



Meols Cop High School

MCHS YEAR 7

WELCOME

BOOKLET



Brokering Aspirations

WELCOME TO MEOLS COP HIGH SCHOOL



Welcome to Meols Cop High School.

This welcome book contains key information to help you feel prepared and confident ahead of your arrival. Meols Cop is a fantastic school where every student is supported to thrive. Our dedicated staff are committed to making your experience both exciting and challenging, encouraging you every day to be the very best version of yourself.

One of the things that makes Meols Cop so special is our students—they are kind, supportive, and truly look out for one another. As you begin this new chapter, remember that one of the most valuable skills you can develop is curiosity: ask questions, seek answers, and embrace every opportunity that comes your way.

I'm genuinely excited to begin this journey with you and look forward to getting to know you and your families over the coming year.

Together, we will begin Brokering Aspirations.

Mr Davis
Headteacher



YEAR 7 - FIRST DAY OF TERM



Wednesday 3rd September 2025

School gates open at 8.35am



Bring your bag, equipment (see equipment page for more information) and a water bottle. **You will not need your PE kit on your first day.**



Please do not arrive before 8.30am.



Meet your Progress Leader at the Year 7 yard at 8.45am. A welcome assembly will take place.



Your Learning Tutor will greet you and take you to your form room for introductions, timetable, tour of the school, information about lunchtime and other activities to help you settle in quickly.



You will spend break time on the yard where you will be given a snack and a drink.



You can bring a packed lunch, but we will provide a nutritious, free hot dinner on your first day.



In the afternoon, you will attend your first lessons.



Before you leave, there will be a short assembly in the hall.



Your school day will finish at 3.10pm

Second day of term – Thursday 4th September – will be a normal school day. Arrive at 8.45am. Your day will start with form time with your Learning Tutor and then you will go to your lessons. You will follow your own timetable which will be handed to you on the first day.

MEET THE LEARNING TUTORS



Mr Roberts - Year 7 Progress Manager



My role in school is to support you in the transition from Year 6 to Year 7, ensuring you have the opportunity to meet lots of new friends and experience wonderful things throughout your time as a Meols Cop Student. I have worked at Meols Cop for 12 years, as the Dance Lead, working alongside the PE department & the Performing Arts

Mrs Greenwood & Mrs Davies - Year 7 Pastoral Leaders



Mrs Greenwood and Mrs Davies are your pastoral leads and are here to support you throughout your time at Meols Cop. We don't teach lessons, we help make sure you feel safe, happy, and ready to learn. You'll often see us walking around school – we each do over 10,000 steps a day . If you ever have a problem, feel worried, or just need someone to talk to, we are there to listen and help. We also work with your teachers and family to make sure you're getting the support you need to do your best.

Miss Gall



Hello I'm Miss Gall and I am the Lead Teacher in our Art Department & I have been teaching at Meols Cop since 2014. My job will be to look after you and to make sure you are feeling happy and know what you're doing when you get here. Just a bit about me; I love drawing, watching films, spending time with my family and friends and most importantly playing with my two cats, Muffin and Mittens. I look forward to meeting you and your families very soon.

Mrs Reed



Hello and welcome to Meols Cop!
I'm Mrs Reed and I am a science teacher here at Meols Cop. I will be your form tutor throughout your 5 year journey with us. I am very excited to meet you all and cant wait to get to know you and help you settle into our wonderful school. See you soon!

Miss Lund



Hello I'm Miss Lund, and I'm so excited to welcome you and help you settle into life at Meols Cop. I'll be here to support you, answer your questions, and help you feel confident and happy as you begin this exciting new chapter. I also teach geography, so you might see me in some of your lessons too! Outside of school, I love reading, crocheting, and going on long walks with my little sausage dog, Pepper—you'll definitely hear lots of stories about her! I can't wait to meet you. You're going to have an amazing start to Year 7!

Mr Ali



Hi, I'm Mr Ali and I teach Design Technology, so I naturally love creating and designing stuff. I've worked at Meols Cop High School for 10 years and I have had 2 forms groups so far at Meols Cop. Outside of school I love spending time with my daughter and family, old skool music, walking and visiting new places. I'm looking forward to getting to know you and being a part of your journey through Meols Cop.

MEET THE LEARNING TUTORS



Mrs Cooper



Hi! I'm Mrs. Cooper and this is my 20th year of teaching and I am also Head of Geography. You will have so many amazing opportunities for days out, walks, trips, and new experiences. I can't wait to share them all with you! Away from school, I have two sons, so most of my weekends are spent on the side of a football pitch. I also love spending time with my family and my friends, many of whom I met at high school, including my husband! So this really is the start of the rest of your life. I hope you're excited. We're going to have so much fun and I can't wait to meet you.

Mr Roberts



Hello, my name is Mr. Roberts. You might already know that there are two Mr. Roberts in your year group, so not to get confused! I've been teaching Computing for 27 years, and I've had the privilege of being part of this wonderful school community for the past 20 years. When I'm not in the classroom, you'll likely find me outdoors, as I'm a big fan of camping, fishing, and hiking. I love spending time in nature and finding new spots to explore.

Miss Twaites



I'm Miss Twaites and I am a PE teacher here at Meols Cop. I have worked at Meols Cop for 18 years and you will be my fourth year group to see through their Meols Cop journey. I am really looking forward to meeting you and getting to know you all. I run lots of different sports clubs here and I am looking forward to taking you on sports futures to compete against other schools. In my spare time I enjoy taking my toddler on day trips to the farm and beach. I look forward to meeting you soon.

Ms Taylor



My name is Ms Taylor and I am delighted to be your form tutor. I have been a teacher at Meols Cop for 10 years and I am also head of History. At the moment, I am on maternity leave spending precious time with my little girls, but I will be back soon and can't wait to meet you all. Outside of school, I love spending time with my family and friends, whether that is going for walks, having cosy movie nights and enjoying days out together!

Ms Rawlinson



Hello all! I'm Miss Rawlinson and I'm excited to be your Form Tutor until Miss Taylor returns. I have been teaching English for almost 17 years and have recently branched out into other subjects- which goes to show you're NEVER too old to learn new skills! I'm looking forward to starting the new academic year with you all; getting to know your likes, dislikes and little quirks which make you unique. Outside of school I love nothing more than spending time with my two little boys doing things like growing strawberries, tomatoes, creating random stories and exploring new places with my family. I can't wait to meet you!

THE SCHOOL DAY



The Meols Cop school day runs on a two week timetable - Week 1 and Week 2. In both weeks, Tuesday will follow a different timing structure.

Monday, Wednesday, Thursday & Friday

FORM TIME	08:50 - 09:15
PERIOD 1	09:15 - 10:15
PERIOD 2	10:15 - 11:15
BREAK	11:15 - 11:30
PERIOD 3	11:30 - 12:30
PERIOD 4	12:30 - 13:30
LUNCH	13:30 - 14:10
PERIOD 5	14:10 - 15:10

TUESDAY

PERIOD 1	08:50 - 09:55
PERIOD 2	09:55 - 10:55
BREAK	10:55 - 11:10
PERIOD 3	11:10 - 12:10
PERIOD 4	12:10 - 13:10
LUNCH	13:10 - 13:40
PERIOD 5	13:40 - 14:40

EQUIPMENT



EQUIPMENT:

Ensuring that all pupils have the necessary equipment both prepares students with the organisational skills they need for success, and ensures that all time in lessons is focussed on learning. In order to ensure all time in lessons is focussed on learning, our equipment expectations are not negotiable.

Each day, students must bring to school:

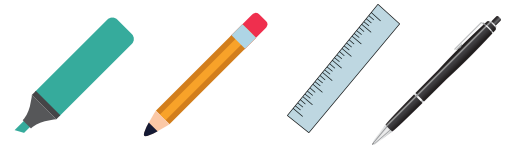


School bag: students must bring a bag to school that is large enough for the equipment they need each day (handbags are not appropriate); a school bag should be large enough to contain two A4 folders.



Pencil case & Student planner: this is non-negotiable, keeping all stationery in a pencil case aids organisation and minimises damage to equipment. The pencil case should contain:

- Black/blue pen (a spare would also be helpful)
- Purple/red pen
- Pencil
- Ruler
- Highlighter pen



Practical lessons will expect students to have:

- Correct PE kit

Learning support will offer students two opportunities each week to purchase extra equipment; students must take responsibility for their equipment. Learning tutors will sanction students for failing to have the correct equipment.

MOBILE PHONES AND DEVICES



Mobile phones, smart watches or other electronic devices should not be used on the school premises. If these items are brought into school the school will not be held responsible for any loss or damage.

Students who are seen using these devices in school will have them confiscated and a sanction will be issued.

If a student needs to call home, Pastoral Leaders and the year group team will support this where a call home is deemed necessary.

UNIFORM



SCHOOL UNIFORM

Meols Cop students must adhere to our professional dress code and our equipment expectations. We are proud of the high standards we expect; our professional standards prepare students for the expectations, challenges and demands of their future careers. Uniform can be purchased from Whittakers and/or Zips and Snips, Southport.

UNIFORM

- A black blazer with school badge
- Grey tailored trousers / shorts (no fashion trousers) in plain material **OR**
- Grey skirt (of knee length) or grey pinafore in plain material
- White, plain collared blouse or shirt, short or long sleeves
- School tie
- Plain knit mid-grey jumper, V-necked without decoration (optional)
- Meols Cop branded quarter zipped jacket (optional)
- Black polished school shoes (no pumps, platforms, heels, boots or trainers)
- Plain black tights or grey socks only
- Black polished school shoes, with no logos or motifs. Shoes must be flat. Boots and trainers are not acceptable. If a student is wearing the wrong footwear, parents / carers will be contacted and a sanction will be issued.
- A dance or drama hooded jumper on days where the student has dance or drama lessons

HAIR:

Hair must be natural, and appropriate to a place of work. Hair styles must adhere to health and safety requirements, and hair must be tied back where requested by a member of staff.

Unusual colours, shavings or patterns are not allowed. Hair must have a natural hairline with no undercutting or 'fashion' styles (such as 'lines', patterns or 'cat scratches'). Hair must be of a natural colour.

MEOLS COP STUDENTS MUST NOT WEAR

- ⊘ Trainers other than for PE / dance.
- ⊘ Shoes that cannot be polished
- ⊘ Hooded or branded jumpers
- ⊘ Outdoor coats, hats and scarves while inside the building
- ⊘ Unnatural hair colours or styles
- ⊘ Make up that is excessive / obvious
- ⊘ False nails / nail varnish / false eyelashes / hair extensions
- ⊘ Jewellery other than a single plain stud in each ear. One clear plastic facial piercing allowed
- ⊘ Students must be able to remove their earrings during PE lessons when requested.
- ⊘ Facial jewellery or any other visible body-piercings

Students must only wear their MCHS branded hoodies on the day they have PE / Performing Arts.

UNIFORM



You said...	We did...
<p>Comfort and practicality are important – students want to feel at ease throughout the school day.</p> <p>There should be more flexibility in what students can wear, especially in warmer weather.</p>	<ul style="list-style-type: none"> • PE kit on non-PE days: Students will now be allowed to wear their PE kit on non-PE days <i>if they prefer</i>. This helps with comfort, cost, and practicality. <i>Blazers remain a staple of the Meols Cop uniform and we expect that the majority of our students will choose to wear their full school uniform in the colder months.</i> • Tailored shorts: Students may now wear tailored grey shorts as part of the full school uniform. • New quarter-zip tops: In September 2024 we introduced the new non-PE quarter-zip tops. They are available to purchase at Whittakers for use during colder months, offering a practical and comfortable alternative.
<p>The cost the branded PE kit is not reflected in the quality of some PE items, particularly PE track pants and leggings.</p>	<ul style="list-style-type: none"> • Plain black leggings: Plain black unbranded leggings are included as part of the PE kit. This gives families more affordable and accessible options. • Improving quality: We are speaking directly with our uniform suppliers to address concerns about the quality and durability of items like PE track pants, skorts and leggings. • Uniform swap shop & support: We will be holding regular uniform swap shop days and additional communications to promote the uniform bank at Compassion Acts to support families and reduce waste.
<p>Students should have more say in what they wear.</p>	<ul style="list-style-type: none"> • Increased student voice: We are committed to involving students more in uniform decisions. Look out for opportunities for students to share their views in the coming months.

When will my child have to wear a blazer?

Blazers are a required item of the Meols Cop uniform. Students will be expected to wear full uniform, including ties, blazers, shirts and trousers or skirts, to certain events in the school calendar. Examples of this includes school trips, rewards evenings, school performances, scholar's events and student/class photo days. Students will not be required to wear a blazer with their PE kits but may choose to do so.

Will the school allow for unbranded jogging bottoms, trackpants or shorts?

Unbranded, plain jogging bottoms, trackpants or shorts should not be worn to school. Following your feedback on the trackpants durability and quality, Mrs Ford has been working with Whittakers and they will be bringing in samples of updated trackpants that should prove to be more durable, especially around the knee. As Whittakers are able to improve the quality of these, we are keeping the branded trackpants as a staple offer for the PE kit, alongside the Meols Cop shorts.

As a school, we worked closely with Whittakers on the design of the leggings and they agreed that there wasn't a way of improving the quality of the design to help it fit our student's better or to be more durable. Due to this, we introduced the ability to wear plain black, unbranded leggings.

UNIFORM



Meals Cop High School: Professional Standards – School uniform



Meals Cop High School: Professional Standards – Acceptable Shoes



Meals Cop High School: Professional Standards – shoes in this style are not permitted



If you are unsure about a footwear selection, please speak to your child's Progress Leader before you purchase.

SPORTSWEAR



SPORTSWEAR:

Students will be required to have the full PE kit which we have developed in consultation with our current students. The new kit is more affordable, the fabrics are more breathable, easier to wash and take very little time to dry. They also offer students a greater range of PE kit to see them through the winter and summer months. Kit is available from Whittakers and Zips & Snips.

WINTER KIT (Sept - April)	SUMMER KIT (April - July)
Meols Cop Polo Shirt - scarlet with school logo	Meols Cop Polo Shirt - scarlet with school logo
Meols Cop shorts or skirt - black with school logo	Meols Cop shorts - black with school logo
Meols Cop Red Fleece with school logo	Meols Cop skirt - black with school logo
Meols Cop black tracksuit bottoms with logo OR Plain unbranded black leggings	Meols Cop black socks with school logo OR Plain unbranded black socks
Meols Cop black socks with school logo OR Plain unbranded black socks	Sports trainers (not pumps)
Sports trainers (not pumps)	

Meols Cop High School: Professional Standards – PE KIT



PROUD EXPECTATIONS



At Meols Cop High School, we are committed to creating an environment where all students can achieve their full potential. To support this, **PROUD** expectations have been developed with our student leadership team, staff, and governors, ensuring that they reflect the values and aspirations of our whole school community.

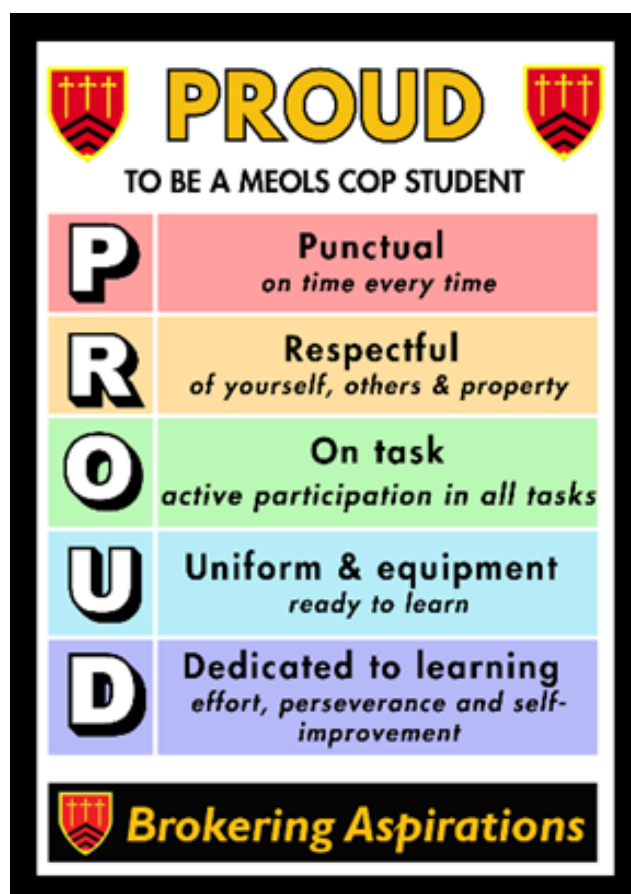
PROUD is embedded in every aspect of school life. Teachers will introduce the expectations in lessons, assemblies will highlight their importance and students will receive guidance on how to meet them. Staff will use **PROUD** as a basis for praising positive behaviours and addressing any areas for improvement.

To support this, students who consistently demonstrate **PROUD** behaviours will be recognised through rewards and celebrations, while those who need guidance will receive clear and consistent feedback.

PROUD represents the core expectations we have for all students:

- **Punctual:** Arriving on time and ready to learn.
- **Respectful:** Treating others, the school environment and themselves with respect.
- **On Task:** Actively participating in their learning and completing tasks to the best of their ability.
- **Uniform & equipment:** Wearing the correct school uniform with pride and being ready to learn with their equipment.
- **Dedication to Learning:** Showing commitment to their studies and striving for excellence.

HOW CAN YOU SUPPORT PROUD AT HOME?



We encourage you to discuss the **PROUD** expectations with your child and reinforce their importance at home. For example, you can:

- Help your child plan their time to ensure they arrive at school punctually.
- Talk about the value of respect and how it can positively impact relationships.
- Encourage your child to focus on their homework and revision.
- Support them in wearing their uniform correctly and taking pride in their appearance.
- Celebrate their dedication to learning and progress in school.

BEHAVIOUR FOR LEARNING



BEHAVIOUR FOR LEARNING

We praise good learning and inform home of your successes Both praises and sanctions are updated daily on the 'Classcharts' app.

They are tracked and we ensure students and parents or carers know of our delight when significant learning progress is being made, and of our concern when learning progress is below your target.



PRAISES (P1, P2 & P3)

Celebrating student success is of paramount importance at Meols Cop high school. Our praise system recognises exceptional performance which is celebrated in assemblies.



SANCTIONS (S1, S2 & S3)

In order to make sure that your learning is not disrupted by others, sanctions will be given. This is to prevent the disruption of lessons and give you the best chance at success!



ATTENDANCE & PUNCTUALITY



ATTENDANCE AND PUNCTUALITY

Excellent attendance is essential for success at school. At Meols Cop, we expect all of our students to attend school every day and to be punctual to all lessons. Students must be at school by 8.45am.



FEELING TOO ILL TO COME INTO SCHOOL



If you feel too ill to come to school remind someone at home to contact school via Classcharts as early as possible on the first day of absence. Pastoral teams may call with a follow up welfare check.

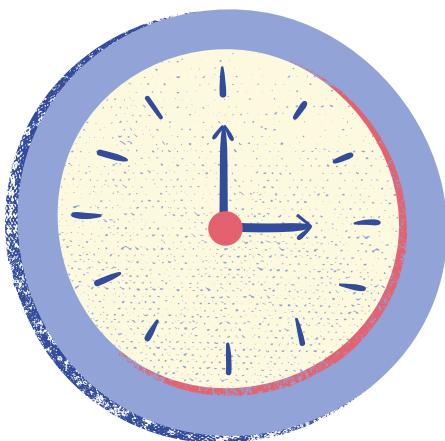
All medical appointments need to be uploaded to Classcharts.

TIPS FOR ACHIEVING SUCCESSFUL ATTENDANCE

- ✓ Avoid making non-essential medical appointments during the school day.
- ✓ Do not book holidays during school time.
- ✓ If you are unhappy in school for whatever reason, do not avoid coming to school - tell us and we will do everything we can to help you.



PUNCTUALITY



- Form time starts at 8.45. Year 7 students should be in the North Yard and in their line up ready at this time.
- Tips for achieving successful punctuality:
- Organise your uniform and equipment the night before.
- Check your timetable and make sure you have everything you need.
- Set your alarm clock or the alarm on your mobile phone.
- Leave home with plenty of time for possible delays.
- If calling for friends, make sure you leave their house on time - do not wait for them if they are going to be late!

KEEPING SAFE TRAVELLING TO SCHOOL



TRAVELLING TO AND FROM SCHOOL

If you walk to school, make sure you follow the Highway Code and always use the pelican crossing outside school if you need to cross the road. If you are brought to school by car, make sure you are dropped off at the Haig Avenue entrance. If you cycle to school, make sure you follow the code of conduct for cyclists below.



PARENTS AND CARERS OF STUDENTS

- ✓ Check that any bike is safe to use with fully operating brakes and lights and sound tyres with sufficient tread.
- ✓ Ensure that the bike is regularly maintained and has been security marked with the postcode.
- ✓ Encourage the wearing of a suitable cycle helmet and bright (preferably reflective) outer clothing when travelling to and from school.
- ✓ Provide a secure cycle lock.
- ✓ Accept that the school provides a locked cycle store but cannot be liable for loss or damage to cycles, which should be covered by a suitable insurance policy.
- ✓ Impress upon each student the dangers of cycling and support the school if any breach of this code of conduct necessitates sanctions.

AT MEOLS COP HIGH SCHOOL WE

- ✓ Encourage students to use cycles safely and sensibly.
- ✓ Encourage parents/carers to promote safe cycling.
- ✓ Provide two locked cycle stores; one at each end of the school.
- ✓ Encourage students to have their bikes securely marked by our Safer Schools Officer and borrow a secure cycle lock from her in an emergency.



ALL STUDENTS USING BICYCLES SHOULD

- ✓ Ensure that the cycle has fully operating front and rear brakes.
- ✓ Ensure that the cycle has been security marked with the postcode.
- ✓ Wear a safety helmet whilst riding the cycle.
- ✓ Obey the Highway Code at all times.
- ✓ Act sensibly and avoid danger.
- ✓ Show consideration for other road users and pedestrians.
- ✓ Dismount and push the cycle (do NOT cycle on school premises).
- ✓ Lock the cycle inside one of the cycle stores using the rails provided and a secure lock.
- ✓ Enter the cycle store only when securing or collecting a cycle.



BREAK & LUNCH TIME



MORNING BREAK

We sell porridge, bagels, waffles, toast, with or without cheese, bacon rolls, pizza, crumpets, teacakes and fruit at morning break in the Food Hall.

LUNCHTIME

At lunchtime you can either buy a lunch or bring a packed lunch and eat it in the dining room. If you are entitled to a free school meal your account will be credited every day to enable you to buy a hot meal at break or lunchtime. The school's food is produced by Taylor Shaw.



Our school has been awarded 'Healthy Schools' status. This award is, in part, testament to the varied, quality food produced by our catering staff on a daily basis.



We also have 'theme menus' on different occasions, e.g. Chinese New Year, St. Patrick's Day, World Earth Day, 'The Oscars' and Happy Thanksgiving.

You can also pre-order sandwiches, pizza, cakes, fruit and drinks, these need to be ordered by the end of break time for collection at lunchtime. The pre-orders, via Fusion Online re collected at lunchtime from the pod which is located in the North Yard. The pod also sells a variety of hot snacks such as pizza, Paninis, bagels etc.

Filtered fresh water is available free of charge. Bring a water bottle to refill at these stations. We do not sell sugary fizzy drinks or chocolate bars, but provide home-made products.

Vegetarian dishes are always available.



USEFUL INFORMATION



For more information, scan the below QR codes, which will direct you to the school website.

**Log in details for Parent Pay, Class Charts and Fusion Online will be provided to your child on the first few days in school. We will not be able to share log in details prior to them starting in September.*

