

Name: \_\_\_\_\_

Primary School: \_\_\_\_\_

Birthday: \_\_\_\_\_



**PEMBROKE**  
A PRIORY ACADEMY

**ALL ABOUT  
ME**

## Contents

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**# Be generous with your drawing skills and do a self portrait.**

**More about me.....**

**The things in life I like ....**

**The things in life I dislike ....**

**Things I am good at ....**

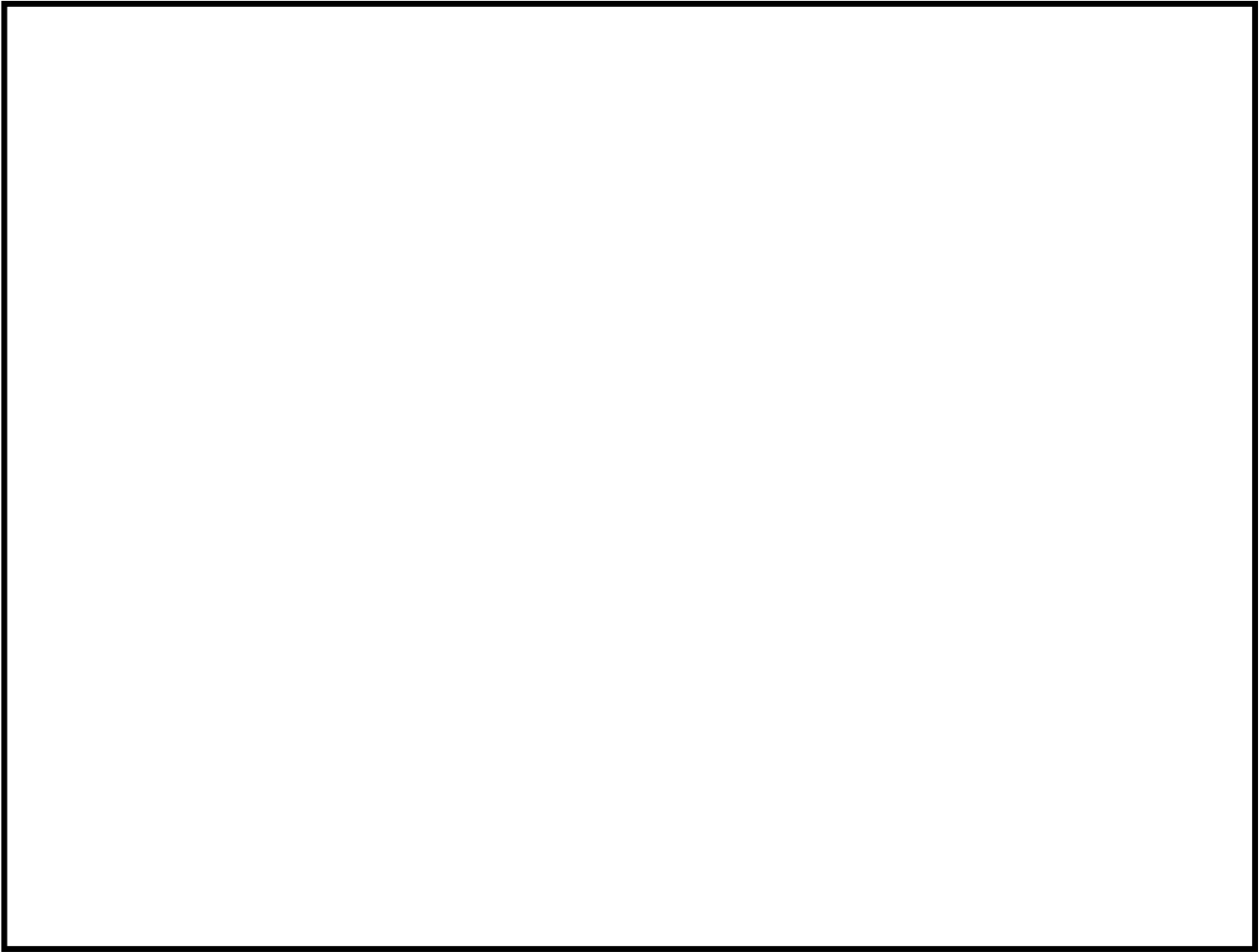
**Things I need more help with ....**

**My family and friends -**

**Make a collage of photographs and tell us who is who.**

## # Curiosity

Draw a picture of you doing your hobby with a brief explanation.



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**We are #passionate about books and reading at Pembroke.**

**Write a book review of your favourite book (200 words minimum).**

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**#Courage - do you have any worries about secondary school? Can you tell us what these are by using pictures and/or words? You could use a spider diagram or pictures to explain about any worries you may be feeling.**

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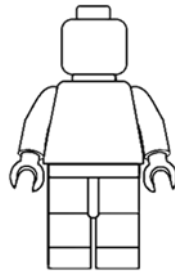
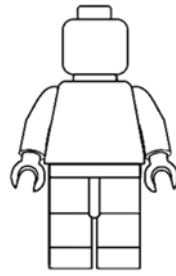
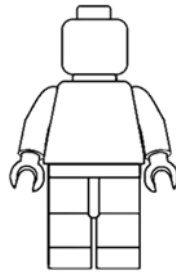
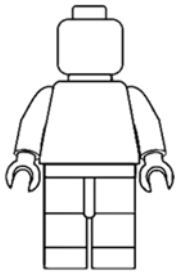
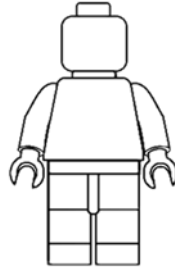
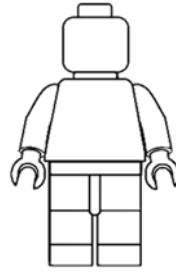
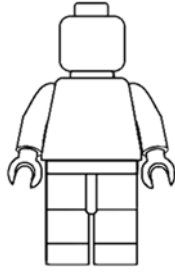
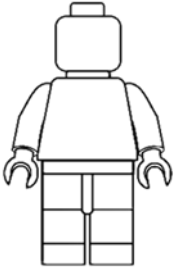
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**Who I already know at Pembroke? And how do I know them?**



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**#wisdom**

**Anything else you want us to know.....**

**The person in my family  
I look up to and listen to  
the most**

**My Hero**



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**Note: your parent / carer may want to add something here.**

# What do I need to bring everyday?

## 's evening school bag check list

<p>School planner. Adult to sign every week.</p>	<p>Pencil case with a .....</p>	<p>pencil, pen, ruler, rubber, sharpener and green pen.</p>	<p>A clear water bottle.</p>
			
<p>My bus ticket (if you travel by bus)</p>	<p>Money for break time snack and lunch, or a packed lunch</p>	<p>P.E. kit for _____ and _____</p>	<p>Any books or Homework for the day's lessons</p>
			

**Who can help me in school? .....**

<b>JOB</b>	<b>NAME</b>
Head Teacher	
Head of Year	
Form Tutor	
Special Educational Needs Co-ordinator	
Student Support	
Pastoral Managers	

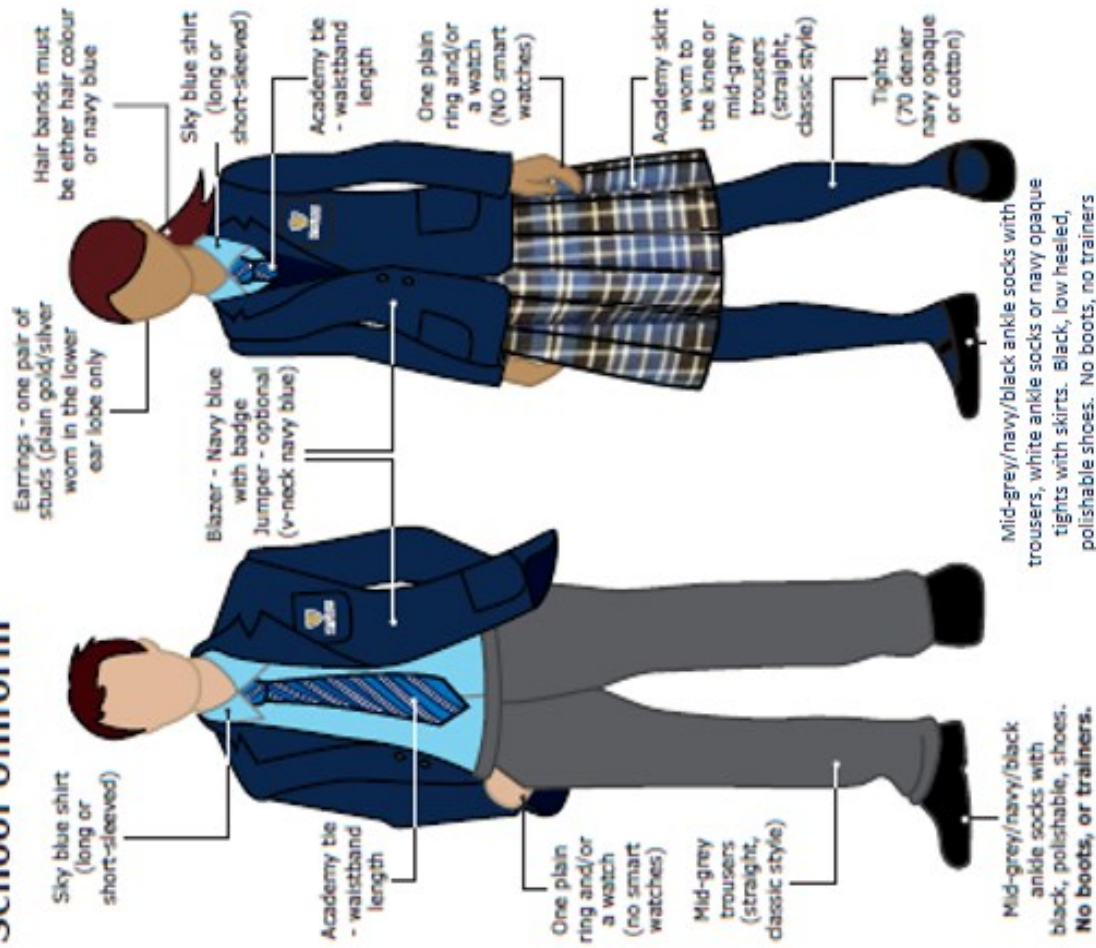
**Now try and think of another person in school who can help you .....**

**Name:** \_\_\_\_\_

**Job:** \_\_\_\_\_



## School Uniform



**Coat** Navy blue/black. Plain in style, no logos or stripes or trimmings such as fur. Reflective stripes are permitted.

**Scarf, hat, gloves** Navy blue, plain.

**Hair** No extremes. Not shorter than grade 2 (no tram-lines/steps). No longer than the collar\*. Natural colour.

\*boys

**Make-up** Make-up may be worn sparingly. No false nails, eyelashes and no nail varnish.

**Bag** Navy blue or black. Plain and suitable for school use.

**Muslim Hijab** If worn, navy blue.

## PE Kit

### Indoor Kit for Boys and Girls

- Academy polo shirt - navy, with royal blue panelling and badge
- Academy plain navy blue shorts (boys) or skort (girls)
- White sport socks
- Non-marking training shoes



### Outdoor Kit for Boys and Girls

- Academy rugby shirt - navy, with royal blue panelling and badge
- Academy plain navy blue shorts
- Plain navy blue football socks
- Training shoes or football/rugby boots (dependant on the activity)
- Shin pads and gum shields **MUST** be worn for football, rugby and hockey



### Optional Items

- Academy navy blue tracksuit bottoms with school logo
- Academy navy blue outdoor quarter zip-up top with school logo
- Academy navy blue pro leggings (girls)

You will receive a ready stamp in your planner each time you have full PE kit for your PE lessons.

## **School day times 2020/21**

Registration: 08:40 – 09.10

Period 1: 09:10 – 10:10

Period 2: 10:10 – 11:10

Break time: 11:10 – 11:30

Period 3: 11:30 – 12:30

Lunch: 12:30 – 13.00

Period 4: 13.00 – 14:05

Period 4: 14.05 – 15:05

## **Academy Rules - Equipment**

Students should have a bag large enough to hold an A4 folder.

All students must have at a minimum, a black / blue pen, a green pen, a pencil, a pencil sharpener, a ruler and a rubber in their pencil case. Individual subjects may also require students to bring in subject specific equipment.

Students are permitted to have a small water bottle. Lucozade, bottles of pop or energy drinks, and any other forms of drink bottles are not. There may be certain practical subjects, including Science, where it is not appropriate for students to have a drink due to Health & Safety



**MONDAY**

Cumberland Sausage ring with roast potatoes & peas	£1.80
Cheese & Onion pasty with roast potatoes & Peas	£1.80
Steamed chocolate sponge & sauce	70p

**TUESDAY**

Keema curry with flatbread & raita	£1.80
Spinach & ricotta cannelloni with flatbread & Raita	£1.80
Fresh Fruit pots	£1.00

**WEDNESDAY**

Homemade meat feast pizza & salad	£1.80
Macaroni cheese & salad	£1.80
Lemon Meringue pie	70p

**THURSDAY**

Ham, cheese & corn pasta bake with French bread	£1.80
Italian tomato & basil soup with French bread	£1.80
Jam & Cream Turnover	70p

**FRIDAY**

Chicken nuggets, chips, beans, gravy or curry	£1.80
Sausage, chips, beans, curry or gravy	£1.80
Fishcake, chips, beans, curry or gravy	£1.80
Battered fish, chips, beans, curry or gravy	£1.80

**MONDAY**

Sweet & sour chicken with vegetable rice	£1.80
5 Quorn dippers in sweet & sour sauce with vegetable rice	£1.80
Cheesecake	70p

**TUESDAY**

Tuna & sweetcorn pasta bake with French bread	£1.80
Cheese & tomato pasta bake with French bread	£1.80
Lemon drizzle cake	70p

**WEDNESDAY**

Homemade pork & apple burger with jacket wedges & salad	£1.80
Southern fried Quorn burger with jacket wedges & Salad	£1.80
Jam & cream scone	70p

**THURSDAY**

Sausage meat, apple & onion plait with jacket wedges & baked beans	£1.80
Vegetable Kiev with jacket wedges & baked beans	£1.80
Chocolate fudge cake	70p

**FRIDAY**

Chicken nuggets, chips, beans, gravy or curry	£1.80
Sausage, chips, beans, curry or gravy	£1.80
Fishcake, chips, beans, curry or gravy	£1.80
Battered fish, chips, beans, curry or gravy	£1.80

# EXAMPLE BREAKTIME MENU

## Monday

Buttered Toast 25p each  
Toasted Crumpet 30p each  
Hash Browns 4 for £1.00  
Chicken Burger £1.20  
PTG – Margherita £1.40

## Tuesday

Breakfast Bap  
(Sausage & Hashbrown)  
£1.20  
Buttered Toast 25p each  
Toasted Crumpet 30p each  
Pain Au Choc 70p  
PTG – Chicken Korma £1.40

## Wednesday

Chicken Burger £1.20  
Buttered Toast 25p each  
Toasted Crumpet 30p each  
Potato Smiley Faces 8 for £1.00  
PTG – Sausage & Tomato £1.40

## Thursday

Bacon Bap £1.40  
Buttered Toast 25p each  
Toasted Crumpet 30p each  
Garlic Ciabatta with Cheese  
£1.20  
PTG – Chicken Tikka £1.40

## Friday

Sausage Rolls £1.00  
Buttered Toast 25p each  
Toasted Crumpet 30p each  
Cheese & Tomato Pitta Bread  
£1.00  
PTG— Chicken Korma £1.40