

Year 7

Academic and Wellbeing Evening 2026

Ambition, Determination, Excellence, Integrity, Kindness, Respect

Evening Aims

To provide information on...

- ☐ How we can work together to safeguard your/our children
- ☐ A picture of the whole school and subject specific curriculum at Oakmoor and what to expect for Year 7 and beyond
- ☐ Additional extra-curricular opportunities that will be available in the future which will extend learning and enrich the lives of our students
- ☐ A face-to-face meeting with your child's Tutor

Our Vision



At Oakmoor our purpose is
excellence



We focus on being the best version
of ourselves to change our world
for the better



We take pride in everything we do
because we are proud to be part of
Team Oakmoor

Ambition, Determination, Excellence, Integrity, Kindness, Respect

Our Values



AMBITION

We have high expectations not only for ourselves but also for our community, and work towards those goals with enthusiasm and perseverance.



DETERMINATION

Mistakes are learning opportunities. We never give up on our learning because when we work hard we achieve amazing results.



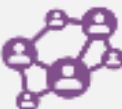
EXCELLENCE

Success is a journey not a destination. We focus on controlling the controllables and being the best versions of ourselves.



INTEGRITY

We do the right thing because it is the right thing to do (especially when no one is watching). We are kind to everyone.



KINDNESS

We create a positive and supportive learning environment where students feel safe and valued. We show empathy and understanding towards all students, regardless of their background or abilities.

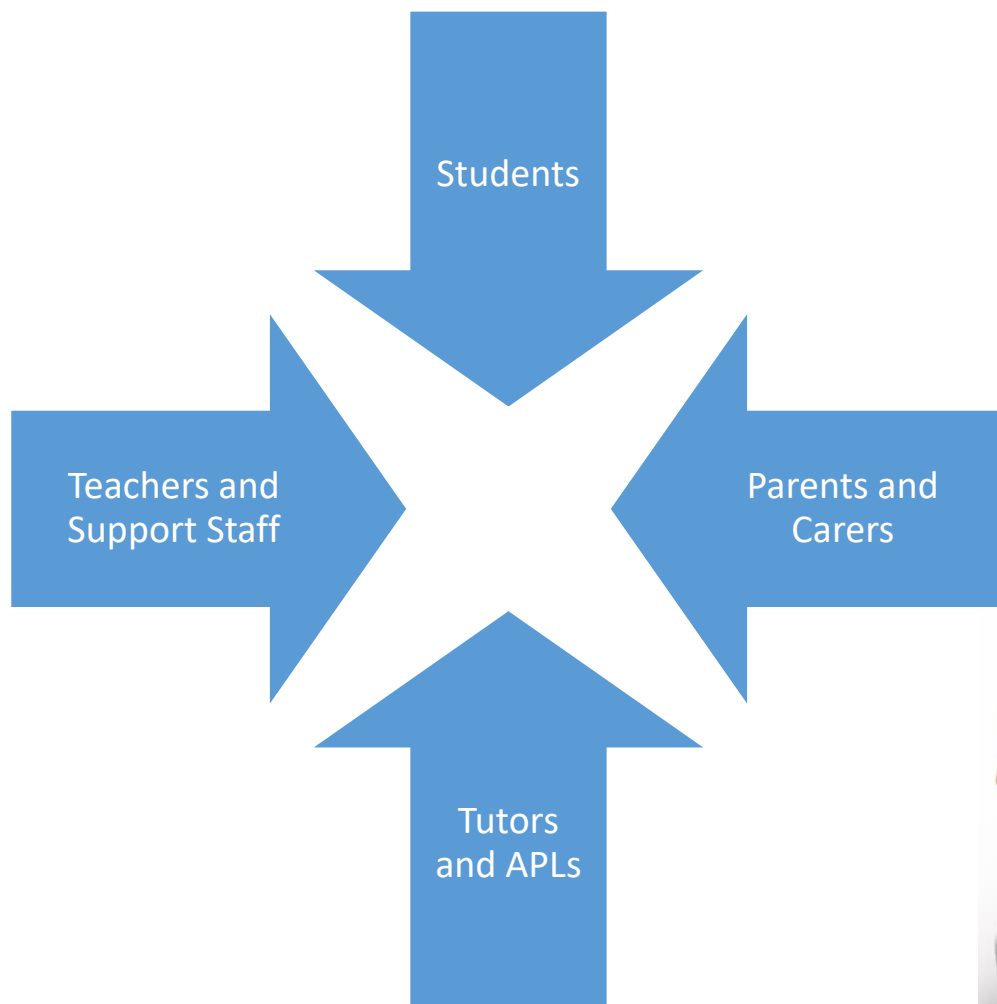


RESPECT

We treat others in our community as we wish to be treated through courtesy and professionalism. We always follow instructions: first time, every time.

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Team Oakmoor



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- A word cloud shaped like a graduation cap (mortarboard). The words are arranged to form the silhouette of the cap. The largest and most prominent words are 'SCHOOL' (in orange and green), 'LEARNING' (in orange and green), 'PUNCTUALITY' (in purple and blue), and 'ATTENDANCE' (in purple and blue). Other words include 'ON TIME' (in blue and green), 'ah time' (in green), 'SCHOOL' (in purple), 'LEARNING' (in purple), 'PUNCTUALITY' (in green), and 'ATTENDANCE' (in green). The words are in various colors (orange, green, purple, blue, black) and sizes, creating a dense and colorful composition.

The Start of the Day

- Community Congregation, phone pouch in hand.
- Tutor time.
- Assemblies.
- Personal, Social, Health and Economic Education (PSHE).
- The 'Oakmoor Reads' Programme.

The Importance of Reading

- Reading improves vocabulary.
- Improves brain connectivity.
- Enhances creativity and imagination.
- Provides a form of escapism and can reduce stress..
- Lowers blood pressure and heart rate.
- Improve your empathy for others.
- Improves concentration and focus.
- Improves memory.
- Expands your knowledge.
- Improves your communication skills.



The 'Oakmoor Reads' Programme



A Kind of Spark tells the story of 11-year-old Addie as she campaigns for a memorial in memory of the witch trials that took place in her Scottish hometown. Addie knows there's more to the story of these 'witches', just like there is more to hers. Can Addie challenge how the people in her town see her and make her voice heard?

Word	Meaning
Disgraceful	Something that is very bad or unacceptable.
Encyclopedia	A book or set of books with information about many different topics or one subject in detail.
Thesaurus	A book that helps you find different words with the same or similar meanings.
Clamour	A loud and confused noise, especially when many people are talking or shouting at once.
Diminished	To feel less important or less strong.

Class Learning

Key Stage 3

English –	8
Mathematics –	8
Science –	8
Futures –	1
Technology –	2
Computing –	2
MFL –	3
History –	3
Geography –	3
Physical Education –	4
Religious Education –	2
Art –	2
Performing Arts –	4

Key Stage 4

English
Mathematics
Science
Option 1
Option 2
Option 3
Option 4

Non-examined content

Physical Education
Religious Education

Total number of lessons = 50 over
two weeks

Our Curriculum

[HOME](#) → [CURRICULUM AND LEARNING](#) → [SUBJECTS](#)

SUBJECTS

MENU 

For details of the curriculum we teach at Oakmoor please have a look through this section, we have arranged our curriculum details into subjects to make it easier for you to view.

**ART & DESIGN
AND
PHOTOGRAPHY**

COMPUTING

**DESIGN AND
TECHNOLOGY,
FOOD &
NUTRITION &
CONSTRUCTION**

DRAMA

ENGLISH

GEOGRAPHY

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Our Curriculum

HOME → CURRICULUM AND LEARNING → SUBJECTS → ART & DESIGN AND PHOTOGRAPHY

ART & DESIGN AND PHOTOGRAPHY

Here you will find an overview of our Art and Design and Photography curriculum in each year group:

ART AND DESIGN AND PHOTOGRAPHY CURRICULUM
MAP

PDF



ART AND DESIGN CURRICULUM (YEARS 7-11)

PDF



PHOTOGRAPHY CURRICULUM (YEARS 9-11)

PDF



MENU



In This Section

▶ ART & DESIGN AND PHOTOGRAPHY

COMPUTING

DESIGN AND TECHNOLOGY, FOOD &
NUTRITION & CONSTRUCTION

DRAMA

ENGLISH

GEOGRAPHY

HISTORY

MATHEMATICS

MODERN FOREIGN LANGUAGES

MUSIC

PHYSICAL EDUCATION

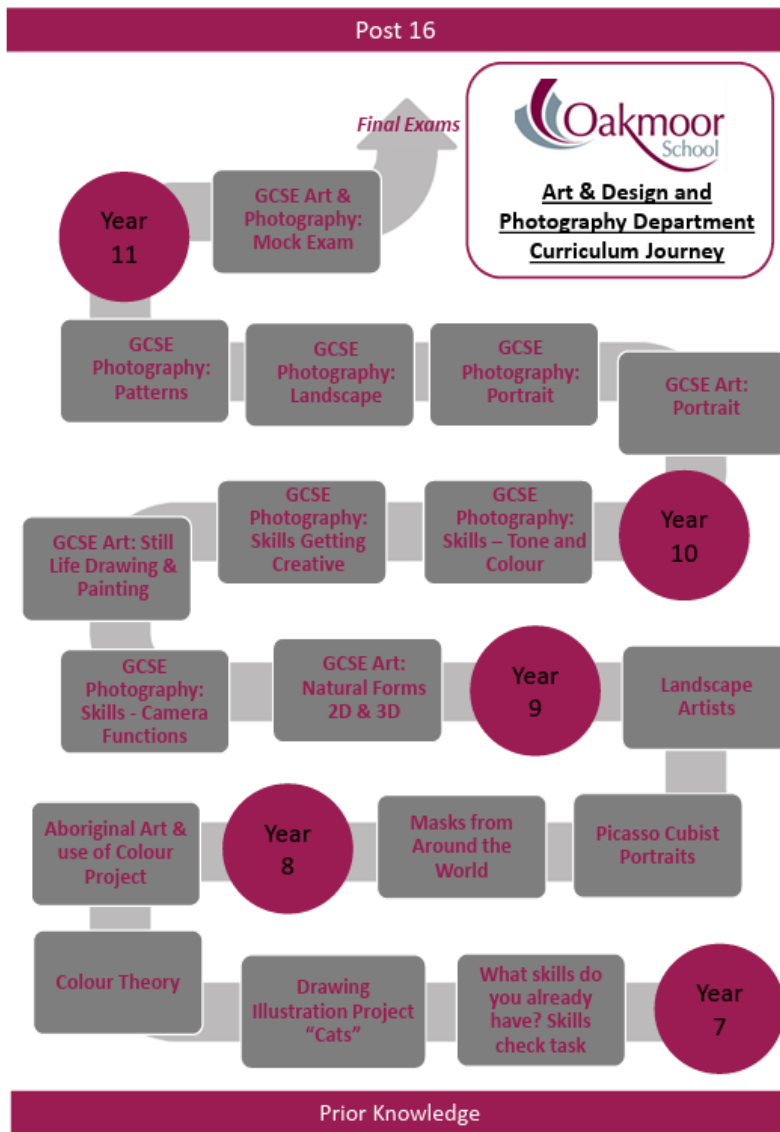
RELIGIOUS EDUCATION

SCIENCE

PSHE

FUTURES (YEAR 7 AND 8)

Our Curriculum



[HOME](#) → [CURRICULUM AND LEARNING](#) → [CO-CURRICULAR & ENRICHMENT](#)

CO-CURRICULAR & ENRICHMENT

Oakmoor offers a variety of lunchtime and after school extra-curricular activities along with various other activities including the Duke of Edinburgh Award Scheme and participating in numerous Sporting fixtures. For more information see below.

MENU 

In This Section

[DUKE OF EDINBURGH AWARD](#)

[EXTRA CURRICULAR CLUBS](#)

ENRICHMENT WEEK 2026

PDF



PE EXTRA CURRICULAR AUTUMN 2025

PDF



CO-CURRICULAR LETTER- SUMMER TERM 2026

PDF



CO-CURRICULAR TIMETABLE - SUMMER TERM 2026

PDF



Enrichment and Co-Curricular

Enrichment and Co-Curricular at Oakmoor

Examples of Trips

Year 7	Year 8	Year 9	Year 10	Year 11
- Cobnor Team Building Day - Pantomime Trip - Humanities Trip	- Brand Hatch Trip - Pantomime Trip - Science STEM Trips	- Imperial War Museum Trip - DofE Expeditions	- Tate Modern Art Trip - Tower of London History Trip - Disneyland Paris Trip	- Geography Field Trip for GCSE students - Disneyland Paris Trip

Examples of Co-Curricular Clubs

All Years Boys and Girls Football
 All Years Girls Netball
 All Years Boys and Girls Basketball
 All Years Cricket Club
 All Years Boys Rugby Club
 All Years Badminton and Table Tennis
 All Years Rounders

Duke of Edinburgh Award
 Drama Club
 Choir Club
 History Club
 Chess Club
 Climate Leaders
 Homework Club



Co-Curricular Timetable – Summer Term 2026

Please sign up on Arbor if you would like to join these clubs

	Club	Year Group(s)	Day(s)	When	When	Who
Sports and Wellbeing	Dodgeball	All	Monday	3.15-4.15pm (April-May)	Sports hall	Mr Oliver
	Athletics/Track Club	All	Monday	3.15-4.30pm (May-July)	Field	Mr Oliver
	BTEC Sport Intervention	9/10	Monday	3.15-4.30pm	S111	Miss Andrews/Miss Wright
	Rounders	All	Monday	3.15-4.30pm	Field	Miss Andrews, Miss Seddon, Miss Wright
	Tennis	All	Tuesday	3.15-4.15pm (May-July)	MUGA	Mr Gashi, Mr Adams
	Cricket	All	Wednesday	3.15-4.30pm (until exams)	Sports hall	Mr Oliver
	Volleyball	All	Thursday	3.15-4.15pm (April-May)	Sports hall	Mr Gashi, Mr Adams
	BTEC Sport Intervention	11	Friday	3.00-3.00pm	S111	Mr Oliver
	Morning Fitness	All	Friday	7.45-8.15am	Astro	Mr Oliver & Mrs West
	Badminton	All	Friday	3.00-5.00pm	Sports hall	Miss Andrews
Arts and Expression	Rugby	All	Friday	3.15-4.15pm	Astro	Mr Oliver, Miss Wright, Miss Ferris, Miss Cullen
	Dance	All	Monday	9.00-9.00pm	Theatre	Miss Ferris, Miss Randall
	Into the Woods rehearsal	Selected students	Tuesday, Wednesday, Thursday	3.00-4.30/5.00pm (until May 25th)	Theatre	Miss Ferris, Miss Randall
	GCSE Drama Intervention	11	Thursday	3.15-4.15pm	Drama studio	Mrs Randall
	Performing Arts open rehearsals	All	Friday	3.00-4.00pm	Theatre/Music	Miss Ferris
	Art & Design	7 & 8	Friday	Lunch time	S108	Mrs Moral
	Midsummer Nights Dream rehearsal	Selected students	Wednesday	3.00-3.45pm	N007	Mrs Wakeham



2026



Enrichment Week, July 2025

Enrichment week is where we offer a range of activities both onsite and offsite aimed at providing opportunities for students to explore new skills and experiences in a fun and supportive environment.

Offsite Trips

Year 7	Year 8	Year 9	Year 10
- Marwell Zoo - Legoland	Calshot residential	- Go Ape - Chessington World of Adventures	- University of Chichester - Thorpe Park

Examples of onsite activities

Video game coding
 Jewellery Making
 UCA Animation Workshop
 Board Games
 Multisport (CM Sports)

Orienteering
 DofE taster session
 Dance
 Film Watching
 All Day Team Building Activities



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Enrichment and Co-Curricular

A promotional poster for Oakmoor School's Rock & Pop Foundation. At the top left is the 'THE ROCK & POP FOUNDATION.' logo with a speaker icon. To its right is a small QR code. The main title 'OAKMOOR SCHOOL' is in large white letters on a black background, with 'YEAR 7 — YOUR MUSIC STARTS HERE!' in yellow below it. The central image shows four students in school uniforms performing: a boy on guitar, a girl singing into a microphone, a boy on drums, and a girl on guitar. A sign on the drum says 'LIVE YOUR SOUND'. To the left of the students is a sign that says 'PLAY PRACTICE PERFORM'. To the right is a sign that says 'MUSIC CHANGES EVERYTHING'. At the bottom, it lists 'GUITAR • PIANO • KEYBOARD • DRUMS • VOCALS' and 'Fun, inspiring lessons at school'. Below that is 'ENROL NOW' in large yellow letters with arrows pointing outwards. At the very bottom is the website 'www.rockandpopfoundation.com/musicassembly'.

Enrichment and Co-Curricular

Year 7 Day Trip To Cobnor Activity Centre

Date TBC

(Either Tuesday 13th or Wednesday 14th October 2026)

Payment to be made via Arbor, by
Monday 14th September 2026

Opportunity for students to learn teamwork skills,
build confidence and make new friends

Students will take part in rafting, high ropes and land
based/orienteering activities



Why is Homework (revision) important ?

- Homework helps students remember more by revisiting, practising and consolidating the knowledge taught in lessons
- Year 7 is the foundation year for developing successful homework (revision) habits.
- A simple and consistent homework programme combines reading, maths, science and retrieval practice.
- We know family life is busy, but helping students complete homework little and often has a significant impact on success.

How we do homework

Oakmoor Year 7 homework guide for Parents



Oakmoor Key Stage 3 homework

Sparx homework

Maths · Reader · Science

Seneca homework

English

Carousel homework

Geography · MFL · History · RE ·

Computer Science*

Paper based homework

Art

Please note:

Dates are subject to change if necessary.

* Computer Science is only set for Year 7 and 8 assessments

How much homework can I expect to be doing each night?

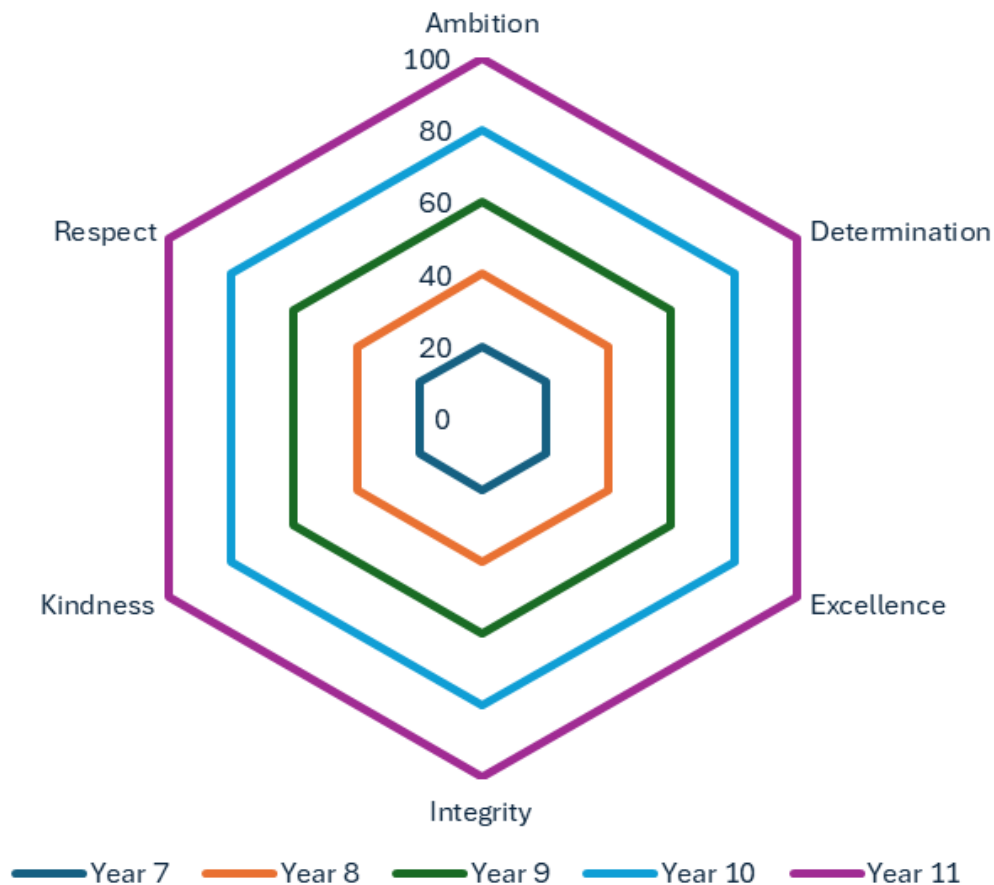
Year 8 – 60 mins per night

Years 9, 10 & 11 – 1hour 30mins per night



Recognising the Positives

Example Student growth through our values



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Recognising the Positives



- **ACHIEVEMENT AND PROGRESS – No1 reward!**
- Golden ticket, every lesson, every day
- Skip the queue and sweet treat rewards
- Subject awards
- Year 7 October trip
- Half termly awards evening
- Value points, value badges and prizes
- Positive postcards home every half term
- Student to student nominations
- Recognising attendance streaks
- Phone calls home recognising those who get it right everyday
- Praise and positive comments
- Displaying work
- Trips, visits, extra-curricular activities
- Inflatables afternoon
- Year 11 Prom

Safeguarding

What is Safeguarding?

Safeguarding means keeping a child safe from harm and abuse.

Safeguarding is the action to promote the welfare of children and protect them from harm.



Safeguarding

What do we do?

Every school must have
a Designated
Safeguarding Lead and
deputies

Every school must offer
clear procedures for staff
to follow if they are
concerned for a student.



Safeguarding

Who are we?



Designated
Safeguarding
Lead
Mrs Evans

All staff are responsible
for safeguarding a
student.



Designated
Safeguarding
Officer
Mrs Riva- Williams



DDSL
Mr Beere



DDSL
Mrs Conley-Harper



DDSL
Mr Wright



DDSL
Mrs Woodage



DDSL
Mr Riley

How Parents can Safeguard

- It is okay to say "no".
- Keep conversations open.
- What are the new guidelines for social media – make sure you are aware. Set healthy screen time and ensure social media is monitored.
- Encourage habits and balance: schoolwork, rest, hobbies and friends.
- Please contact school if you are worried.
- Look out for our safeguarding newsletters.



Why is wellbeing important?

Having good wellbeing can help you...

- Cope with everyday life.
- Manage stress and changes in your life.
- Make decisions.
- Understand and cope with lots of emotions.
- Have confidence and higher self-esteem.
- Build relationships with others.
- Enjoy things in your life.
- Build and develop your skills for life.

Good wellbeing doesn't mean we feel good and happy all the time. It is normal to also feel sad, angry or low sometimes.



Wellbeing = Routines

Routine – Wellbeing



Good Sleep



Good food



School Work



Homework



Balance



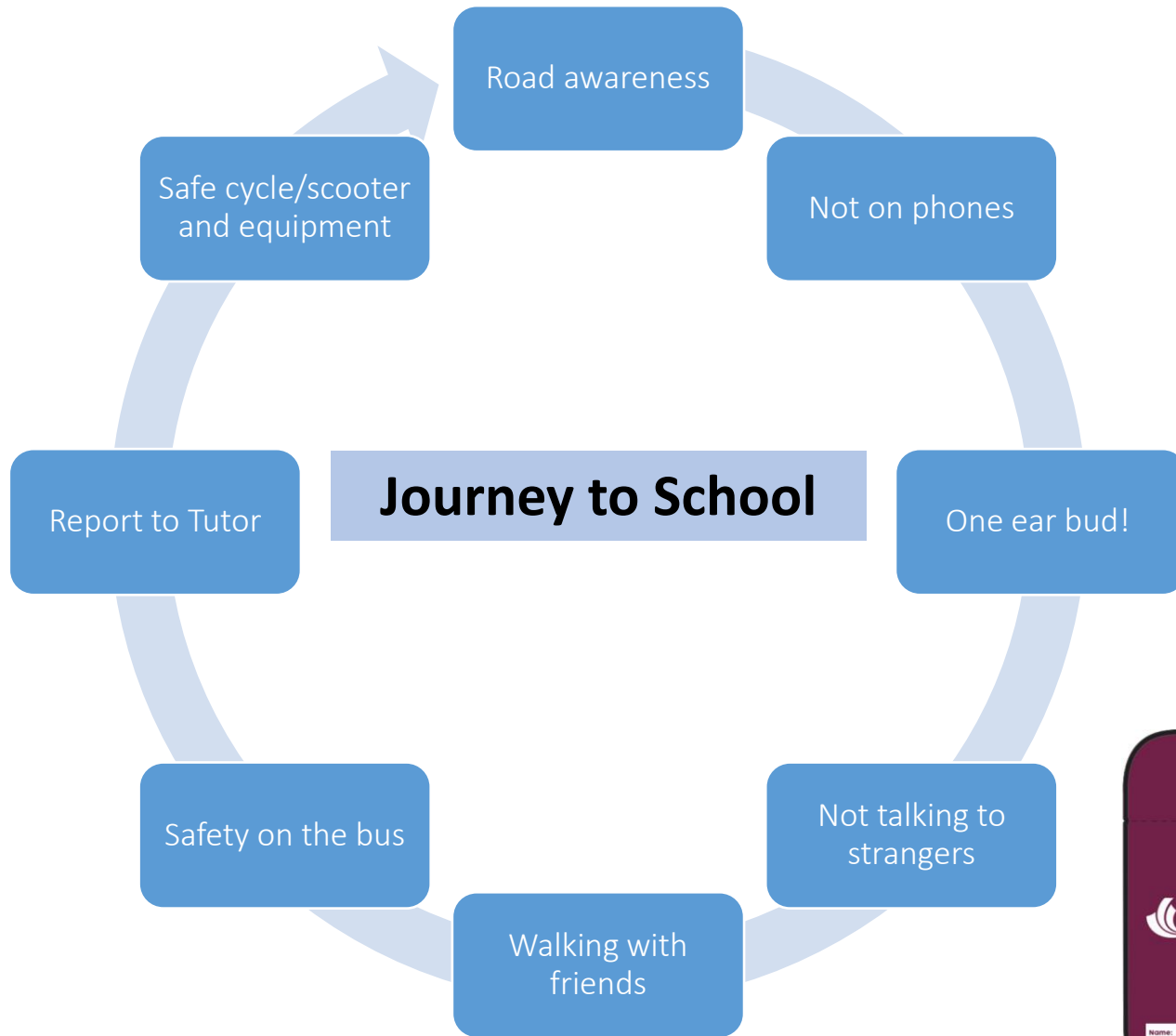
Care



Healthy Habits



Travel Safety



Phone Safety

Phones are in pouches for the school day.

Privacy and Security – ensure there are strong passwords and parental controls.

Understand how to manage social networking and age limits.

Wellbeing – have phone-free time, switch off, family time.

Keep talking – the safe space.



Routine – Mobile Phones



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Staying safe online



Social media

Tips to manage privacy, pressure and online contact



Talking to your child about online safety



Help keep children safe online with Techosaurus!



How to help a child who feels lonely



Young people and self-harm



Supporting a child with depression or anxiety

Spot the signs and find ways to help your child feel more supported.

Working Towards Your Future

The more you put in now,
the greater the opportunities to choose from!



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Thank you for listening

What's next this evening?

- ☐ An opportunity to meet with your child's Tutor
- ☐ Refreshments are available in the dining hall until 8:00pm.