

ST TERESA'S
EFFINGHAM

Senior: Year 7

2025 - 26

Meet the Head



A very warm welcome to St Teresa's. I hope your time here is both happy and rewarding, and that you make the most of the many opportunities available to you. St Teresa's is a special place in which to learn and grow. I encourage you to throw yourself into school life with energy and enthusiasm, both in the classroom and beyond. You will be supported by a kind and dedicated team of staff. Our core values of Faith, Character, Community, Compassion and Intellect guide everything we do. If you live by these values, you will flourish. Above all, be kind, work hard, and enjoy the journey ahead.

Mr Stuart Field, June 2025

Meet the Head of Section



Welcome! My role is to oversee pastoral care for all pupils in Key Stage 3. This is a very special community in which to work. The core values and ethos of the school knit together, resulting in an atmosphere of mutual support, vibrancy and kindness. It is my firm belief that happy pupils thrive. This enables our pupils to fulfil their potential and go on to be confident and successful young women. My responsibility is to become accepted as an adult to whom all pupils can turn for guidance. In this regard, please be assured that I can be contacted at any time, by both pupils and parents alike, to discuss welfare and any general issues that have arisen.

Mr Dave Breeze, June 2025

Meet the Head of Year



I am proud to lead the provision of pastoral care to support your daughter as she begins her journey at St Teresa's. As Head of Year, my role is to nurture her academic, emotional, and social development, helping her grow into a confident, compassionate, and resilient young woman. Every girl is unique, and with our collective support, she will embrace the challenges of senior school, discover her potential, and enjoy the many opportunities available to her. St Teresa's is a special community guided by our Catholic values, and your daughter will play a key role in contributing to its vibrant spirit. My priority is to ensure a smooth transition into school life and to be your main point of contact for any pastoral concerns. I promise to handle all matters with care and sensitivity.

Ms Anna Burgess, June 2025

Key People

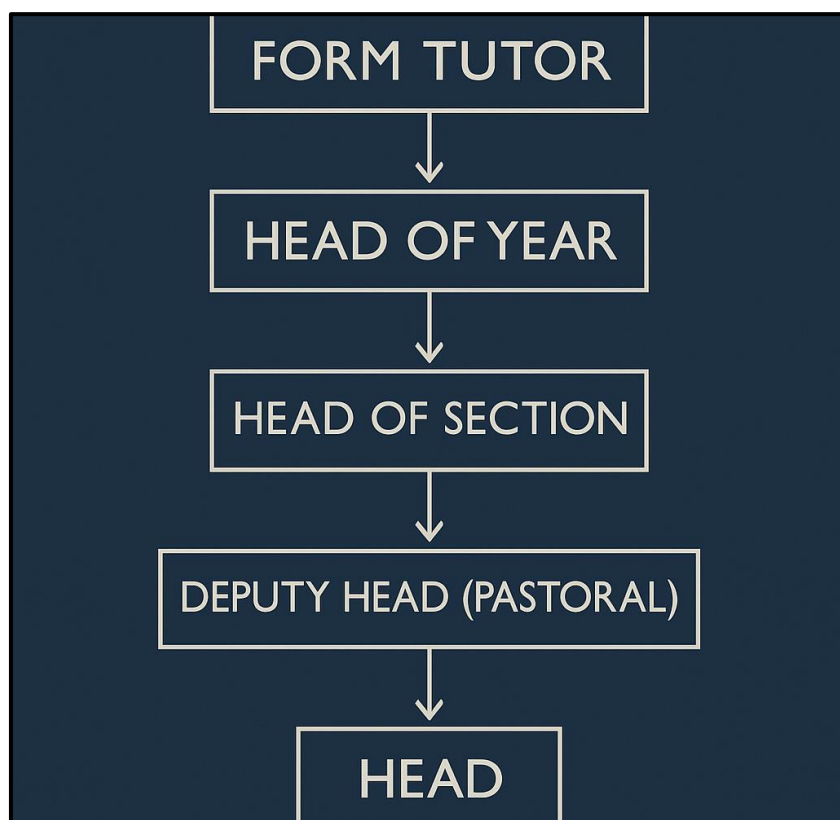
Mr S Field	Head	s.field@st-teresas.com
Mrs R Whitton	Deputy Head (Pastoral) & Safeguarding Lead	r.whitton@st-teresas.com
Miss C Pitchford	Deputy Head (Pupil Enrichment)	c.pitchford@st-teresas.com
Mr D Breeze	Head of Section	d.breeze@st-teresas.com

Year 7 Team

Ms A Burgess	Head of Year	a.burgess@st-teresas.com
Mrs S Vermeulen	Assistant Head of Year	s.vermeulen@st-teresas.com
Mrs K Durham /	7DU Form Tutors	k.durham@st-teresas.com
Mrs E Ossai		e.ossai@st-teresas.com
Miss E Lane	7EL Form Tutor	e.lane@st-teresas.com
Mr M Fuller	7MF Form Tutor	m.fuller@st-teresas.com

Communication

At our school, we value strong communication with parents, recognising its role in supporting pupil development. The flowchart below outlines a tiered approach to ensure clear, effective communication between families and staff. Our aim is to resolve queries and concerns promptly and efficiently. While some staff may not be able to respond immediately due to their roles, rest assured they will reply within a reasonable timeframe.



The Form Tutor should always be the first port of call, and they will be able to make direct contact elsewhere if necessary. Other useful contacts are:

General Enquiries	info@st-teresas.com
Medical Centre	medical@st-teresas.com
Transport Manager	transport@st-teresas.com
Safeguarding	safeguarding@st-teresas.com

Aims

At St Teresa's we aim:

- To encourage pupils to rejoice in and do well through the pursuit of academic excellence across the curriculum and beyond.
- To provide support, encouragement and challenge so that pupils realise their potential and are well prepared for the future.

To promote high standards of personal behaviour and the development of moral and spiritual values.

Ethos

There is no 'one size fits all' at St Teresa's; our girls are individuals and valued as such. No one is invisible, and we know who needs to be stretched and who needs extra help. This commitment to individual care underpins our whole ethos and approach to teaching every pupil within our care. We believe that happy girls thrive.

A 'can-do' attitude is always encouraged, and a wide range of opportunities both within and beyond the curriculum enables girls to develop and discover new abilities, interests and talents while they study towards achieving first-rate GCSEs and A Levels.

No-one is pigeon-holed. Talent and achievement of all types are praised and confidence blossoms as a result. Our primary aim is, of course, to educate, but to do so in the true meaning of the word; St Teresa's is not an academic hothouse but aims to draw out the talents latent in every girl so that at St Teresa's she will become the best she can be. Girls are supported but encouraged to think independently and to take responsibility for their own learning. This leads to excellent A Level and GCSE results from a broad-ability intake.

Policies

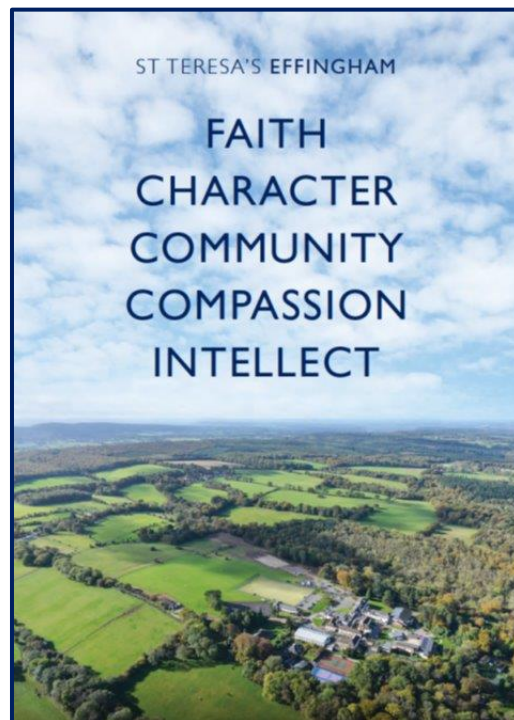
Policies and Inspection Reports are available on request from the School Office, or may be downloaded from the website:



Values

With over 510 pupils, St. Teresa's Effingham is the largest Catholic independent girls' school in the country. It is a strong caring community based on Catholic traditions. We offer an inclusive environment that is welcoming pupils from all backgrounds, open to pupils of all faiths and none.

Our core values knit the school together, resulting in an atmosphere of mutual support, vibrancy and kindness.



St Teresa's is a dynamic school which has embraced the challenge to modernise and update, whilst holding true the values and philosophies which define its character and spirit. At St Teresa's, the emphasis is very strongly on encouraging confidence.

With recognised strengths spanning academia, sport and the creative and performing arts, we focus on the individual, allowing girls to achieve their best and enabling them to follow their own unique path to happiness and success.

Results are only part of the story. At St Teresa's, the emphasis is very strongly on encouraging confidence without swagger, recognising achievement and success but, crucially, tempering these with modesty, kindness, good humour and a sense of humility so that your daughter is not only a highly capable individual, but also an immensely likeable young woman.

Term Dates

AUTUMN TERM 2025

Wednesday 03 September	Boarders arrive & Year 7 Induction Afternoon
Thursday 04 September	Term begins
Saturday 20 September	Open Morning (All pupils attend)
Wednesday 01 October	Feast of St Teresa
Friday 17 October (16:15)	HALF TERM
Sunday 03 November	Boarders return
Monday 04 November	School resumes
Friday 13 December	Term ends

SPRING TERM 2026

Monday 05 January	Boarders return
Tuesday 06 January	Term begins
Friday 13 February (16:15)	HALF TERM
Sunday 22 February	Boarders return
Monday 23 February	School resumes
Friday 27 March (16:15)	Term ends

SUMMER TERM 2026

Monday 20 April	Boarders return
Tuesday 21 April	Term begins
Friday 01 May	Open Morning
Monday 04 May	BANK HOLIDAY
Friday 22 May (16:15)	HALF TERM
Sunday 31 May	Boarders return
Monday 01 June	School resumes
Monday 01 June	Year 7 School Exams begin
Friday 05 June	Year 7 School Exams end
Saturday 04 July	Senior School Prize Giving
Saturday 04 July	Term ends

School Timings

Please find these below:

08:35	REGISTRATION
08:45	ASSEMBLY, FORM TIME OR CHAPEL
08:55 – 09:55	Period 1
09:55 – 10:55	Period 2
10:55 – 11:15	BREAK
11:15 – 12:15	Period 3
12:15 – 13:15	Period 4
13:15 – 14:15	LUNCH, CLUBS AND ACTIVITIES
14:15 – 15:15	Period 5
15:15 – 16:15	Period 6
16:15	END OF SCHOOL
16:30	BUSES LEAVE
16:30 – 18:00	Day Girls' Study

House System

There are five Houses at St Teresa's:

- **St Benedict**
- **St Dominic**
- **St Francis**
- **St Ignatius**
- **St Tabitha**

When you arrive, you will find that you have been put into one of these Houses. The Houses hold fortnightly or monthly assemblies, engage in friendly inter-house rivalry in various ways e.g., sport, drama, music and raise a great deal of money for charity.

You will quickly become convinced that your House is the best House in the school, and you will want to do your best to gain as many POINTS as possible so that your House can win the coveted House Shield. Throughout the year, there are Inter-House sports fixtures, as well as Drama and Music competitions.

Classroom Expectations

St Teresa's has the following expectations of all pupils:

Arrive on time, before form time and to lessons, wait to be invited into the classroom by a member of staff.

Organise yourself in the classroom in an appropriate manner – no running or rushing for desks/seats.

Arrive with all textbooks, exercise books and other equipment that is relevant and expected.

Listen carefully to instructions.

Complete all tasks that the teacher has set in an orderly and appropriate way – the instructions for the activity must be followed carefully.

Always write in blue or black ink.

Always use your neatest handwriting and take pride in the presentation of your work.

Put the date and heading on each piece of work and underline them with a ruler.

Listen in silence and be attentive whenever the teacher is instructing/explaining/talking – St Teresa's will not tolerate interruption of the teacher.

Listen in silence and be attentive whenever a fellow pupil has been asked to contribute/see/explain something – we will follow common courtesy and listen to each other.

Seek the teacher's permission to contribute to class discussion by raising your hand.

Complete all work by the deadlines that you are given – no late work will be accepted unless an acceptable explanation has been given to the teacher or where previous arrangements have been made.

Note that swearing will not be tolerated.

Ensure that all classrooms are left neat and tidy at the end of every lesson. All classes will need to check the state of the room at the end of each lesson.

Note that no eating or chewing gum is allowed in class – ask permission before having a drink.

Arrive and leave the class dressed as per the school uniform rules.

Code of Conduct

Registration: All pupils must attend morning registration; a pupil arriving after registration has closed or who misses registration for an extra-curricular lesson must sign in immediately at Reception.

Absence: School should be informed by a parent/carer on each day of absence
- no later than 09:00.

Day Pupils remaining in school after 16.30 must be in Study or with a member of staff at an activity.

All pupils leaving prior to the end of the school day MUST sign out at reception.

If a pupil feels unwell, they must ask permission from a member of staff to report to the Medical Centre. No pupil may telephone / text / email parents or guardians to ask to be collected. The decision to send a sick pupil home is taken by the school nurse in conjunction with one of the Deputy Heads or the pupil's Head of Year.

Before lessons, pupils should not enter classrooms or teaching areas until invited to do so by a member of staff. Pupils are expected to conform to our Smart Start standard e.g. line up outside classrooms and wait quietly. In the classroom pupils should wait to be invited to sit by the member of staff.

Day Pupils must not go into the dormitories/study bedrooms. They may only go into boarders' common rooms when invited and authorised by a member of staff. Boarders in are not allowed upstairs during the school day.

All money and valuables should be locked in a pupil's locker. The school cannot be held responsible for such items and therefore we recommend precious items are always kept at home.

No pupil may at any time bring into school, use or distribute any medication, chewing gum, aerosols, sharps or instruments of harm e.g. a penknife, smoking paraphernalia such as cigarettes, vapes, or lighters nor drugs or alcohol. Possession of these articles will be treated as a very serious offence. Possession or use of drugs on school premises may result in immediate expulsion.

Damage: Damage or defacement to school property must be reported immediately to a member of staff. Offenders will be expected to pay repair costs and will serve a sanction.

Bounds: No pupil may go beyond the Dorking Drive gate, the swimming pool garden, the top of the main drive or into the woods.

Food is not to be consumed in classrooms, corridors, the Sports Hall or any other teaching area.

Pupils in Year 7 – 11 must store their mobile phone in their Yondr pouch throughout the School day. If a pupil is found with their mobile phone without explicit permission from a member of staff, they will be sanctioned.

All pupils must respect the uniform rules and guidelines.

Pupils may not use social media during the school day on any device. Pupils must adhere to the Acceptable Use Policy.

All school email accounts are for communication between staff and pupils. Personal email accounts and social media accounts will be accessible at the end of the school day.

Reporting and Assessment

Parents and Guardians of Year 7 will receive the following academic reports:

- An attitude to learning grade sheet, issued at October half-term
- An effort and attainment grade sheet, issued at the end of the Autumn Term
- A full written report at the end of the Spring Term
- A full written report at the end of the Summer Term

The Year 7 Parents' Evening is scheduled to take place on Thursday 13 November 2025. This will be an opportunity for parents and guardians to discuss their daughter's academic progress.

Homework

Homework checks you have understood what you have done in class and helps you to prepare for something that you might be doing in the next lesson.

Year 7 pupils will be eased into homework. However, they should eventually expect to receive three pieces of homework per day, each lasting for twenty minutes. This will mean that there will be an hour of homework to complete every evening.

Your teachers will tell you that it is perfectly acceptable to stop your homework after the recommended time, even if you have not completed the task that was set. Organise your time – do not leave everything to the last minute.

Attendance

Pupils with good attendance, generally achieve higher grades and enjoy learning at school more. Having a good education will help to give your child the best possible chances in life. Learning is a progressive activity; each day's lessons build upon those of the previous day.

Attendance During 1 Academic year	Over the academic school year the equivalent missed ...			
	Days	Sessions	Weeks	Lessons
95%	9 days	18 Sessions	1 Week & 4 days	50 Lessons
90%	19 days	38 Sessions	3 Weeks & 4 days	100 Lessons
85%	28 days	58 Sessions	5 Weeks & 3 days	150 Lessons
80%	39 days	72 Sessions	7 Weeks & 3 days	200 Lessons
75%	46 days	96 Sessions	9 Weeks & 1 day	250 Lessons
70%	57 days	114 Sessions	11.5 Weeks	290 Lessons

Attendance notice is an email issued to parents or carers who fail to ensure their child attends school regularly (90%). A percentage below 90% is considered by the local authority as persistent absence. If your child accrues 5 school days absence or more in a twelve-week rolling period, parents could be contacted by Social Care. This includes taking holidays in term time without the school's permission

A child registered at a school can legally miss school only in very limited circumstances:

- Genuine illness
- Religious observances
- Family bereavement

The following are not valid reasons for absence:

- Conjunctivitis
- Glandular Fever
- Tonsillitis
- Head Lice that is undergoing treatment
- Headache
- Cold
- Chicken Pox once all spots have crusted over
- Continuous periods of Diarrhoea & Vomiting after 48 hours

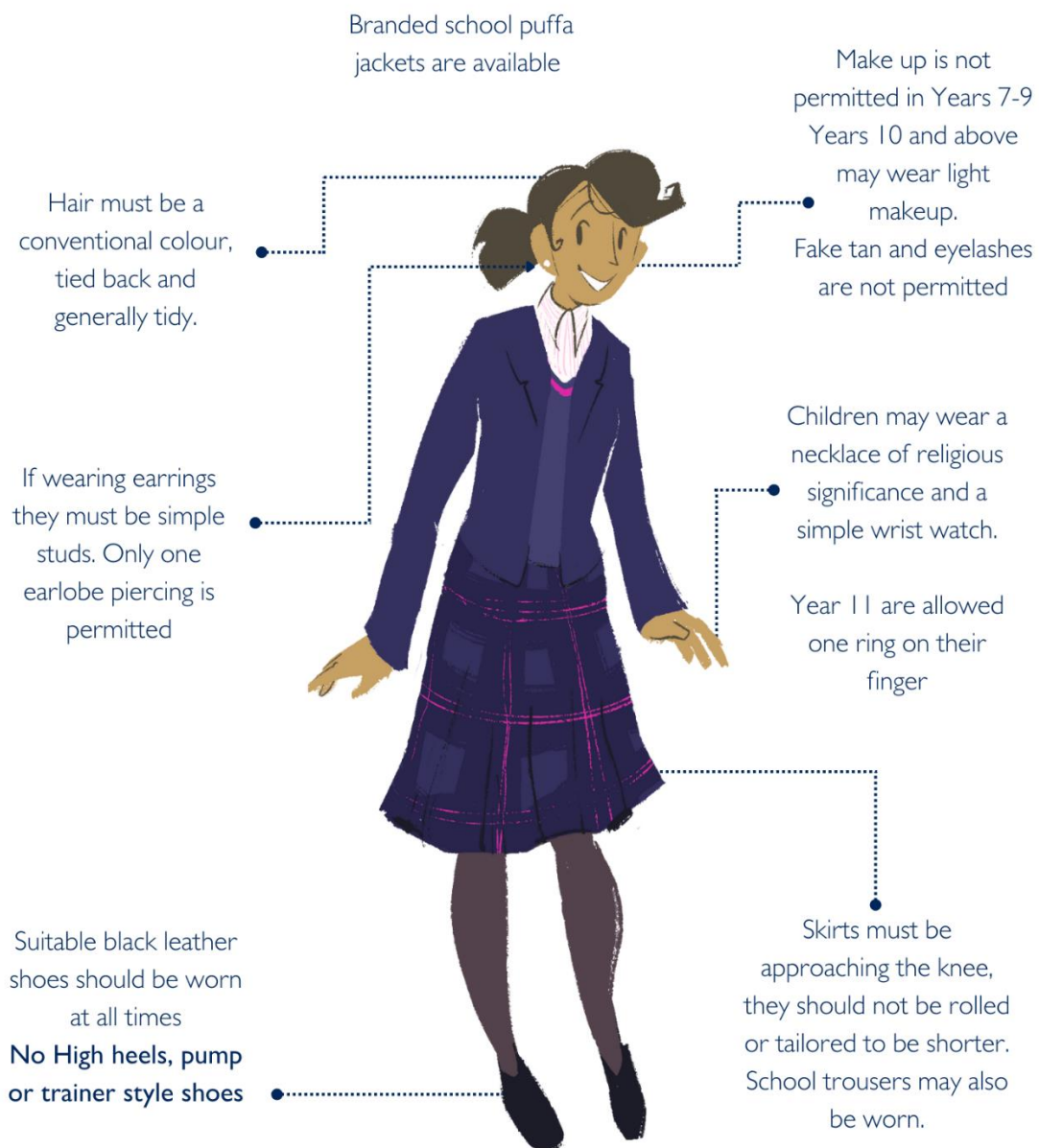
Wherever possible we encourage pupils to come into School, even if they try to cope. We have a Medical Centre so should there be any deterioration they will be cared for until they can be collected. Our Nursing team are also here to offer advice as needed.

Uniform

ST TERESA'S EFFINGHAM UNIFORM GUIDE

Pupils in Years 7 - 11 wear a navy blazer and school kilt or trousers everyday. The pupils are expected to follow the below uniform rules.

NO additional or alternative items may be worn.



Extra-Curricular Activities

There is a wide range of extra-curricular activities on offer at St Teresa's. There are many after-school sports clubs including football, netball and hockey. The school takes part in ISHC competitions and has been highly successful in recent years.

As well as sport, there is something for all interests, including music, drama and public speaking. There are two main whole-school productions each year, with a large-scale drama production in the Autumn Term and a musical production in the Spring Term. Previous productions have included 'Les Misérables', 'The Lion, the Witch and the Wardrobe', 'Noughts and Crosses', 'High School Musical' and 'Shrek'.

Italian	Model Aeroplane	Drama Club	Public Speaking
Cooking	String Ensemble	Screen Acting	Film Club
Spelling Club	Chemistry	STEM	Stage Lighting
EDI	Sinfonia	Musical Theatre	Activism
Symphony	Schola Cantorum	Yoga	Jazz Dance
Showstoppers	Debating	Pride	Dance

Trips

At St Teresa's, we believe that education is not just about academic life. We offer several trips and expeditions for our pupils so that they can grow culturally and intellectually. Pupils in previous years have travelled to North America to go skiing, and to Iceland and Slovenia on adventure camps and expeditions. The senior choir travel to Europe every year on a tour. Previous visits have included cathedral masses in Paris, Sicily, Barcelona, Verona, Malta and Athens.

In Year 7, we also organise several educational trips within the United Kingdom. We regularly review our programme of trips and there will certainly be an opportunity for your child to enjoy the benefits of educational trips, allowing them to experience different cultures and giving them a chance to strengthen friendships.

Year 7 Residential

There will be an overnight residential trip for all Year 7 pupils from Thursday 09 October to Friday 10 October 2025 at Blackland Farm Outdoor Centre, an adventure centre located near East Grinstead. The trip will provide pupils with the opportunity to explore exciting new experiences, learn new skills and discover more about themselves and those around them.

Enrichment Opportunities

The 7 pupils have several opportunities to engage with enrichment topics, and to explore particular areas of interest outside of the curriculum.

All Year 7 pupils will complete individual personal research projects throughout the year, known as 'Floreat Projects'. This will culminate in a 'Floreat Festival', which will take place in the Summer Term. The Floreat Festival will showcase each project and allow every Year 7 girl to demonstrate her own intellectual curiosity.

To acknowledge their contribution to the academic life of the school, Academic Scholars are invited to an annual celebration dinner, hosted at school by the Headmistress. This will be held in the Autumn Term.

Homework

Homework checks you have understood what you have done in class and helps you to prepare for something that you might be doing in the next lesson.

Year 7 pupils will be eased into homework. However, they should eventually expect to receive three pieces of homework per day, each lasting for twenty minutes. This will mean that there will be an hour of homework to complete every evening.

Your teachers will tell you that it is perfectly acceptable to stop your homework after the recommended time, even if you have not completed the task that was set.

Organise your time – do not leave everything to the last minute.

Learning Support

The Learning Support (LS) Department at St Teresa's supports curriculum teaching by providing you with strategies to use in your everyday learning. They aim to share strategies for efficient learning and guide you to achieve your potential. You will develop into independent proactive learners, who aim to seek meaning and act with purpose to achieve. Our LS teachers will help you to maximise your learning potential, teaching you a range of helpful study skills such as time management and revision skills.

When you understand how you learn best, you can articulate your learning preferences and needs to your teachers, and this will help make your studying even better. Being an independent learner who has agency will help you to become a powerful learner.

Individual lessons with LS teachers are highly personalised to your needs. All our LS teachers work closely with your subject teachers to ensure the best targeted support is given to you. Our LS teaching takes place within a friendly, bright, open space which is well-resourced. They can help you with using assistive technology, such as computer readers and reading pens, and will assess your needs for access arrangements in tests, and, as you progress through the school, for GCSE and A Level examinations. The LS Department are always here to help and look forward to welcoming you in September.

If you have any questions regarding SEND, please contact Mrs Audrey Moncrieffe (SENCO/Head of SEND Prep/Senior School) at a.moncrieffe@st-teresas.com

Bus Services

At St Teresa's we offer an extensive school transport network for the convenience of our parents and pupils. We operate a fleet of modern vehicles that operate morning and afternoon routes across most of the surrounding towns and villages, facilitating convenient, safe and punctual transport to and from school.

Our routes include regular morning and afternoon shuttle buses between St Teresa's, Cranmore and Manor House, including an escorted service for our youngest pupils, and morning, afternoon and early evening shuttle services between the school and Effingham Junction Station, Woking, Guildford and Cobham and Esher.

Please note that our routes may change slightly each year to accommodate girls joining us from different areas, but we are not able to offer a door-to-door service. Once published, we endeavour not to change routes mid-term.

Parents wishing to use the school transport service must register before the start of term if possible and commit to the service for the whole term. Pupils can be registered for a weekly return journey, a weekly single journey, or to travel a few days a week, if required. Journeys not taken will not be refunded.

Pupils may take one-off or "ad-hoc" journeys subject to available seats on a bus. Parents should contact the Operations Department in advance to make the arrangements.

WHERE TO GO FOR HELP?

Talk to your Form Tutor, HOY, Mrs
Whitton or Mr Breeze

Visit the Medical
Centre, Wellbeing
Room or Chapel

Ask about ELSA
and Peer
Mentoring

Take some fresh air

Independant Listener
Taryn Bennett
07514 800042

Talk to your friends

Book a drop-in session with School
Counsellor at lunchtime

Ask to walk with Yogi our Therapy
Dog



SEARCH FOR...

Kooth - Free Online Counselling Service

Shout - 24/7 Crisis Text Service

Childline - Confidential Support to 11-18 Year Olds

The Wellbeing Hub - A Safe Space to Get Support for you Mental Health

Young Minds - Online Information and Tips for Young People

Headspace - A One-Stop-Shop for Young People Who Need Help

The Mix - Essential Support for Under 25s

Child Commussioner - www.childrenscommissioner.gov.uk

SCAN FOR ST TERESA'S
HELPINE!



Curriculum

Over the next few pages, you will find an outline of each subject area, giving you an overview of what is covered in each of the subjects your daughter will be studying during Year 7.

If you have any questions, the Academic Staff look forward to meeting you at the Parents' Evening on 13 November 2025. Alternatively, please feel free to contact Heads of Department or Subject Teachers at any time for an appointment.

Art & Design

Co-Heads of Department

Mrs J Uren and Miss S Shear

art@st-teresas.com

Year 7 Art & Design explores the theme 'Formal Elements: Ancient & Natural Worlds', whereby all pupils begin with an exciting introduction to mark making using a variety of natural materials. This specific process enables pupils to discover the array of expressive and dynamic marks that can be generated, whilst also forming a greater understanding of the application of various media: ink, paint, charcoal and pencil. In addition, the work of various civilisations are explored and in response to these, both contextual research and detailed studies are undertaken.

As each term progresses, all pupils will have the opportunity to extend their creative skills and formulate a series of experiments that encompass the technique of embossing, etching, printing and ceramics. Central to this subject is observational drawing; the technique of continuous line drawing is also introduced, enabling pupils to analyse and record the objects they are studying. At the end of the year, all pupils will complete a final drawing assessment.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Exploring ancient civilisations and artforms Research Understanding the formal elements Mark making – media experiments Media experiments (embossing/etching/wax resist) Continuous line drawing Observational drawing	Continuous line drawing Observational drawing Exploring ancient civilisations and artforms Research Media Experiments (ceramics) Repeat designs	Exploring ancient civilisations and artforms Research Media experiments Continuous line drawing Observational drawing

Drama

Director of Performing Arts

Miss J Hansen

j.hansen@st-teresas.com

Drama is an exciting, inspiring and creative subject at St Teresa's. We have an engaging and diverse curriculum that explores so many different aspects of Drama; from developing your physical and vocal skills as an actress to writing, performing and producing your own show to a public audience in the Year 7 Drama Festival.

The annual Year 7 Drama Competition is one of the many highlights of the year where form groups prepare a scripted piece for performance and compete against one another. Our lessons are all practical and the curriculum allows you to develop as an actor, playwright, director, technician, performer and public speaker whilst enjoying and appreciating the world of theatre and its exciting opportunities. As part of the curriculum, we also have theatre visits and invite theatre companies to come into school to perform and run workshops.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Improvisation and storytelling; structure, setting, audience and aim. Characterisation; creating and performing a credible and engaging character. Script work – from page to stage. The Year 7 Drama Competition	Play writing; structure, form and narrative of a one Act play Directing, producing and performing a one Act play The Year 7 Drama Festival	Masks Slapstick Commedia dell' arte Pantomime Musical Theatre

English

Head of Department

Mrs K McGrath

k.mcgrath@st-teresas.com

Year 7 English is the first year of study at KS3 and aims to build upon the core skills from KS2 whilst laying the foundations for KS4.

Throughout your lessons you will be introduced to a broad range of texts including poetry, prose and drama. These texts will make you laugh, gasp and cry in equal measure and hopefully instil within you a lifelong love of reading.

You will learn to write for a variety of purposes including analytical and creative writing. Some of the highlights of our lessons in Year 7 include creating your own pilgrim when studying Chaucer's 'The Canterbury Tales', drama inspired by 'Twelfth Night'.

You also can take part in national writing competitions, where we have enjoyed much success. We also hold a Literary Evening as part of our celebrations for World Book Day where pupils from Years 7-13 share their creative writing inspired by the literature they have studied in class.

A highlight of Year 7 English is our fortnightly lesson in the school library; we spend time sharing book recommendations, extracts from latest releases and escape to another world as we get lost in a good book!

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Autobiographical Writing Study of a novel Poetry Anthology	Study of a novel Shakespeare Writing for a variety of purposes	Chaucer and the history of English Fiction Project

Food Preparation and Nutrition

Head of Department

Mrs L Linaker

l.linaker@st-teresas.com

When studying Food Preparation and Nutrition in Year 7, you will have lessons once a week for half the year. You will have an opportunity to develop a knowledge and understanding of a broad range of practical skills, techniques and recipes.

We will begin with safety, hygiene, and knife skills, followed by making food using each part of the cooker. We will also learn about where food comes from, how it is made, and the nutrients it provides.

Good organisational skills are important for this subject, and you will have an opportunity to be both creative and independent in cooking and preparing a variety of dishes.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none">• Safety in the Kitchen• Hygiene Principles• Knife Skills• Food Provenance• Healthy Eating• Recipes including vegetable cous cous, ratatouille, apple crumble, bread rolls, breakfast bars, muffins, seasonal treats		

Geography

Head of Department

Ms S Hobkinson

s.hobkinson@st-teresas.com

Geography is a subject which creates a sense of appreciation for the vastly different cultures and landscapes that exist across the world. Overall, Geography aims to understand how our planet works, the impact people have on it and how best to protect it for the future.

Geography will encourage pupils to consider the ever-changing nature of the human, physical and environmental landscape of our planet. Pupils will develop the skills and knowledge to understand the challenges our planet faces from the local to the global scale.

The highlight of the year will be the opportunity for pupils to participate in a day trip to discover more about the geology of our region.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
What is Geography? Finding places Geology of the South East Settlement	Weather and climate World region- South America Tropical rainforest ecosystem	Water, rivers and flooding Global issue – developing sustainable energy supplies

History

Head of Department

Mrs M Marsden-Wilkins

m.marsden-wilkins@st-teresas.com

History at St Teresa's will give you an excellent understanding of the extent to which Britain and the world has changed as a country both socially and politically. You will begin your journey in Year 7 by investigating the growth of Baghdad as a centre for trade and knowledge in the Medieval period, tracking the movement of people up to the conquest of England by William the Conqueror. His victory in the Battle of Hastings sparked a significant amount of change in this country and you will spend time examining these changes and the impact they had on our culture and way of life. You will then take a deeper look into life in the Medieval period by investigating the role, power and influence of the Church with a specific focus on the Crusades. In the final term you will study the beginnings of the Tudor dynasty and the impact of the Renaissance. Woven into the History curriculum is the opportunity to develop essay writing skills and learn how to draw inferences from historic sources.

History is a fascinating subject which will develop your understanding of British culture, politics and society. Throughout your time at St Teresa's, you will explore the history of other nations as well as our own and, in doing so, you will have an increased awareness of how far humanity has come across the centuries.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Baghdad c.1050 - what drove their thirst for knowledge?	The Mongols and Baghdad	Wars of the Roses
Medieval Britain before and after the Norman Conquest	Impact of the Black Death on England	Henry VII
The Crusades	Hundred Years War	The Incas
Monarchs and their challenges in ruling		Martin Luther's protests
		Henry VIII Break with Rome
		The impact of the Renaissance

Latin

Head of Department

Dr V Poffley

v.poffley@st-teresas.com

In Year 7 Latin pupils will be introduced to the basics of the Latin language and the life and culture of the Ancient Romans who spoke it. You will discover how an inflected language like Latin uses different word endings to do things that English grammar does with word order or extra words, learn a basic vocabulary and read stories about life in Pompeii just before it was destroyed in 79AD. You will look at work and leisure, slaves and freedmen, the ancient theatre, gladiator shows, the baths, Roman religion and thoughts on the afterlife through the eyes of Lucius Caecilius Iucundus and his family.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Words for family and household Nominative and Accusative cases of nouns Words for city life and business Verb endings for first, second and third person in the present tense First, second and third declension nouns	Words for theatre and entertainment Verb endings for Imperfect and Perfect tenses Words for dining and leisure Pompeii tourist guide research project Slaves and Freedmen Gladiator shows	The dative case and its uses Comparative and superlative adjectives Roman baths Personal pronouns Words for politics and public life

Mathematics

Head of Department

Miss L McDowall

l.mcdowall@st-teresas.com

Learning in mathematics is always posed as a question or problem to be solved; this is the true essence of this subject. Our aim in Year 7 is for pupils to develop a strong foundation of mathematical skills, which you can use to communicate ideas and apply confidently to increasingly difficult problems.

It is important for each pupil to work at the correct pace, so the year group is divided into sets according to ability and speed of working. These are timetabled at the same time so that the girls can be placed in a set which best allows them to flourish. Of overall importance is the encouragement of a positive and enquiring approach to the subject, so girls of differing natural ability can all feel a sense of purpose, success and stretch. Our hope is they will appreciate the beauty of mathematics and fun in discovering the use of mathematics around them.

Our curriculum is split into six distinct areas: number; algebra; ratio; geometry and measures; probability and statistics. Whilst some lessons will focus on a particular strand, interleaving these topics is vitally important to reinforce connections. Pupils begin Year 7 with the topic 'What is a Mathematician?', exploring many of the key skills they will develop over the year. Some of the activities pupils participate in include treasure hunts, code breaking, relays, murder-mysteries.

We ask pupils to bring the following equipment to lessons: pen, pencil, ruler, protractor, compass, scientific calculator. These can be purchased in the Mathematics department at St Teresa's.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none">• What is a mathematician?• The 4 operations• Place value• Powers and roots• 2D shapes• Expressions	<ul style="list-style-type: none">• Fractions, decimals and percentages• Equations• Ratio and proportion• Probability• Angles	<ul style="list-style-type: none">• Graphs• Inequalities• Representing data

Modern Foreign Languages

Head of MFL Department

Mrs D Granada-Herbello

d.herbello@st-teresas.com

In Year 7, all pupils have the unique opportunity of studying three modern foreign languages; French, German and Spanish. The languages are studied simultaneously with one lesson per language each week. All languages are taught by specialist teachers. At the end of Year 7, pupils choose two of the three languages they wish to continue to study in Years 8 and 9.

Learning a new language is exciting as it opens up new worlds to discover and a knowledge of other languages is the key to gaining an understanding of the lives and cultures of people everywhere. Our main aim is to promote an enjoyment of communicating in another language and a desire to learn about different ways of life.

At the beginning of the academic year, in September, the language department celebrates European Day of Languages, when Year 7 may savour European specialities in Café Europe, have a go at Salsa or Flamenco dancing, attend a theatre performance, enter the Great European Bake-Off or perhaps watch a foreign language film with friends and popcorn!

Lessons are fun too! All pupils have access to excellent MFL online textbooks through Active Learn (Dynamo 1 - French, Stimmt 1 - German and Viva 1 Segunda Edición - Spanish) and accompanying workbooks, supplemented by a great range of other resources from video clips to song and drama. Pupils are also introduced to a variety of language learning websites, offering games and quizzes, both for use in the classroom and for independent learning.

Year 7 Curriculum Overview for French, German and Spanish:

	French	German	Spanish
Autumn Term	Introductions, personal information and my school	Introductions, personal information and birthdays	Introductions, personal information and my free time
Spring Term	My town and local area	My family, friends and pets	My free time and hobbies
Summer Term	My free time and hobbies	My town and travelling	My school

Music

Head of Department

Mrs C Yalden

c.yalden@st-teresas.com

The Year 7 music curriculum aims to build confidence and enjoyment through music by developing aural skills around pitches and rhythms; thus, enabling unrestricted creativity and imagination in the girls' work. Frequent performing opportunities also build confidence, and aural skill development is built into every task. The department's overriding goal is for all pupils to enjoy music making and listening to different genres of music.

Music learning is centred around the three disciplines: Performing, Composing and Listening. Each of these is explored by further understanding of the music elements and they are built into the topics covered. Girls are encouraged to participate in co-curricular music.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Topics will include: Overview of the history of music Elements of Music Pitch and Rhythm, including composition Instruments of the Orchestra Keyboard skills Listening and dictation skills Christmas music including singing in the Christmas Concert and the Carol Service (compulsory)	Topics will include: Voices and Vocal Music Gamelan Music, including composition Music for the Stage (musical theatre, opera and ballet) Keyboard skills Listening and dictation skills Singing in the Spring Concert (compulsory)	Topics will include: Revision for the summer exam Chords Keyboard skills Listening and dictation skills Form and Structure, including composition.

Personal, Social, Health and Citizenship Education

Head of Department

Ms A Burgess

a.burgess@st-teresas.com

The PSHCE course in Year 7 will cover a wide range of topics under health and wellbeing, relationships and living in the wider world. Year 7 will be taught by a variety of teachers throughout the year and, as well as learning as a form, guest speakers will give talks to the year group.

In the Bounceability course, pupils learn key skills such as promoting good mental health, dealing with challenging situations and building resilience. Pupils learn how to participate, communicate and contribute in ethical debates and discuss key topics within friendship, diversity and identity. Pupils build their knowledge of human reproductive organs, puberty, pregnancy and birth in PSHCE.

In our lessons, we pride ourselves on being respectful and considerate when discussing sensitive topics. We always listen to one another and care for each other. Pupils may find this a good opportunity to get to know their peers outside of form time. There is no summer exam for PSHCE.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Getting to know each other Bounceability Course Bullying Relationships and Sex Education Puberty and Periods	Friendship, Diversity and Identity Right and Wrong, Discrimination and Ethics Staying Safe Online	Mindfulness First Aid Money Management Revision Skills Careers Values Week Body Image Effects of Sunbathing

Physical Education

Director of Sport

Mrs L Dellaway

l.dellaway@st-teresas.com

A warm welcome to Sport at St Teresa's! We are so excited to meet you and hope to inspire you to gain a lifelong love of sport just as much as we do!

In PE lessons (one hour per week), you will be taught in your tutor groups and will rotate the sport/activity you participate in each half term. In your Games afternoon (2 hours per week), you will rotate weekly between Netball and Hockey, or Tennis and Cricket in the Summer Term, within your selected teams where you will either train or play in a fixture against another school.

Our extra-curricular sporting schedule is jam-packed so we hope you will find at least one club you would like to join with us outside of your lesson time. These take place after school, at lunchtime and before school. Alongside your Games lesson, you will also have an after-school training session or fixture with your team in Hockey, Netball, Swimming, Water Polo, Badminton, Cricket, Tennis and Athletics.

On top of this, we offer sports residential trips in hockey, netball and swimming which are invitational tours on an annual or bi-annual basis. These include trips to Condoval Hall, the London Aquatics Centre, Nottingham, and a bi-annual tour to South Africa.

Year 7 PE / Games / Extra-Curricular Overview:

Autumn Term & Spring Term	Summer Term
<p>PE</p> <ul style="list-style-type: none"> • Short Tennis • HRE in the performance gym • Swimming • Football <p>Games</p> <ul style="list-style-type: none"> • Netball • Hockey <p>Extra-Curricular</p> <ul style="list-style-type: none"> • Team Netball • Netball Shooting • Team Hockey • Hockey Goalkeepers • Hockey Skills • Team Netball & Hockey Video Analysis • Squad Swimming • Development Swimming • Water Polo • Football • Fitness / Strength & Conditioning • Badminton / Racquets • Tennis • Cross-Country • Rowing 	<p>PE</p> <ul style="list-style-type: none"> • Athletics • 100m • 200m • 300m • 800m • 1500m • Long Jump • High Jump • Triple Jump • Javelin • Discus • Shot Put <p>Games</p> <ul style="list-style-type: none"> • Tennis • Cricket <p>Extra-Curricular</p> <ul style="list-style-type: none"> • Team Cricket • Cricket Bowling • Squad Tennis • Development Tennis • Team Athletics • Field Athletics • Track Athletics • Swimming • Water Polo • Rowing

As well as your PE lessons you will have ample opportunity to train in the following sports after school and represent your school in fixtures and tournaments:

Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> • Netball • Hockey • Swimming • Water Polo • Cross-Country • Football • Biathlon • Badminton 	<ul style="list-style-type: none"> • Netball • Hockey • Indoor Hockey • Swimming • Water Polo • Cross-Country • Football • Biathlon • Badminton • Rowing 	<ul style="list-style-type: none"> • Tennis • Cricket • Athletics • Swimming • Football • Aquathlon

Religious Studies

Head of Department

Mrs G Shannon

g.shannon@st-teresas.com

The RS course in Year 7 builds upon knowledge already gained by pupils, about the foundations of the Christian Church and how it is lived out within the Christianity community and the wider world.

At the beginning of the Autumn Term, we look at the life of St Teresa of Lisieux (the patronal saint of the school), the key events in her life story, her life as a religious sister, and a brief introduction to the history of the school community.

All pupils will be given a copy of the Good News Bible, which they begin learning how to use. Pupils are taught about the mystery of God and his role as the Creator. As stewards of God's creation, we explore environmental ethics and their impact upon the world. We look at how God reveals himself in the Old Testament (Hebrew scriptures), the New Testament and Jesus, the incarnate God. Pupils will study the reverence shown to Scripture in different world religions. The term concludes with a look at the seasons of Advent and Christmas.

At the beginning of the Spring Term, we look at Jesus' relationship with the poor and outcast, how Jesus' ministry was for everybody, works of Mercy, the Sacrament of the Sick, pilgrimage to Lourdes, Holy Week, The Lord's Prayer, Covenant, Prayer and Fasting, Ashes and Lent, the Sacrament of Reconciliation.

In the Summer Term we look at the Early Church and the lives of the first Christians. Pupils will study the meaning of the Mass, the Real Presence and different beliefs about the Eucharist.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
St Teresa of Lisieux Creation/Environmental ethics Revelation Advent/Christmas	Jesus' relationship with the poor and outcast Prayer/Fasting Covenant Lent/Reconciliation	Early Christian Church Mass Different beliefs about the Eucharist

Science

Head of Department

Mrs C Edwards

c.edwards@st-teresas.com

Our KS3 course follows a bespoke scheme of work, based around the Exploring Science units. It is clearly divided into Biology, Chemistry and Physics topics and all pupils will follow a balanced curriculum. As well as developing our pupils' knowledge and understanding of scientific theory, our curriculum has an integrated working scientifically component which is aimed at developing the functional skills of observing, classifying, measuring, testing and recording, as well as the reasoning skills of questioning, predicting and concluding. There is also a clear focus on literacy and communication that seeks to develop pupils' confidence in articulating their scientific ideas.

Our aim in KS3 Science is to foster a love of science through investigation and practical work and we therefore design the lessons to allow as much practical work as possible. We also run a Year 7 Science Club which promotes independent science work and allows for extended project work to be carried out.

Year 7 Curriculum Overview:

Autumn Term	Spring Term	Summer Term
Classification	The particle model	Light
Mixtures and separation	Sound	Plant and animal reproduction
Cells, tissues and organs	Variation and inheritance	Acids and alkalis
Forces	Atoms, elements and molecules	Space

Contact Details

St Teresa's Effingham

St Teresa's
Effingham
Surrey
RH5 6ST
UK

Tel: 01372 452037

Email: info@st-teresas.com

Head:	Mr. Stuart Field BSc (Hons), NPQSL
Head of Section:	Mr Dave Breeze BA (Hons), PGCE
Head of Year:	Ms Anna Burgess BA (Hons), MA, PGCE

Governors

Our Governing Body may be contacted through Mrs Claire Minikin, Clerk to the Governors at the school address:

Cranmore School
Epsom Road
West Horsley
Surrey
KT24 6AT
Tel: 01483 280340
Email: c.minikin@effinghamschools.org

Our Chair of Governors is Mrs Annette Turner and she may be contacted at the address above or via her school contact address which is a.turner@st-teresas.com