lanyard





# What happens on my first day at Bow School?

## Student quote:

"I was quite nervous about starting secondary school, but Bow School offered plenty of opportunities to help us settle in before we started. Everyone is so welcoming and supportive and there is a real sense of community amongst us." **Kaira**



We know that you may be excited about coming to Bow but it is completely normal to feel nervous about starting at secondary school. We want you to settle in smoothly and confidently so we have lots of activities to help with this.

In the next few months, you will have a chance to visit us either as part of our "Taste Of Bow" workshops or as part of our very popular summer school and will start to get to know your way around and meet some of your future teachers and fellow students.

Your first day at Bow School is your Induction Day, when only your year group is in school. This will give you a chance to settle in and start to feel at home before the other year groups come back and the school gets busier.

Induction Day is relaxed with lots of brilliant activities to help you get to know where everything is and start making new friends. Even if you have friends from primary, it is a great idea to make new friends as well. And don't worry if you don't know anyone in your class – there will be lots of other students in the same position who will be eager to make new friends.

You will be assigned a 'buddy' from an older year group who will help you find your feet and answer any questions you have.

## Student quote:

"I was lucky because a lot of my friends were joining Bow too, but there were still a lot of students that I didn't know. Induction Day, before all the older students started, allowed us to find our way around and take part in lots of fun activities that meant I made new friends quickly." **Cherno**



In fact, everyone at Bow School is friendly and welcoming!

We all know what the first day in secondary school feels like so we will do as much as possible to make you feel welcome and help you settle in.

# What happens in a school day?

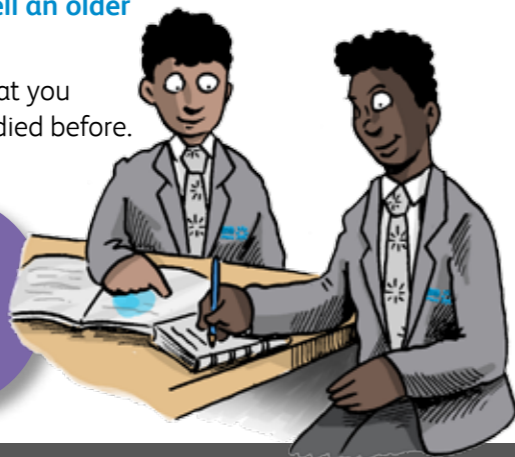


You will come into school via the front entrance. Every day there are five periods. They are an hour long Monday to Thursday and 55 minutes on Friday.

There is also a break and lunchtime. You will see your tutors at the beginning and end of each day.

There are different classrooms for lessons but you will soon get used to finding your way round. We give you five minutes to move between classes. Don't forget, **everyone will be happy to help so just tell an older student or a teacher if you get lost.**

You will have new subjects and build on what you have learnt before in subjects you have studied before.



Our canteen 'The Hub' is open before school (for Breakfast Club) as well as during break and lunchtime and has a brilliant selection of food – from snacks to full meals.

If you need facilities for prayer over lunchtime, you can use our purpose-built ablution rooms, which are attached to the main theatre where prayers take place.

# What will I study?

In Year 7 you will study:

- English
- Maths
- Science
- Modern Languages (either French or Spanish)
- Art
- Technology
- Music
- Drama
- Dance
- History
- Geography
- Religious Studies
- PSHE
- Computing
- Physical Education



## Student quote:

"I love that I am able to do things that I haven't tried before, like trampolining – I've already learnt how to do a backflip!" **Raquel**

## The Curriculum

We are very proud of our broad and balanced curriculum which places an equal level of importance on all subjects whilst at the same time ensuring that students reach the highest levels possible in the core subjects of English, Maths and Science. This does mean that our students have the opportunity to explore their own individual talents in academic, creative and practical subjects to allow them to reach their full potential, whatever that may be.



# What is expected of me?

Bow School is a lively, caring, inclusive and supportive community. To help our school community stay such a special place, we have four values which we all follow at Bow School:

- **Respect** – Value others and their differences. Respect our school and its environment. Use good manners.
- **Determination** – Keep going when things are difficult, bounce back from mistakes and learn from them. Work hard.
- **Adaptability** – Be prepared and find solutions when there are obstacles in your way.
- **Curiosity** – Be curious about our world, ask questions and enjoy learning and discovering new possibilities.

We have high expectations for all our pupils and we will all work with you to help you reach your full potential.

## Student quote:

“Bow is serious about independence and making your own choices. There’s a big support system to help you, but there’s also a lot of focus on doing the right thing.” **Rochelle**

## Student quote:

“Every student is empowered to dream big, have strong ambitions and to embody our school values of determination, adaptability, curiosity and respect.” **Farea**



When you have done well academically, shown exceptional effort or been an exemplar of our values, we will celebrate this with you.

We award certificates, recognise your achievements in assemblies and reward you!

We also nominate outstanding students for the ‘Jack Petchey Award’ where winners attend an award ceremony for students across Essex and London! Some of our students have been recognised for wonderful artwork, exemplary kindness to classmates and commitment to learning a new language.

## What happens when I need help?

**Everyone has problems and worries from time to time. It really helps to talk and share your feelings when you need help.**

All of your teachers and school staff are looking out for your welfare so you can speak to any adult at school that you feel comfortable talking to. You will see a lot of your Tutors and they are always ready to help. You can also speak to our Pastoral Care Team. They can help with problems in school and outside. They will always listen without judgement and help!

## Student quote:

“It’s a school of good listeners with a big support system, and a friendly environment where I’ve felt welcome since day one.” **Hetal**



## Student quote:

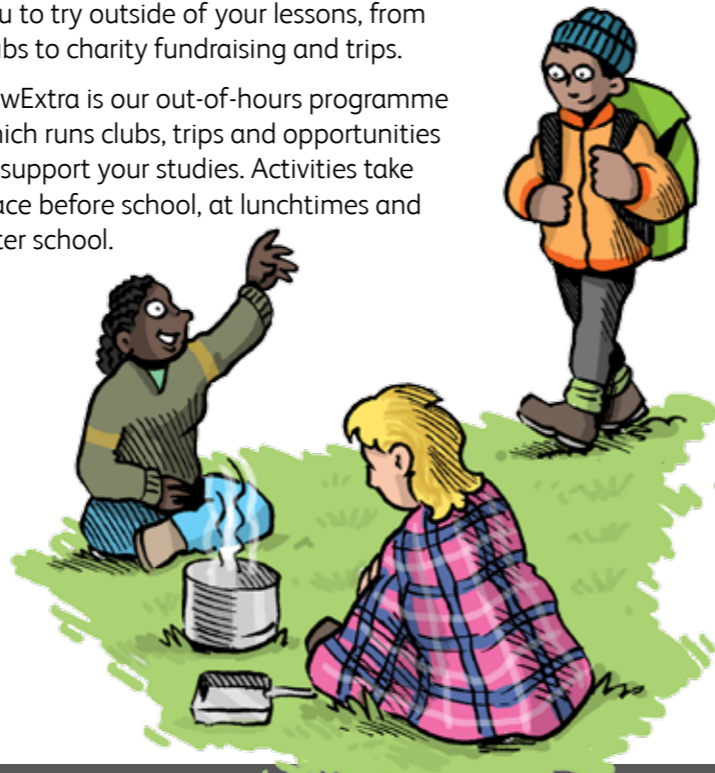
“It’s a special community, where people from different backgrounds come together to try and achieve success for everyone.” **Mehzahbin**

# What extra-curricular activities can I take part in?



There is a huge variety of activities for you to try outside of your lessons, from clubs to charity fundraising and trips.

BowExtra is our out-of-hours programme which runs clubs, trips and opportunities to support your studies. Activities take place before school, at lunchtimes and after school.



## Our BowExtra sports include:

Athletics, Basketball, Dance, Dodgeball, Fitness Suite, Football, Gym, Gymnastics, Netball, Table Tennis and Trampolining.

You can also take part in The Duke of Edinburgh's Award, Debate Mate, Model United Nations and our Student Council, which will all increase your confidence and give you life-changing experiences.

There is something for everyone! Joining a club is a brilliant way to make new friends, find a new interest or learn a new skill.

**You will be given opportunities to expand your world, so jump in, push yourself and try something!**



## Student quote:

"I chose Bow because it just had so many opportunities compared to the other schools I went to visit." **Ainhoa**

## Student quote:

"I am a keen sportswoman, and Bow School offers many enrichment activities and clubs: Dance, Athletics, Drama and Basketball – which is run by a professional basketballer. And I have learnt to play piano this year!" **Kaira**

## Student quote:

"What makes Bow School unique is the dedication to providing every one of us with unforgettable, real-world and eye-opening opportunities." **Chase**

# Starting you on your journey to a wonderful future!



**BOW  
SCHOOL**



44 Twelvetees Crescent, London, E3 3QW  
T: 020 7536 5525 F: 020 7987 4504  
W: [www.bow-school.org.uk](http://www.bow-school.org.uk) E: [bs@bow-school.org.uk](mailto:bs@bow-school.org.uk)  
📱 @BowSchool1 📷 bowschoolofficial

Devised and produced by Stoneworks Education Ltd [www.stoneworkscommunications.co.uk/Education](http://www.stoneworkscommunications.co.uk/Education)