



School Uniform Checklist



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|--------------------------|---|
| SHIRT or BLOUSE | Plain white |
| TROUSERS or SCHOOL SKIRT | Plain mid-grey. Trousers should be straight leg, not skinny fit. Plain, mid-grey with school badge. Skirts should be knee length and not rolled over at the top. |
| JUMPER or CARDIGAN | Navy V-neck |
| BLAZER | Navy with school badge |
| SOCKS | Plain navy, grey or black. Socks MUST be knee length when worn with a skirt. |
| TIGHTS | Navy / black / opaque / flesh coloured |
| SCHOOL TIE | The appropriate Year 7 and Appleton or Stockton band tie. |
| SHOES | Black |

For further information please contact:

Head of Year: Mrs E Mitchell

e.mitchell@bridgewaterhigh.com



BRIDGEWATER

HIGH SCHOOL

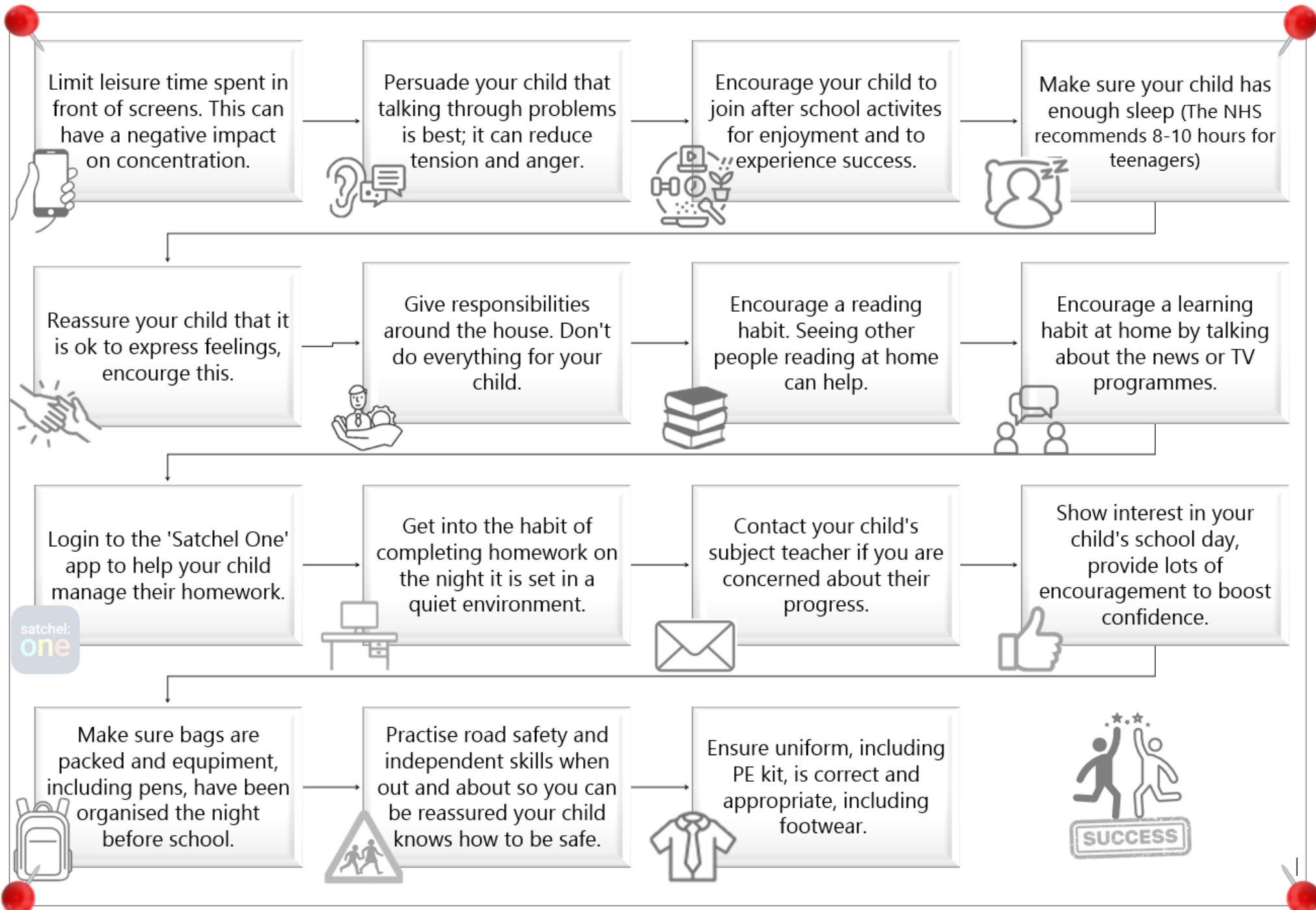
LEARNING WITH PRIDE AND JOY



The transition from primary to secondary school is an important milestone in your child's journey to independence.

From the start of Year 7, students are encouraged to organise their own equipment and manage their time to become more self-reliant learners.

This guide offers some simple strategies to help support your child on their Bridgewater journey.



Limit leisure time spent in front of screens. This can have a negative impact on concentration.



Persuade your child that talking through problems is best; it can reduce tension and anger.



Encourage your child to join after school activities for enjoyment and to experience success.



Make sure your child has enough sleep (The NHS recommends 8-10 hours for teenagers)



Reassure your child that it is ok to express feelings, encourage this.



Give responsibilities around the house. Don't do everything for your child.



Encourage a reading habit. Seeing other people reading at home can help.



Encourage a learning habit at home by talking about the news or TV programmes.



Login to the 'Satchel One' app to help your child manage their homework.



Get into the habit of completing homework on the night it is set in a quiet environment.



Contact your child's subject teacher if you are concerned about their progress.



Show interest in your child's school day, provide lots of encouragement to boost confidence.



Make sure bags are packed and equipment, including pens, have been organised the night before school.



Practise road safety and independent skills when out and about so you can be reassured your child knows how to be safe.



Ensure uniform, including PE kit, is correct and appropriate, including footwear.

