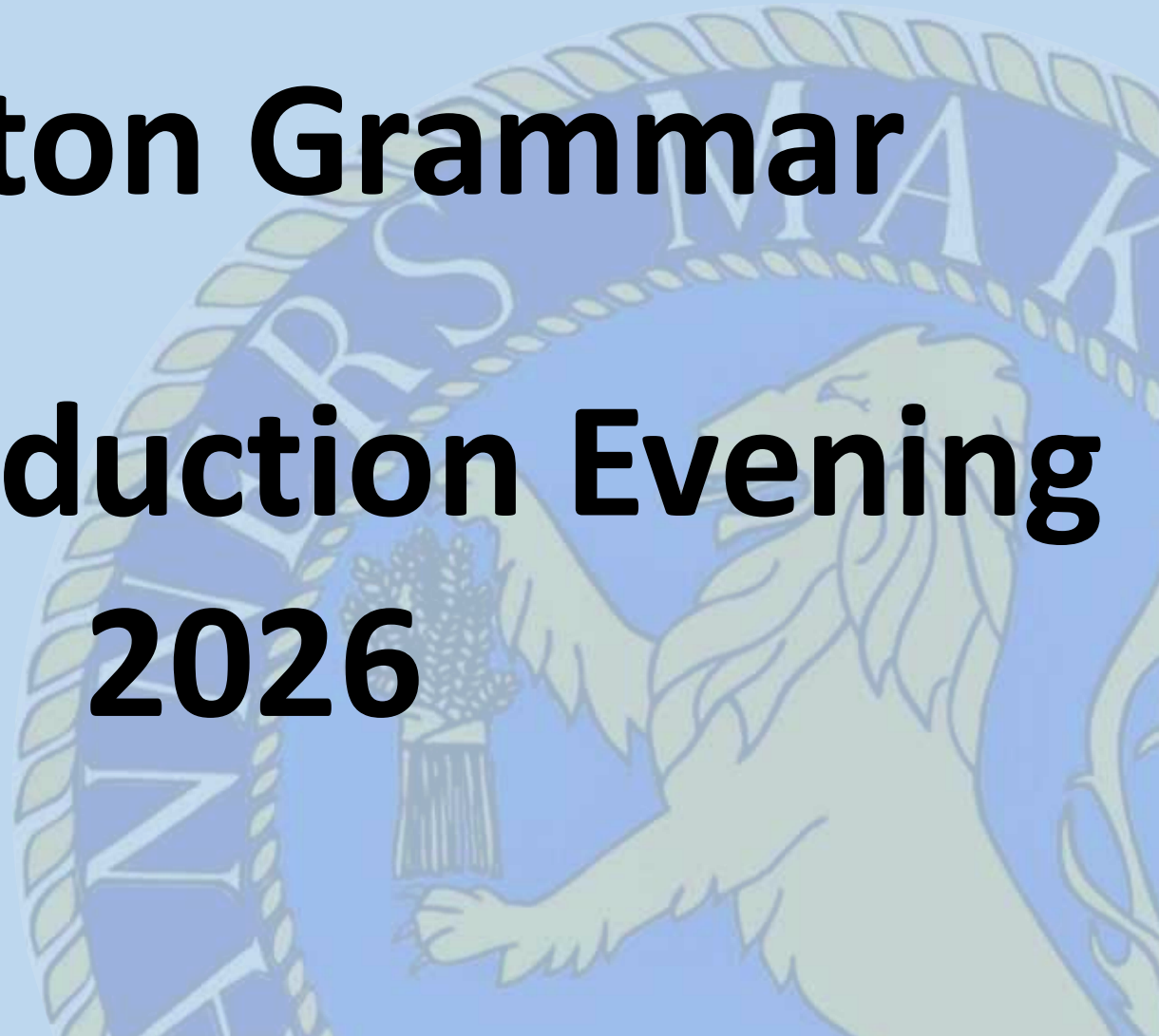




Urmston Grammar

Year 7 Induction Evening 2026







School Routines – The Timetable

- Urmston Grammar operates a two week timetable with 5 x 1h lessons per day.
- This means 50 periods per two-week cycle. In Y7 the subject breakdown is as follows:

English	7 Lessons
Maths	7 Lessons
Science	6 Lessons
French or German	5 Lessons
History	3 Lessons
Geography	3 Lessons
RE	3 Lessons

Art	2 Lessons
Computer Science	2 Lessons
Food/D&T	3 Lessons
PE	4 Lessons
Music	2 Lessons
Drama	1 Lesson
PSE/Assembly	2 Lessons



School Routines – The School Day

8.30-8.45	Form Time
8.45-9.45	Lesson 1
9.50-10.50	Lesson 2
10.50-11.10	Break
11.10-12.10	Lesson 3
12.15-13.15	Lesson 4
13.15-14.05	Lunch
14.05-15.05	Lesson 5
15.05-15.15	Form Time

Daily contact with form tutor

- Registration
- Collect mobile phones in
- Establish routines
- Read notices
- Check equipment and uniform
- Pastoral Support
- Set the tone for the day

We also have a form time curriculum including:

- Reading for Pleasure
- Form Time Maths
- Assemblies



School Routines – The School Day

8.30-8.45	Form Time
8.45-9.45	Lesson 1
9.50-10.50	Lesson 2
10.50-11.10	Break
11.10-12.10	Lesson 3
12.15-13.15	Lesson 4
13.15-14.05	Lunch
14.05-15.05	Lesson 5
15.05-15.15	Form Time

After Periods 1 and 2 there is a short morning break. An opportunity to:

- Have a drink/snack (students can bring from home, or purchase from school)
- Toilet break
- Get equipment from locker
- Socialise and get some fresh air



School Routines – Lunchtime

8.30-8.45	Form Time
8.45-9.45	Lesson 1
9.50-10.50	Lesson 2
10.50-11.10	Break
11.10-12.10	Lesson 3
12.15-13.15	Lesson 4
13.15-14.05	Lunch
14.05-15.05	Lesson 5
15.05-15.15	Form Time

After Periods 3 and 4 there is an extended lunch break.

Students can bring a packed lunch or purchase food:

- Canteen for hot meals and sandwiches
- Cloisters for pasta, paninis and snacks
- Option to use a Pre-order App

We have a rota so each year group has a different time slot each day





School Routines – Lunchtime

8.30-8.45	Form Time
8.45-9.45	Lesson 1
9.50-10.50	Lesson 2
10.50-11.10	Break
11.10-12.10	Lesson 3
12.15-13.15	Lesson 4
13.15-14.05	Lunch
14.05-15.05	Lesson 5
15.05-15.15	Form Time

A very brief PM registration with form tutors. Mobile phones returned to students before departure at 3.15pm



Transport To & From School

There are a range of transport options for students to travel to school

Walking and cycling is encouraged. We have bike storage which is locked throughout the day.

Train transport to Urmston station.

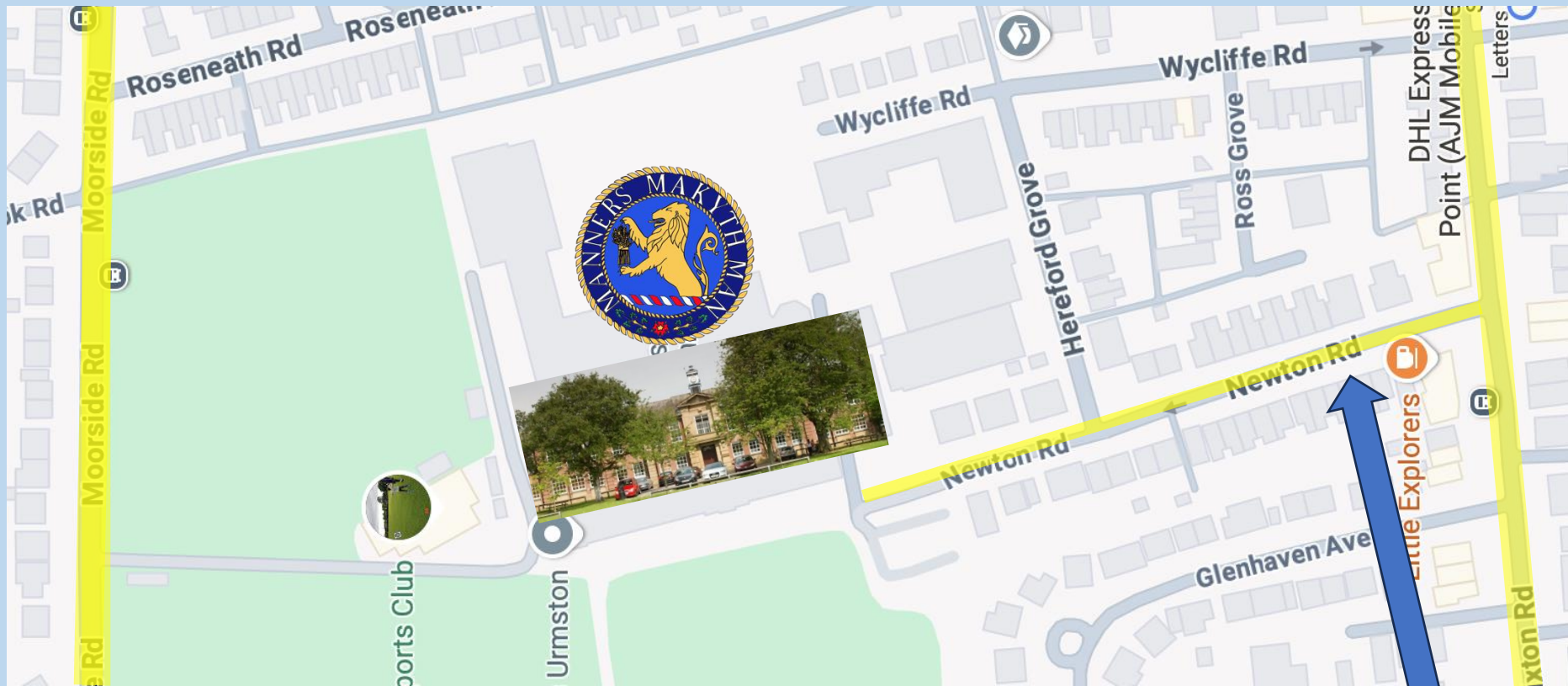
There are a range of busses all managed by the Bee Network. None of these are school buses.

**Common routes used:
799, 795, 245, 247 & 18**

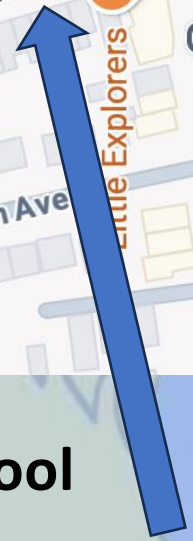




Transport To & From School – by car



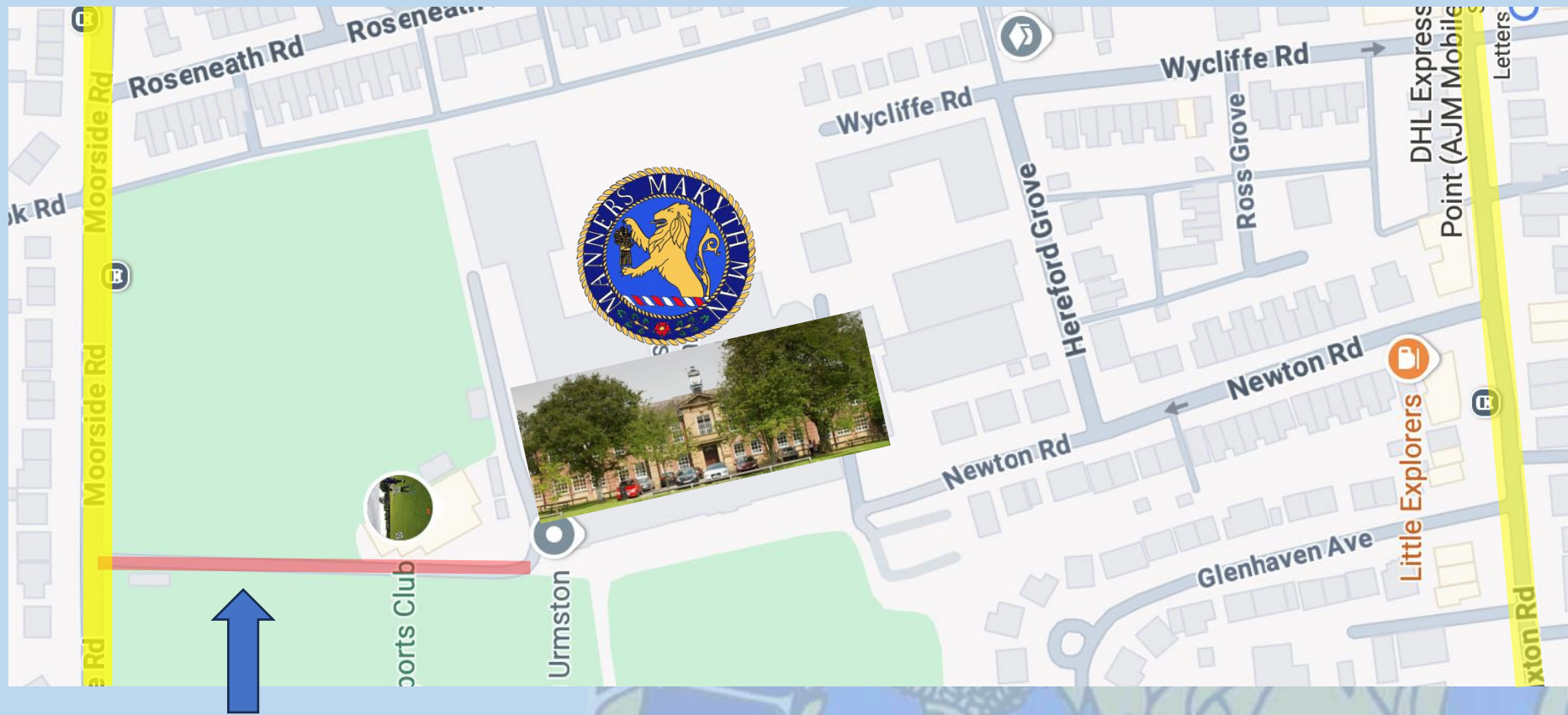
One from Moorside Road



One along Newton Road



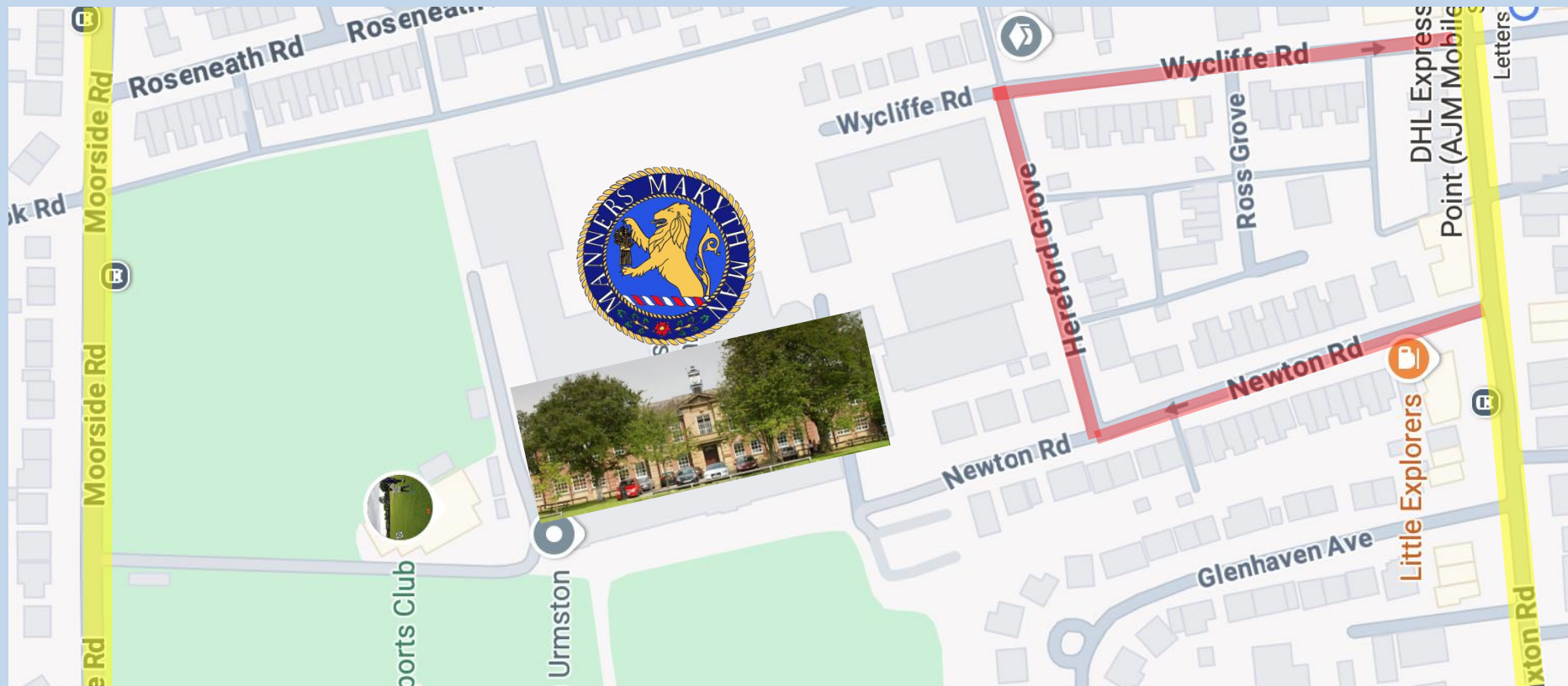
Transport To & From School – by car



From Moorside Rd, please do not drive cars down the shared drive by Urmston Sports Club. Drop-offs can take place on Moorside Rd for and students should walk.



Transport To & From School – by car

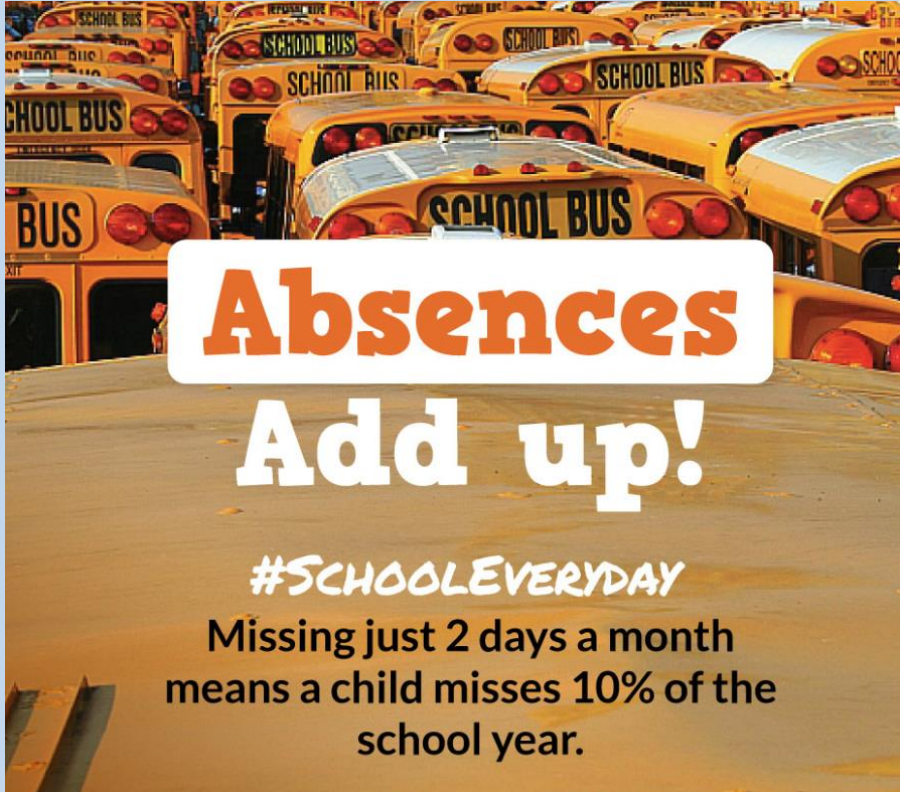


Please note, 'Urmston Street School' is in operation along Newton Rd, Hereford Grove and Wycliff Rd between **8.15-9.15am** & **3.00-3.45pm** each school day. Drop-offs can take place on Flixton Rd. There is free parking at Golden Hill Car Park during school run times.



Attendance

- **AM registration starts at 8.30am**
- **Students should be in the form room by this time**
- **A prompt arrival means a smoother start to the day and more effective learning**
- **Students arriving after 8.30am are marked as late even if it is due to events outside of their control**
- **Ongoing lateness is monitored**



This year's attendance for Year 7: **97.4%**

This year's national attendance for Year 7: **94.0%**

This year's attendance for whole school: **96.1%**

This year's national attendance for whole school : **91.7%**



Why someone might stay off school

There can be more than meets the eye.

OPTION 1:

PHYSICAL ILLNESS

My body is unwell and needs rest.



- Examples:
- Fever
 - Flu
 - Stomach bug
 - Migraine
 - Other physical health conditions

It might be physical

I can't go to school today...



It might be emotional

OPTION 2:

EBSNA

(Emotionally Based School Non-Attendance)

My mind is overwhelmed and I find school too hard right now.



This might look like:

- Worrying about school
- Feeling anxious or panicky
- Struggling to cope
- Finding it hard to be there even when I want to

Sometimes, people mask how they really feel.



What others see

It can feel safer or easier to say it's a physical illness when the real reason is mental health.



What others don't see

Both are real. Both deserve understanding.

Compassion, understanding and support can make a big difference.



Mobile Phones and Social Media

Urmston Grammar has been a phone free school for Years 7-11 since September 2025. Mobile devices will be collected in during AM form time and returned during PM form time. Further information is on the Parents tab of the website.

This policy has been in place for almost one year and has proved to be extremely positive for our students (though many may not admit it publicly!)

Social media should not be used by Year 7s. Nearly all social networking sites have a minimum user age of 13.



Mobile Phones and Social Media

We encourage Parents & Carers to monitor your child's phones, social media activity and WhatsApp groups

In September parents/carers will have the opportunity to sign up to National Online Safety (Links will be sent out soon) to find courses to up-skill parents





What Parents & Educators Need to Know about

INSTAGRAM



follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform owned by Meta. It allows users to share photos and videos, post stories, send private messages, go live, explore public content, and interact with others worldwide. As a user-generated platform widely accessed in the UK, Instagram is directly affected by the Online Safety Act 2023, which places legal duties on platforms to better protect children from harm.

ADDICTIVE DESIGN

Instagram is designed to encourage prolonged engagement through endless scrolling, personalised recommendations, and social feedback such as 'likes' and comments. Young people may feel pressure to constantly check updates in case they miss out. Even with new regulatory duties, children can still lose track of time, affecting sleep, homework, and real-world relationships.



SCHEDULED AND DIRECT MESSAGES

Instagram allows users to schedule direct messages. While convenient, this can result in messages arriving late at night or early in the morning, disrupting sleep and increasing anxiety. Although UK regulation requires stronger protections against stranger contact, risks remain if children accept unknown followers or move conversations across platforms.



THREADS AND PUBLIC CONVERSATIONS

'Threads' is Instagram's linked, text-based platform, where posts can appear within the Instagram environment. It encourages participation in public conversations that may involve strangers. While parental controls may carry across, children can still encounter misinformation, hostile exchanges, or inappropriate content, particularly in trending or viral discussions.



META AI AND BLURRED BOUNDARIES

Instagram includes Meta AI chat features, allowing users to ask questions and receive responses. Young people may access inaccurate or unsuitable information, or begin to treat AI as a trusted companion. Although platforms are expected to reduce harmful outputs under UK law, AI systems can still provide misleading information and are not a substitute for real relationships.





What Parents & Carers Need to Know about

NGL

AGE RESTRICTION

13+

WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

INFLATED ENGAGEMENT

1K

In June 2022, NGL had to revise its terms of service: informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.



Relational behaviour policy (2026)

- **A sneak peek into our ethos**
- **Things can and will go wrong**
- **People will make mistakes**
- **We will be curious about the reasons for poor behaviour choices**
- **We will embrace restorative practice**



Relational behaviour policy (2026)

- **Trauma informed responses**
- **This is embedded as a way of working in school**
- **The policy sets out our statement of intent – reinforcing expectations on how we work together**



Extra-Curricular Opportunities

‘Be more than the sum of your grades’



EXTRA CURRICULAR

Look out for updates!



Homework

- Homework will be set regularly using an App called 'Satchel One' (previously 'Show My Homework')
- Student and parent/carer logins
- Allows for dialogue at home – keeps track of topics covered
- If there are any difficulties accessing this, let us know





Homework

<https://www.satchelone.com/login>

**Parent/carer details
will be sent
separately**

**Please sign up in
September!**

**Students will use their
school email to log in**

Login [Forgot password?](#)

Staff Parent Student

Search school

Enter email address or username

Enter password

Log in

Or log in with:

Sign in with Office 365

Sign in with Google

Sign in with RM Unify



Equipment

Pack your bag the night before

Get a book box! (a one stop shop for all equipment at home!)

All students will be issued a locker in or near to their form room





Uniform

Taking a pride in appearance!

The screenshot shows the school's website with a navigation menu on the left containing links like HOME, ABOUT US, ADMISSIONS, PARENTS, COVID-19, PFA, TERM DATES, 79 VIRTUAL OPTIONS EVENING, PARENTPAY, EXAMS INFORMATION, FORMS AND DOCUMENTS, PARENT HANDBOOK, SCHOOL LETTERS, SEND INFORMATION, SCHOOL CALENDAR, ONLINE SAFETY, and PARENTS' VIEWS, WELLBEING - PARENTS. The main content area features a banner for 'URMSTON GRAMMAR PARTICIPATION' and a 'PARENT HANDBOOK' section with a 'DOWNLOAD' button.





Uniform

Our uniform stockists



Monkhouse Schoolwear Specialists

3.8 ★★★★★ 132 Google reviews ⓘ

Uniform shop in Stretford, England

- [Website](#)
- [Directions](#)
- [Reviews](#)
- [Save](#)
- [Share](#)
- [Call](#)

Address: The Old Post Office, 10 King St, Stretford, Manchester M32 8AE

Phone: 0161 865 3142



Petites Modes Ltd

4.6 ★★★★★ 61 Google reviews ⓘ

Children's clothes shop in Sale, England

- [Website](#)
- [Directions](#)
- [Reviews](#)
- [Save](#)
- [Share](#)
- [Call](#)

Located in: Stanley Square

Address: Unit 33, The Mall, Stanley Square, Sale M33 7ZZ

Phone: 0161 973 4231



Urmston Grammar Uniform Emporium

- Giving good quality school wear a second life!
- Community and eco-friendly focus
- Our Emporium is sustainable and supports both our families and the environment
- Items are laundered and of good quality
- Browse our pre-loved selection on **Thursday 2nd July at 3.30pm** in the theatre, (after Visiting Day)
- We request a small cash donation which will go directly back to support school projects



House System

Five Houses:

Bradfield	Mersey	Oak	Orme	Park
Mrs Chadwick	Mr Harrison	Mrs Evans	Mrs Walsh	Mr Tabor

Points for...

- **Academic, effort, resilience**
- **Extra-curricular**
- **Community**
- **Celebration of achievement outside school**



Learning to Learn



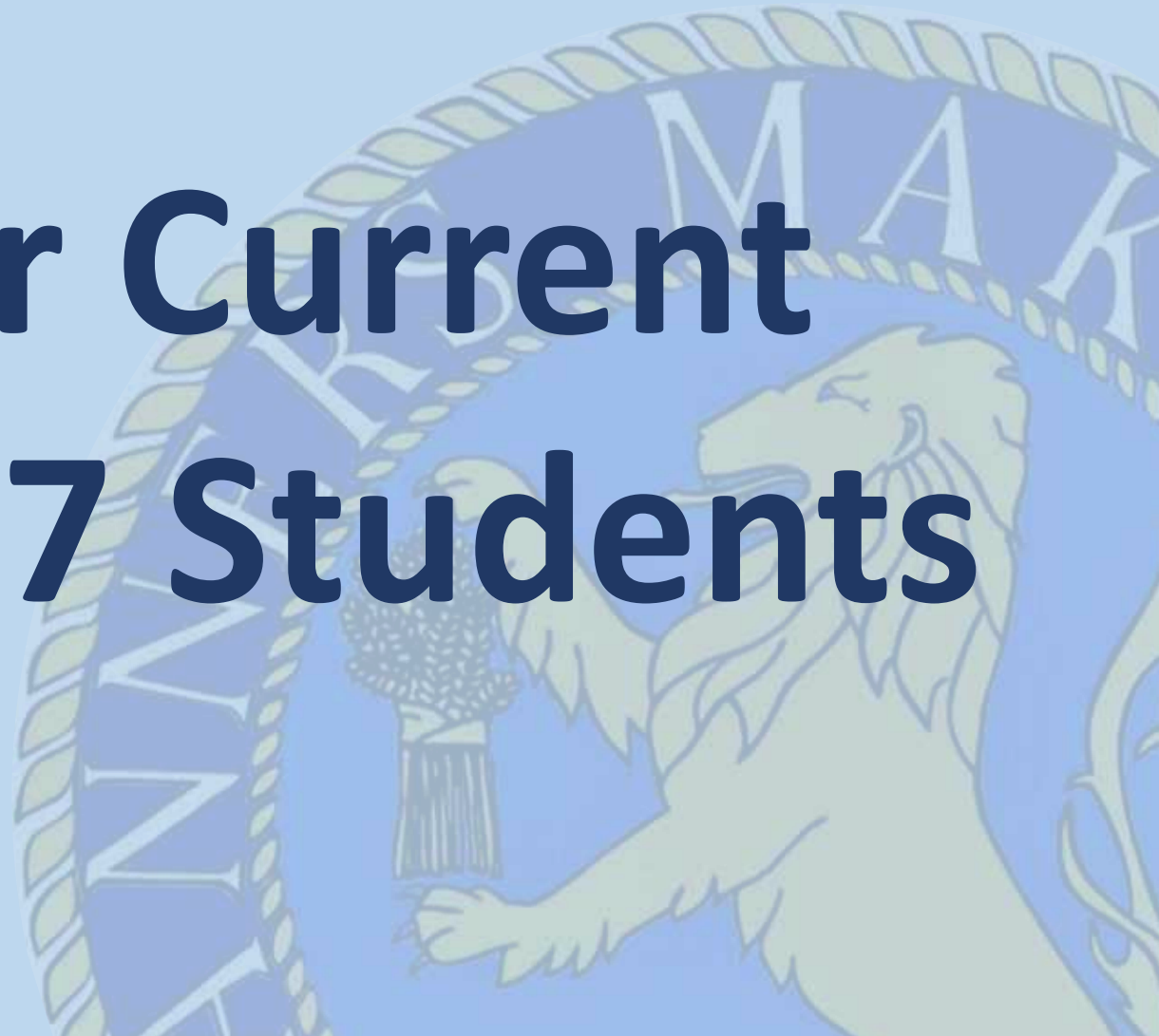
STUDENTS

This section of our website is designed for Urmston Grammar students to access lots of useful resources and information all in one place.





Our Current Year 7 Students





Visiting Day

Thursday 2nd July

Start of term

8:30 am Thursday 3rd

September



Dates for your diary

First day	Thursday 3rd September
Year 7 Photos	Tuesday 15th September
Year 7 Information Evening	Wednesday 16th September
Lakeside Residential Trip	w/b 28th September
Let's Sing!	Wednesday 4th November
Christmas Fair	Friday 4th December TBC
Year 7 Theatre Trip	Monday 14th December
Festival of Christmas	Wednesday 16th December
Year 7 Parent's Evening	Thursday 15th April



Thank you

