

New Beginnings

A Student's Guide to Navigating



GALWAY 

EDUCATE TOGETHER SECONDARY SCHOOL

新的开始

学生导航指南



GALWAY 

EDUCATE TOGETHER SECONDARY SCHOOL

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来自我们在校学生的建议



Welcome

This is a very exciting and busy time as you start on the newest chapter of your life. The information in this booklet should help you to manage your transition into post primary school. Starting secondary school might not always be easy, but it will be such a worthwhile and important time of growth and development in your life. Learn as much as you can, work hard, and try your very best to enjoy every moment.

This is a '**Transition booklet**' and you can use it both at school and at home. It will hopefully explain a lot about secondary school and answer some of your questions as well as help to prepare you for all the exciting changes ahead.



Welcome

这是一个非常令人兴奋和忙碌的时刻，因为你即将开启人生的新篇章。本手册中的信息应该可以帮助你顺利过渡到小学毕业后的生活。开始中学生活可能并不总是那么容易，但它将是你人生中成长和发展的一个重要而有价值的时期。尽可能多地学习，努力工作，尽最大努力享受每一刻。

这是一本“过渡手册”，您可以在学校和家里使用它。它有望解释很多关于中学的事情，回答您的一些问题，并帮助您为未来所有令人兴奋的变化做好准备。



The School Day



Our school day at Galway Educate Together Secondary School starts at 8.30am. On **Mondays** and **Wednesdays** we finish at 3.40pm. On **Tuesday**, **Thursday** and **Friday**, school finishes at 2.30pm. Each class lasts for 1 hour, except for tutor which is 15 minutes each morning. We take a **15 minute break** at 10.45am and a longer **lunch break** at 1pm for 30 minutes. You will have a slightly longer lunchtime of 40 minutes on a **Monday** and **Wednesday**.

Duration	Monday	Tuesday	Wednesday	Thursday	Friday
15 mins	Tutor	Tutor	Tutor	Tutor	Tutor
1 hour	Class 1	Class 1	Class 1	Class 1	Class 1
1 hour	Class 2	Class 2	Class 2	Class 2	Class 2
15 mins	Break	Break	Break	Break	Break
1 hour	Class 3	Class 3	Class 3	Class 3	Class 3
1 hour	Class 4	Class 4	Class 4	Class 4	Class 4
30/40 mins	Lunch (40 mins)	Lunch (30 mins)	Lunch (40 mins)	Lunch (30 mins)	Lunch (30 mins)
1 hour	Class 5	Class 5	Class 5	Class 5	Class 5
1 hour	Class 6	Clubs	Class 6	Clubs	

上学日



戈尔韦教育同心中学的上课时间是上午 8:30。周一和周三我们下午 3:40 放学。周二、周四和周五，学校下午 2:30 放学。每节课持续 1 小时，除了每天早上的辅导课 15 分钟。我们在上午 10:45 休息 15 分钟，下午 1 点有 30 分钟的较长午休时间。周一和周三的午餐时间会稍长一些，为 40 分钟。

Duration	Monday	Tuesday	Wednesday	Thursday	Friday
15 mins	Tutor	Tutor	Tutor	Tutor	Tutor
1 hour	Class 1	Class 1	Class 1	Class 1	Class 1
1 hour	Class 2	Class 2	Class 2	Class 2	Class 2
15 mins	Break	Break	Break	Break	Break
1 hour	Class 3	Class 3	Class 3	Class 3	Class 3
1 hour	Class 4	Class 4	Class 4	Class 4	Class 4
30/40 mins	Lunch (40 mins)	Lunch (30 mins)	Lunch (40 mins)	Lunch (30 mins)	Lunch (30 mins)
1 hour	Class 5	Class 5	Class 5	Class 5	Class 5
1 hour	Class 6	Clubs	Class 6	Clubs	

The School Day

Your Timetable



Your Timetable

One of the first pieces of information you will be given in September will be your timetable. It can look a little confusing in the beginning, but that is because it contains a lot of useful information; once you understand it, it will be easier to read.

Your timetable is very important because it not only tells you which lessons you will have that day but it also gives you a clue about the equipment you will need to pack in your bag the night before. It also tells you what time each lesson starts and finishes and in which room they will take place. If you haven't got a watch yet, it might be a good idea to buy one to practice telling the time and getting to places on time. There will be a clock in every classroom if you don't have a watch.



QUICK
TIPS

Stick a copy of your timetable on your bedroom wall at home as well as in your locker and journal at school. This will help you to be more organised.

上学日

你的时间表



你的时间表

9月份您将收到的第一条信息之一就是您的时间表。一开始它可能看起来有点混乱，但那是因为它包含了很多有用的信息；一旦您理解了它，阅读起来就会更容易。

你的时间表非常重要，因为它不仅会告诉你当天要上哪些课，还会告诉你前一天晚上需要打包哪些设备。它还会告诉你每节课的开始和结束时间，以及在哪个教室上课。如果你还没有手表，最好买一块来练习看时间，准时到达目的地。如果你没有手表，每个教室都会有一块钟。

QUICK
TIPS

把时间表的复印件贴在家里卧室的墙上，以及学校的储物柜和日记本上。这将帮助你更有条理。

The School Day

Your Timetable



Usually the timetable will also let you know which teacher you will have for each subject. Instead of just one teacher, you're going to have to get used to five or more different people being in charge of your class! Often, the timetable will have the teacher's name under the name of the lesson or room number. You can see where your teacher's name would usually be found in the sample timetable above, written in green.

You will probably have 5 or 6 different subjects every day and some will be in special rooms. For example, science will take place in the lab and art will take place in the art room. You can see where the room name/number for each subject would usually be found in the sample timetable above, written in purple.

Following the timetable will help you to stay organised.

上学日

你的时间表



通常，时间表还会告诉您每门课的老师是谁。您将不得不习惯于由五个或更多不同的人负责您的课程，而不是只有一位老师！时间表上通常会在课程名称或教室编号下标明老师的姓名。您可以在上面的示例时间表中看到老师的姓名通常位于何处，用绿色书写。

您每天可能会有 5 或 6 门不同的课程，有些课程会在特殊教室上课。例如，科学课会在实验室上课，艺术课会在美术教室上课。您可以在上面的时间表示例中看到每门课程的教室名称/编号通常位于何处，用紫色表示。

遵守时间表将有助于你保持井然有序。

The School Day

Your Timetable



Below is a picture of what your timetable might look like:

	Tutor	1	2		3	4		5	6
Monday	8.30 – 8.45	8.45- 9.45	9.45- 10.45	15 min BREAK (10.45- 11.00)	11.00- 12.00	12.00- 13.00	LUNCH (13.00- 13.30/13.40)	13.40- 14.40	14.40- 15.40
	TUTOR	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER		SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER		SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER
Tuesday	8.30 – 8.45	8.45- 9.45	9.45- 10.45		11.00- 12.00	12.00- 13.00		13.30- 14.30	
	TUTOR	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER		SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER		SUBJECT ROOM NO. TEACHER	
Wednesday	8.30 – 8.45	8.45- 9.45	9.45- 10.45		11.00- 12.00	12.00- 13.00		13.40- 14.40	14.40 - 15.40
	TUTOR	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER		
Thursday	8.30 – 8.45	8.45- 9.45	9.45- 10.45	11.00- 12.00	12.00- 13.00	13.30- 14.30			
	TUTOR	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER			
Friday	8.30 – 8.45	8.45- 9.45	9.45- 10.45	11.00- 12.00	12.00- 13.00	13.30- 14.30			
	TUTOR	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT ROOM NO. TEACHER	SUBJECT TEACHER ROOM			

上学日

你的时间表



下面是你的时间表的可能样子：

	Tutor	1	2		3	4		5	6
Monday	8.30 – 8.45 TUTOR	8.45- 9.45 SUBJECT ROOM NO. TEACHER	9.45- 10.45 SUBJECT ROOM NO. TEACHER	15 min BREAK (10.45- 11.00)	11.00- 12.00 SUBJECT ROOM NO. TEACHER	12.00- 13.00 SUBJECT ROOM NO. TEACHER	LUNCH (13.00- 13.30/13.40)	13.40- 14.40 SUBJECT ROOM NO. TEACHER	14.40- 15.40 SUBJECT ROOM NO. TEACHER
Tuesday	8.30 – 8.45 TUTOR	8.45- 9.45 SUBJECT ROOM NO. TEACHER	9.45- 10.45 SUBJECT ROOM NO. TEACHER		11.00- 12.00 SUBJECT ROOM NO. TEACHER	12.00- 13.00 SUBJECT ROOM NO. TEACHER		13.30- 14.30 SUBJECT ROOM NO. TEACHER	
Wednesday	8.30 – 8.45 TUTOR	8.45- 9.45 SUBJECT ROOM NO. TEACHER	9.45- 10.45 SUBJECT ROOM NO. TEACHER		11.00- 12.00 SUBJECT ROOM NO. TEACHER	12.00- 13.00 SUBJECT ROOM NO. TEACHER		13.40- 14.40 SUBJECT ROOM NO. TEACHER	14.40 - 15.40 SUBJECT ROOM NO. TEACHER
Thursday	8.30 – 8.45 TUTOR	8.45- 9.45 SUBJECT ROOM NO. TEACHER	9.45- 10.45 SUBJECT ROOM NO. TEACHER		11.00- 12.00 SUBJECT ROOM NO. TEACHER	12.00- 13.00 SUBJECT ROOM NO. TEACHER		13.30- 14.30 SUBJECT ROOM NO. TEACHER	
Friday	8.30 – 8.45 TUTOR	8.45- 9.45 SUBJECT ROOM NO. TEACHER	9.45- 10.45 SUBJECT ROOM NO. TEACHER		11.00- 12.00 SUBJECT ROOM NO. TEACHER	12.00- 13.00 SUBJECT ROOM NO. TEACHER		13.30- 14.30 SUBJECT TEACHER ROOM	

The School Day

Clubs



Clubs

Extra curricular clubs are an extremely important part of our community here at Galway Educate Together Secondary School. Getting involved in school activities outside of regular class is not essential, but it can make settling into your school a lot more fun. It is a great way to meet other students who have similar interests and it is an easy way to try new things. You will be given the chance to suggest clubs that you would like to see running in the school through our student voice program. Students are then given the option to attend the club of their choice.

Most clubs run on a Tuesday and Thursday after school for an hour but there are some clubs running at lunchtimes during the week also. It's a great way to get to know other students while having fun.

上学日

俱乐部



俱乐部

课外俱乐部是戈尔韦教育同心中学社区中极其重要的一部分。参与常规课程之外的学校活动并非必不可少，但它可以让你的学校生活更加有趣。这是一个结识有相似兴趣的其他学生的好方法，也是尝试新事物的简单方法。你将有机会通过我们的学生之声计划推荐你希望在学校开展的俱乐部。然后学生可以选择参加他们选择的俱乐部。

大多数俱乐部在周二和周四放学后举办一小时的活动，但有些俱乐部也在周中的午餐时间举办。这是一种在玩乐的同时结识其他学生的好方法。

The School Day

Clubs



Below is a list of the clubs that are running in our school currently

Tuesday After School Clubs 2.30 – 3.30pm

Home Learning Club LS1	Musical Rehearsals and Set work- Back to the 80's	Debating Club with Rowie and Elana LS5	Boys Basketball Training – Meet at Sports Hall - Martin	Coding/Robotics/Minecraft Club With Peadar in Tech room	Soccer Training – meet at Sports Hall – Gary, Laura
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Thursday After School Clubs 2.30 – 3.30pm

Home Learning Club LS1	Musical Rehearsals and Set work- Back to the 80's	Arts and Crafts Club with Donna and Paula – Home Ec Room	Dungeons & Dragons Club with Matthew in LS6	Girls Basketball – Rowie and Leanne Volleyball – James and Hazel Tabletennis - Evan	Science Club – James – Blue Lab Yoga - Gabrielle
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Lunchtime Clubs

1. Each lunchtime – Games Club & Chess Club LS8 with Matthew/ Library LS9
2. Monday – Lego League with Evan and James in the Tech Room, School Magazine Club – With Esther and Orlaith in LS2, Green Team with Clodagh in LS4
3. Wednesday – Languages Club with Karin LS1
4. 1st Year Buddy Lunchtime with Ann Marie & Katriona – details to be confirmed
5. Pride Club with Richard – day to be confirmed
6. Lunchtime Walking Club with Katriona/Ann Marie – Tues/Wed/Thurs 1.10

Registers will be taken by teachers at each session. School bus will leave school at 2.30pm so you will need to arrange another way home if staying for a club.

Meeting point for all Sports clubs is in Sports Hall.

No clubs on days when there is a Staff meeting or Parent/Teacher/Student Meeting or School event

上学日

俱乐部



以下是我们学校目前正在运行的俱乐部列表

Tuesday After School Clubs 2.30 – 3.30pm

Home Learning Club LS1	Musical Rehearsals and Set work- Back to the 80's	Debating Club with Rowie and Elana LS5	Boys Basketball Training – Meet at Sports Hall - Martin	Coding/Robotics/Minecraft Club With Peadar in Tech room	Soccer Training – meet at Sports Hall – Gary, Laura
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The School Day

Attendance and Punctuality



Just like in primary school, students need to attend school every day unless the absence is unavoidable. Coming to school every day promotes a positive environment for learning and personal development. It also enhances each student's ability to achieve their full potential. If you do miss a day, your parent/guardian must write a note in your school journal, explaining the reason for your absence.

Students are not allowed to leave the school grounds during school hours without permission. Any student who wishes to leave the school early must provide a written note from a parent/guardian and must sign out at the school office.

Students also need to arrive to school and classes on time every day. In addition to being essential for the efficient running of the school, learning to be on time is an important life skill. Remember that at GETSS, there is no school bell to let you know when school or class has started or finished. The school opens at 8am but after 8.30am, the main door will be locked and you must then use the buzzer at the front door to get into the school. If you are unavoidably late to school, you must have a note from a parent/guardian and sign in at the school office.

上学日

出勤和守时



就像小学一样，除非缺课不可避免，否则学生必须每天上学。每天上学可以营造积极的学习和个人发展环境。它还可以提高每个学生发挥其全部潜力的能力。如果你缺课一天，你的父母/监护人必须在你的学校日志中写一张便条，解释你缺课的原因。

学生不得在未经允许的情况下在校期间离开校园。任何希望提前离开学校的学生都必须提供家长/监护人的书面证明，并在学校办公室签字。

学生每天也需要准时到校和上课。准时上课不仅对学校高效运行至关重要，而且是一项重要的生活技能。请记住，GETSS 没有上课铃声来通知您上课或下课的时间。学校早上 8 点开门，但 8:30 之后，主门将锁上，您必须使用前门的门铃才能进入学校。如果您不可避免地迟到，您必须有家长/监护人的便条并在学校办公室登记。

Finding Your Way



Most 6th class pupils feel a little nervous about going to a school which is different or bigger than their primary school. They might feel worried about getting lost, or being late for a lesson because they're not sure of where the room is. The first thing you need to know is that you will rarely go anywhere alone, most of your classes will be with the same people. For this reason, it is less likely that you will get lost.

Remember that if you are unsure of where you're going that you check the door to see what room number you are at, look at the school map or ask a teacher or another student for help.



**QUICK
TIPS**

Before you leave your class, check your timetable to see where you are going to next. This will make it easier to find your way around.

找到自己的路



大多数六年级学生对于去一所与小学不同或规模更大的学校感到有点紧张。他们可能会担心迷路，或者因为不确定教室在哪里而迟到。你需要知道的第一件事是，你很少会独自去任何地方，你的大多数课程都是和同一群人一起上的。因此，你迷路的可能性较小。

请记住，如果您不确定要去哪里，请检查门以了解您所在的房间号，查看学校地图或向老师或其他学生寻求帮助。



QUICK
TIPS

离开课堂前，先查看一下时间表，看看接下来要去哪里。这样可以更轻松地找到路。

Finding Your Way

Our school is in Galway City Centre



Yard



School Gym

找到自己的路

我们的学校位于戈尔韦市中心

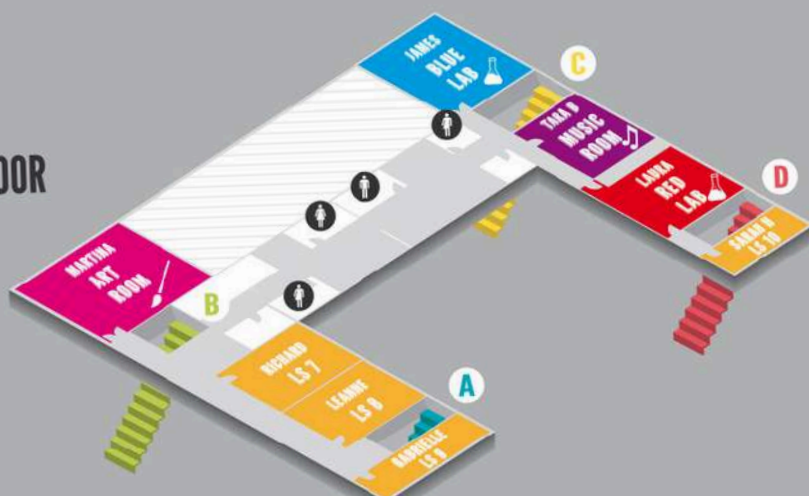


院子



学校体育馆

SECOND FLOOR



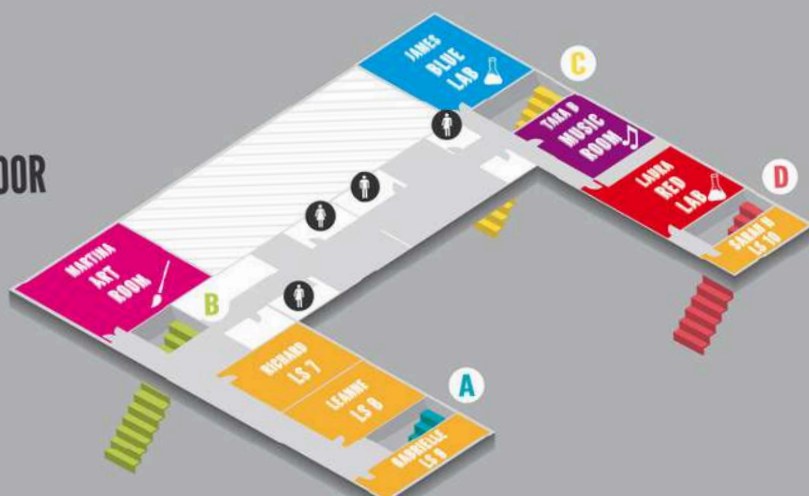
FIRST FLOOR



GROUND FLOOR



SECOND FLOOR



FIRST FLOOR



GROUND FLOOR



Finding Your Way

Classroom Layout



There are many classrooms in post primary schools and it is no different here at GETSS. We call our classrooms 'Learning Spaces' (or LS for short) which are numbered from 1-6. You will see signs on the classroom doors, like the one pictured below, letting you know which learning space number that room is.

We also have a music room, art room, science lab, kitchen and technology room. The layout of these rooms looks a little bit different than the other learning spaces, as these subjects require more materials and equipment.

For each subject, students will be assigned a particular seat, as we follow seating plans here at GETSS. You will have a different seat in each learning space, which you will be assigned on your first week of school. Because you will move rooms for your option subjects, it means you will get to sit beside different people in different classes. This is a great way to get to know other students who may not be in your main class.



找到自己的路

教室布局



中学有很多教室，GETSS 也不例外。我们将教室称为“学习空间”（简称 LS），编号从 1 到 6。您会在教室门上看到标志，如下图所示，让您知道该房间属于哪个学习空间编号。

我们还有音乐室、美术室、科学实验室、厨房和技术室。这些房间的布局与其他学习空间略有不同，因为这些科目需要更多的材料和设备。

对于每门科目，学生都会被分配一个特定的座位，因为我们在 GETSS 遵循座位安排。您将在每个学习空间中拥有不同的座位，这些座位将在开学第一周分配到。因为您将选修科目换教室，这意味着您将坐在不同班级的不同人旁边。这是结识可能不在您的主班的其他学生的好方法。



Finding Your Way

Classroom Layout



Tech room



Home Economics room



Lab room ↗



Music room



Art room ↗



找到自己的路

教室布局



技术室



实验室



家政室



美术室



音乐室

Finding Your Way

Toilets



There are many different toilets to choose from around your new secondary school. In the main building, you will find a boys toilet and girls toilet on the first floor. You will also find a boys toilet and a girls toilet on the ground floor of the prefabs. These toilets will have the following symbols on the doors - one for **girls**, and one for **boys**:



You will also find a whichever toilet on both the first floor and the ground floor of the main building. The whichever toilet is a toilet that **can be used by any one**. The symbol for this toilet will look like this:



It is important to always wash your hands after using the toilet. This helps to keep our school safe and hygienic. When drying your hands, you must ensure that the paper towels are put in the bin and not flushed down the toilet. You will see reminders of this on the paper towel dispensers to make sure you don't forget.

找到自己的路

洗手间



您的新中学周围有许多不同的厕所可供选择。在主楼，您会在一楼找到男厕所和女厕所。您还会在预制件的一楼找到男厕所和女厕所。这些厕所的门上会有以下符号 - 一个是女孩的，一个是男孩的：

主楼一楼和底楼均设有厕所。厕所供任何人使用。此厕所的符号如下：



上完厕所后一定要洗手，这很重要。这有助于保证我们学校的安全和卫生。擦干双手时，必须确保将纸巾放入垃圾桶，而不是冲入马桶。纸巾分配器上会贴有提醒，以确保您不会忘记。



Finding Your Way

Transport



There are lots of ways of getting to school, whether it is by bus, car, bike or walking. You may decide that now you are in secondary school, you want to start arriving to school in a different way than you did in primary school. For example you might start cycling to school instead of being driven by someone else.

If you choose to cycle to school, we have bicycle racks where you can lock your bike securely in the morning. These are located in the larger outdoor lunch area, to the right of the resource room. Don't forget to bring your own bike lock and to wear a helmet!

If you choose to come to school by bus, Bus Eireann currently runs one school bus from the West side of the city to Galway Educate Together Secondary School. As the school grows, we hope there will be more school buses running from other parts of the city. Application for a place on the school bus service occur through the Bus Eireann website each April. The school bus arrives at the school at 8am each morning.

找到自己的路

运输



上学的方式有很多种，无论是乘坐公共汽车、汽车、自行车还是步行。现在你已经上中学了，你可能会决定开始以不同于小学时的方式上学。例如，你可以开始骑自行车上学，而不是由别人开车送你。

如果您选择骑自行车上学，我们有自行车架，您可以在早上安全地将自行车锁在那里。这些自行车架位于较大的户外午餐区，在资源室的右侧。别忘了带上自己的自行车锁并戴上头盔！

如果您选择乘坐校车来学校，Bus Eireann 目前有一辆校车从城市西侧开往 Galway Educate Together 中学。随着学校的发展，我们希望有更多的校车从城市其他地方开往学校。每年 4 月，您都可以通过 Bus Eireann 网站申请校车服务。校车每天早上 8 点到达学校。

In School Supports



Post primary school is no different to primary school when it comes to asking for help, you just have more teachers to ask and this can be daunting. Questions are welcome by all teachers once they are asked in the right way.

We all go through a range of feelings and emotions in one day, this is perfectly normal. When a bad mood or anxious feeling lasts for a long period of time, speaking to your teachers, friends and/or family can be helpful.

Your school has a whole host of people who are trained to help and support you through whatever happens on your journey through post primary.

You can come to any of the staff, at any time, if you need help or would like to talk about something that is worrying you.

学校支持



在寻求帮助方面，小学毕业后与小学毕业没什么不同，只是需要咨询的老师更多，这可能会令人望而生畏。只要以正确的方式提问，所有老师都会欢迎你提问。

我们每天都会经历各种感觉和情绪，这很正常。当心情不好或焦虑情绪持续很长一段时间时，与老师、朋友和/或家人交谈可能会有所帮助。

你的学校有一大批经过培训的人员，他们会在你初中毕业后的旅程中为你提供任何帮助和支持。

如果您需要帮助或者想谈论让您担心的事情，您可以随时找任何一位工作人员。

In School Supports



Here is a quick introduction to the friendly faces of the staff that we currently have here at GETSS:



Sarah



Sinéad



Ann-Marie



Clodagh



Peader



Katriona



James



Martina



Noreen



Tara



Áine



John

学校支持



下面简单介绍一下我们 GETSS 目前拥有的友好员工：



莎拉



西妮德



安·玛丽



克洛达



皮德



卡特里奥纳



詹姆斯



玛蒂娜



诺琳



塔拉



安妮



约翰

In School Supports



Here is a quick introduction to the friendly faces of the staff that we currently have here at GETSS:



Michelle



Jill



Gary



Gabrielle



Esther



Rosaline



Richard



Sharon



Katriona



Paula



Donna



Chloe

学校支持



下面简单介绍一下我们 GETSS 目前拥有的友好员工：



米歇尔



吉尔



加里



加布里埃尔



以斯帖



罗莎琳



理查德



莎朗



卡特里奥纳



保拉



唐娜



克洛伊

In School Supports



Here is a quick introduction to the friendly faces of the staff that we currently have here at GETSS:



Leanne



Hazel



Evan



Sarah



Rowie



Angela



Martin



Fiona



Nicole



Tara



Niamh



Kate

学校支持



下面简单介绍一下我们 GETSS 目前拥有的友好员工：



莉安



榛



埃文



莎拉



沟



安吉拉



马丁



菲奥娜



妮可



塔拉



妮娅姆



凯特

In School Supports



Here is a quick introduction to the friendly faces of the staff that we currently have here at GETSS:



Jade



LeighAnn



Eleanor



Roisin



Nora



James



Peanut



Scan the QR code
to find out more
about our team



学校支持



下面简单介绍一下我们 GETSS 目前拥有的友好员工：



出口



利·安



埃莉诺



罗辛



诺拉



詹姆斯



花生



扫描二维码，了解更多我们的团队信息



Your Learning Tutor



At the beginning of each day, all students attend tutor time at 8.30am for 15 minutes, before the first class. Tutor is important, as it is a set time with your class tutor where you can ask questions or discuss any issues or concerns you might have. Your tutor will also have different activities lined up during this time, such as 'Simon Says', mindfulness or challenging your maths skills with 'Numeracy Ninjas'. You will find out who your class tutor will be during Welcome Week.



你的学习



导师

每天开始上课时，所有学生都会在第一堂课之前，于上午 8:30 参加 15 分钟的辅导时间。辅导很重要，因为这是与班主任一起的固定时间，您可以在在此期间提问或讨论您可能遇到的任何问题或疑虑。您的导师还会在这段时间安排不同的活动，例如“Simon Says”、正念或通过“Numeracy Ninjas”挑战您的数学技能。您将在欢迎周期间了解您的班主任是谁。



Your Learning Core Subjects



In Galway Educate Together Secondary School Students we have six core subjects which they are required to take:

English	Science
Gaelige	French/Spanish
Maths	History

All students will also take:

CSPE	Physical Education
SPHE	Ethical Education

Short Courses

All students at GETSS will also have the opportunity to experience other short courses. These may include: **Coding, Artistic Performance**

你的学习



核心科目

在戈尔韦教育同心中学，我们有六门核心科目需要学生学习：

英语

科学

盖尔语

法语/西班牙语

所有学生还将参加：

数学

历史

中西医结合

体育

SPHE

道德教育

短期课程

GETSS 的所有学生还将有机会体验其他短期课程。这些课程可能包括：编程、艺术表演

Your Learning Option Subjects



1st Year Taster Programme (Option Subjects)

In Galway Educate Together Secondary School all first-year students will have the opportunity to sample each optional subject before selecting their optional subjects for the Junior Cycle. You do not need to make a decision about your option subjects until the Halloween break. Here is a brief description of each of the option subjects available.

Applied Technology

It helps to develop your curiosity of the technological world while also helping you to build the skills you need to investigate and solve real-life problems.

Business studies

It helps you to make more informed decisions in the everyday business of living. It gives you a better understanding of the world of work. It encourages you to think about how and why people start up in business and why you too might also consider starting a business.

你的学习



选修科目



第一年体验课程（选修科目）


在戈尔韦 Educate Together 中学，所有一年级学生都有机会在选择初中选修科目之前先试修每门选修科目。您无需在万圣节假期之前决定您的选修科目。以下是每个可选科目的简要说明。

应用技术

它有助于培养您对技术世界的好奇心，同时帮助您培养研究和解决现实问题所需的技能。

商业研究

它可以帮助您在日常生活中做出更明智的决定。它让您更好地了解工作世界。它鼓励您思考人们如何以及为何创业，以及为什么您也可能考虑创业。



Your Learning Option Subjects



Geography

helps you to develop the knowledge and skills you need to explore and understand the world around you. This is achieved through the study of three main areas:

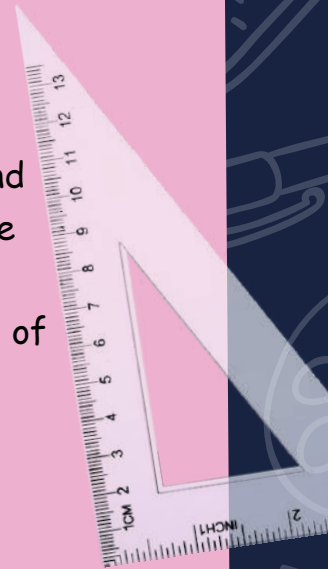
- Exploring people, place and change
- Exploring the physical world
- Exploring how we interact with the physical world.



Technical Graphics

aims to:

- develop the student's creativity, spatial ability, and capacity to reason and communicate ideas through engagement with abstract and applied geometric problem-solving activities
- encourage the development of the cognitive and practical dexterity skills associated with graphical communication
- instil an appreciation of the role of graphics in the world around them • equip all students to make judgements on the best mode through which to represent their ideas and solutions
- encourage the production of drawings that promotes the skills of communicating through graphics
- develop students cognitive and practical skills associated with modelling and graphical communication



你的学习



选修科目

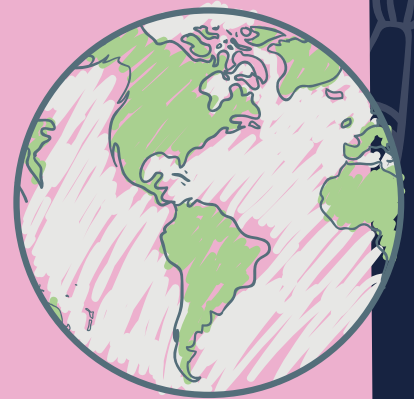
地理

帮助您发展探索 and 了解周围世界所需的知识和技能。这通过以下三个主要领域的学习实现：

探索人物、地点和变化

探索物理世界

探索我们如何与物质世界互动。



技术图形

目的是：

通过参与抽象和应用几何问题解决活动，培养学生的创造力、空间能力、推理能力和交流思想的能力

鼓励发展与图形交流相关的认知和实践灵活性技能

培养学生对图形在他们周围世界中的作用的认识 · 让所有学生能够判断如何以最佳方式表达他们的想法和解决方案

鼓励创作绘画作品，提高通过图形进行交流的技能

培养学生与建模和图形交流相关的认知和实践技能



Your Learning Option Subjects



Home Economics

helps you to know how to be environmentally conscious and dedicated to a sustainable and responsible way of life through the exploration of three areas of learning:

- Responsible Family Living
- Food, Health & Culinary Skills
- Textiles & Craft

You will develop practical food and health literacy skills, creative design and textile skills whilst also becoming resourceful, innovative, adaptable, and competent consumers.

Music

helps you to build upon self-expression, self-esteem and imagination through music. In music you will develop the knowledge, skills and understanding necessary to produce and engage with authentic and original music, that is both yours and the music of others. In doing so, you will develop the music literacy, critical skills and language necessary to engage with today's musical world.



你的学习



选修科目

家政学

通过探索三个学习领域帮助您了解如何具有环保意识并致力于可持续和负责任的生活方式：

负责任的家庭生活

食品、健康与烹饪技巧

纺织品和工艺品

您将培养实用的食品和健康素养技能、创意设计和纺织技能，同时成为足智多谋、创新、适应性强且有能力的消费者。

音乐

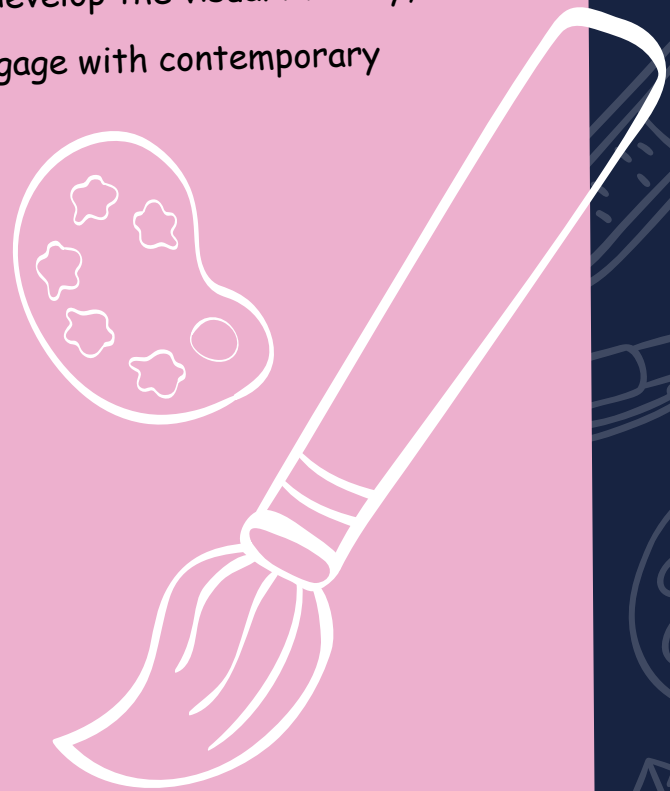
帮助您通过音乐建立自我表达、自尊和想象力。在音乐中，您将发展必要的知识、技能和理解力，以创作和参与真实原创的音乐，这些音乐既属于您自己，也属于他人。在此过程中，您将发展音乐素养、批判技能和语言，以参与当今的音乐世界。

Your Learning Option Subjects



Visual Art

Through practical engagement in the areas of art, craft and design, you will develop self-confidence, inquisitiveness, imagination, and creativity. You will also develop authentic, real-world problem-solving skills and the capacity to work over time, as an individual and in groups, on the design and execution of artistic and aesthetic tasks. You will develop the knowledge, skills and understanding necessary to produce and to engage with authentic and original art, craft and design work. In so doing, you will begin to develop the visual literacy, critical skills and language necessary to engage with contemporary culture.



你的学习

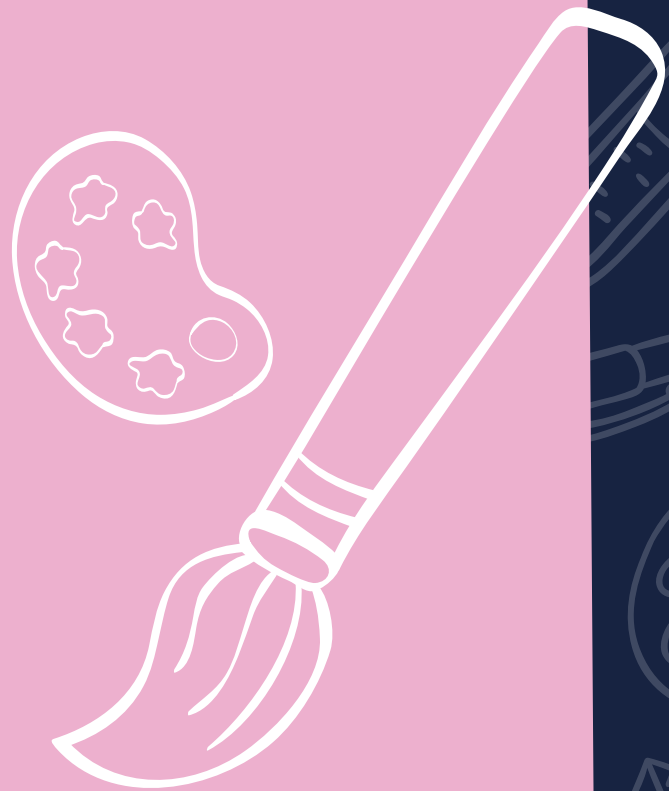


选修科目

视觉艺术

通过参与艺术、工艺和设计领域的实践，您将培养自信、好奇心、想象力和创造力。您还将培养真实的现实世界解决问题的能力，以及作为个人和团体长期从事艺术和美学任务设计和执行的能力。

您将获得创作和参与真实原创的艺术、工艺和设计作品所需的知识、技能和理解力。通过这种方式，您将开始培养参与当代文化所需的视觉素养、批判技能和语言能力。



Getting Organised!

Your Bag



In secondary school you will be using lots of different types of equipment for each class. The increase in the amount of materials you need for post primary school compared to primary school can feel overwhelming, but getting organised and feeling in control of all your new materials will help you feel more confident and settled.

Your Bag

Try to only carry around exactly what you need for each day. Where possible, leave everything else in your locker or at home. You will need to keep your pencil case, journal and iPad in your bag for every class in secondary school.

It is important to clean out your bag regularly as it is amazing what gets lost at the bottom of a messy school bag. It is a good idea to have an A4 zip folder for each subject so that you can keep all relevant copies and materials together in one section. Not only will this keep your bag tidy but it will also help you avoid losing things or getting your copies mixed up.

Label your bag by writing your name on it or attaching a key ring somewhere so that you can easily identify your bag.



有序起来！

你的包



在中学，你将在每堂课上使用大量不同类型的设备。与小学相比，小学毕业后你需要的材料数量增加，这可能会让你感到不知所措，但组织好并掌控所有新材料将帮助你感到更加自信和安定。

你的包

尽量只携带每天所需的物品。尽可能将其他物品放在储物柜或家中。中学期间，你需要将铅笔盒、日记本和 iPad 放在书包中，以便每节课都使用。

定期清理书包很重要，因为脏乱的书包底部会遗失很多东西，这很令人吃惊。最好为每门课程准备一个 A4 拉链文件夹，这样您就可以将所有相关的复印件和材料放在一个部分。这不仅可以让您的书包保持整洁，还可以帮助您避免丢失东西或将复印件混在一起。

给您的包贴上标签，写上您的名字或者将其挂在钥匙圈上，这样您就可以轻松识别您的包。



Getting Organised!

Your Suitcase



Your Pencil Case

In primary school, most of the equipment you need is kept in the classroom. But at secondary school, you will be expected to have your own pencils and pens and you will have to carry them all around with you. In your pencil case you should have the following items so you are prepared for class:

Pens	Pencil	Eraser
Ruler	Calculator	Maths Set
Earphones	Glue	Small scissors

QUICK TIPS

Repack your bag each evening with materials and books that you need by looking at your timetable to see what subjects you have the next day so that it is ready to go for the morning, this will save you time.

有序起来!

你的行李箱



你的铅笔盒

在小学，你需要的大部分设备都放在教室里。但在中学，你需要有自己的铅笔和钢笔，你必须随身携带。在你的铅笔盒里，你应该有以下物品，以便你为上课做好准备：

钢笔	铅笔	橡皮
统治者	计算器	数学集
耳机	胶水	小剪刀

QUICK
TIPS

每天晚上查看你的时间表，看看第二天要学哪些科目，把你需要的材料和书籍放进你的书包里，以便早上出发，这样可以节省你的时间。

Getting Organised!

Subject Specific Requirements



Different teachers and subjects require different materials. This can feel overwhelming in the beginning but if you make a list of the things you need for each subject, you can tick them off as you organise your bag for school the next day. Your teachers will let you know what extra materials you need for each subject during Welcome Week so you don't need to worry about having these particular items before you start secondary school. Here is a list of example materials you might need for specific subjects:

Technical Graphics	T-square, colouring pencils
Music	Recorder, earphones, manuscript copy
Art	Art Pack and Art supplies
Applied Technology	Safety goggles
Home Economics	Apron and ingredients on the days you are cooking
PE	Hi-Vis Jacket and appropriate clothing e.g. runners and tracksuit

有序起来!

特定主题要求



不同的老师和科目需要不同的材料。一开始，这可能会让人不知所措，但如果你列出每门科目所需的东西清单，第二天整理书包时，你就可以把它们勾掉。你的老师会在迎新周期间告诉你每门科目需要哪些额外的材料，这样你就不必担心在开始上中学之前没有这些特定的物品。以下是您可能需要的特定科目的示例材料清单：

技术图形	丁字尺、彩色铅笔
音乐	录音机、耳机、稿件复印件
艺术	艺术包和艺术用品
应用技术	安全护目镜
家政学	做饭时的围裙和食材
在	高能见度夹克和合适的衣服，例如跑步者和运动服

Getting Organised!

Learning Symbols



At GETSS, we call homework 'Home Learning'. Home Learning is so important for your learning journey. Not only does it show your teachers your level of understanding but it also helps you to retain information that you've learned in class. It is important to be organised and to balance your workload in order to avoid stress and forget completing some/all your Home Learning tasks.

Learning Symbols

In your classroom, you will see learning symbols on each of the whiteboards. These symbols will help you to find your home learning easily and understand how long it will take to complete. The symbols will also show you when your home learning is due and whether or not you will need your iPad.

The symbol to the right will show where your home learning will be written on the whiteboard. You will also find this symbol in your classes on OneNote.



有序起来!

学习符号



在 GETSS，我们将家庭作业称为“家庭学习”。家庭学习对于您的学习之旅非常重要。它不仅能向老师展示您的理解水平，还能帮助您记住在课堂上学到的信息。组织有序并平衡工作量非常重要，这样才能避免压力过大而忘记完成部分/全部家庭学习任务。

学习符号

在教室里，您会在每个白板上看到学习符号。这些符号将帮助您轻松找到家庭学习内容并了解完成学习需要多长时间。这些符号还会显示家庭学习的截止日期以及您是否需要 iPad。

右侧的符号将显示白板上的家庭学习记录。您还可以在 OneNote 上的课堂上看到此符号。

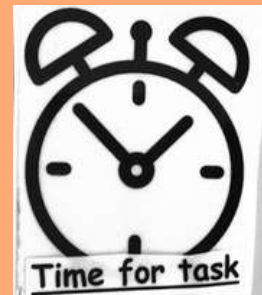


Getting Organised!

Learning Symbols



This symbol will be on the whiteboard to show how long your home learning should take to complete. Your teacher will write a time beside this symbol e.g. 10 mins



This symbol will be on the whiteboard to tell you what date your home learning should be handed in to your teacher. Your teacher will write a date beside this symbol e.g. 5th April



This symbol will tell you whether or not you will need an iPad to complete your home learning. Your teacher will put a tick on the whiteboard beside this symbol if you need your iPad.



有序起来!

学习符号



此符号将出现在白板上，显示您的家庭学习需要多长时间才能完成。您的老师将在此符号旁边写上时间，例如 10 分钟



这个符号会出现在白板上，告诉你应该在什么日期将家庭学习材料交给老师。你的老师会在这个符号旁边写一个日期，例如 4 月 5 日



这个符号会告诉你是否需要 iPad 来完成你的家庭学习。如果你需要 iPad，你的老师会在白板上这个符号旁边打勾。

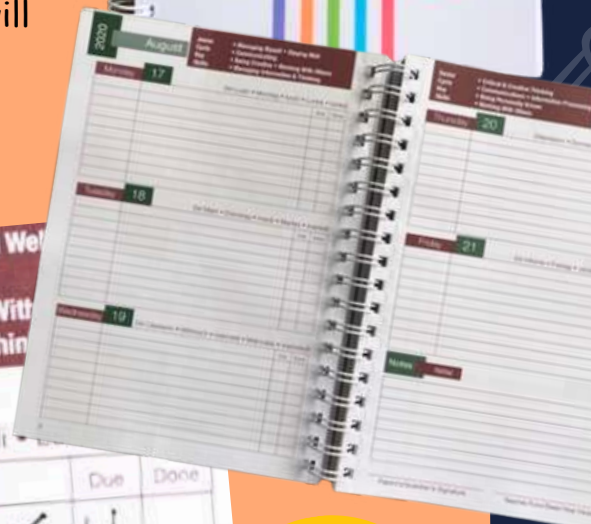
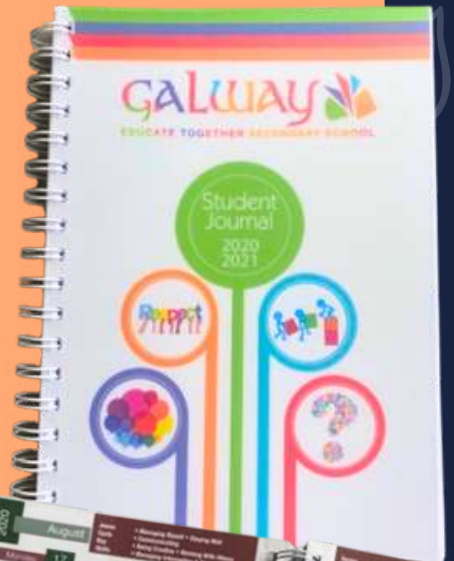


Getting Organised!

Your Journal



You will be given a Home Learning Journal at the start of each school year. This is the best way to keep track of your Home Learning tasks and keep all your reminders in one place. Each Monday during tutor class, you will write all your subjects for the week ahead into your Journal. It is important to keep your Journal neat and tidy at all times. Doing this will help you stay organised with your work.



2020 August		Junior Cycle Key Skills	Managing Myself • Staying Well	Communicating	Being Creative • Working With Others	Managing Information & Thinking Critically
Monday 17	Dé Luain • Montag • lundi					
Tutor	Get journal signed					W
English	Read ch.2 of novel 10mins ✓					T
History	Q1-6 p33 20mins					F
Maths	See Teams 15mins ✓					Th
Music	See photos 5mins					
Ethical Ed.	Reflection on CheNote 10mins ✓					
SPHE						

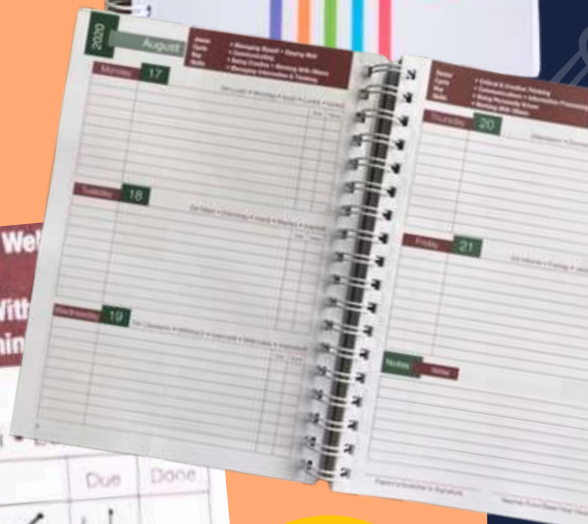
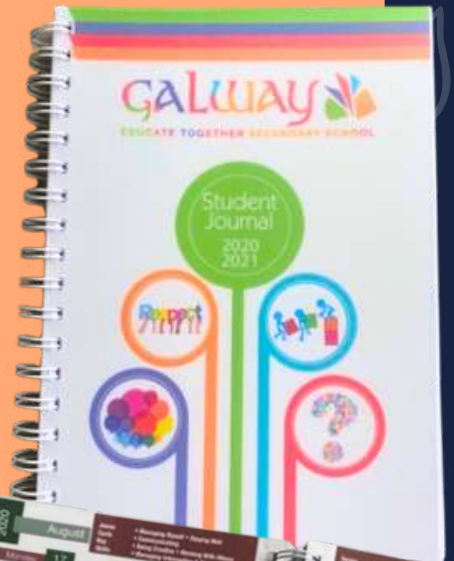


有序起来!

你的日记



每个学年开始时，您都会收到一本家庭学习日志。这是跟踪家庭学习任务并将所有提醒放在一个地方的最佳方式。每周一在辅导课上，您将把下一周的所有科目写到日志中。始终保持日志整洁很重要。这样做将帮助您保持工作井然有序。



2020 August		Junior Cycle Key Skills	
		• Managing Myself • Staying Well • Communicating • Being Creative • Working With • Managing Information & Think	
Monday 17	Dé Luain • Montag • lundi		
Tutor	Get journal signed	Due	Done
English	Read ch.2 of novel 10mins ✓	W	
History	Q 1-6 p33 20mins	T	
Maths	See Teams 15mins ✓	F	
Music	See photos 5mins	Th	
Ethical Ed.	Reflection on CheNote 10/20th ✓		
SPHE			



Getting Organised!

Your iPad/App



At GETSS, all students use an iPad in class and for most of their Home Learning tasks. Instead of carrying textbooks around for each subject, you will be able to access all your books and classes on your iPad. It is important to **make sure that your iPad is charged every evening** so that you have a full battery for your next day at school. There are many different apps on your iPad that you will use regularly so it is a good idea to familiarise yourself with these **app symbols**.



Safari

This symbol is used to access the internet. You will use the internet regularly in secondary school for research tasks and to access a range of websites.



OneNote

OneNote can be thought of as an online copybook. Through this app you can access all your classes and the content that your teachers have taught you in class. You will use this app both at school and at home for Home Learning so it's a good idea to familiarise yourself with OneNote.



有序起来!

你的 iPad/应用程序



在 GETSS，所有学生在课堂上和完成大部分家庭学习任务时都会使用 iPad。您无需随身携带每门课程的教科书，只需在 iPad 上访问所有书籍和课程即可。务必确保您的 iPad 每天晚上都充电，以便第二天上学时电量充足。iPad 上有许多您会经常使用的不同应用程序，因此最好熟悉这些应用程序符号。



Safari

此符号用于访问互联网。在中学期间，您将经常使用互联网进行研究任务并访问各种网站。



笔记

OneNote 可以看作是一个在线抄写本。通过这个应用程序，你可以访问你所有的课程以及老师在课堂上教给你的内容。你将在学校和家里使用这个应用程序进行家庭学习，所以熟悉 OneNote 是个好主意。



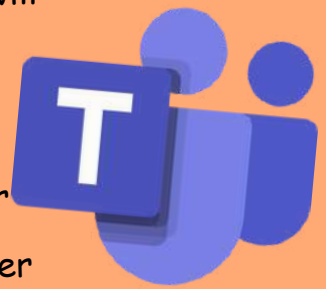
Getting Organised!

Your iPad/App



Teams

This app is like an online group for all GETSS students. You will be added to a 'team' for each of your classes where you can access your Home Learning instructions, assignments, ask questions and leave messages for your classmates or teacher about school work. It's a great way to communicate with other students, especially if you have a question while you are at home. Your teachers will leave messages and post on Teams regularly so it's a good idea to check this app every day to make sure you haven't missed any important information.



Outlook

This app is where you will send and receive your emails. Each student is given an email address at the start of the school year.



OneDrive

OneDrive is very important for storing and saving any school work that you have completed on your iPad. It is similar to an online folder where you can keep all your work together in one place. It is important to keep your OneDrive folders tidy and organised so it is easier to find your work when you need it.



有序起来!

你的 iPad/应用程序



团队

此应用就像是所有 GETSS 学生的在线小组。您将被添加到每个课程的“团队”中，您可以在其中访问家庭学习说明、作业、提问以及向同学或老师留言有关学校作业的信息。这是与其他学生交流的好方法，尤其是当您在家时有问题时。您的老师会定期留言并在 Teams 上发帖，因此每天检查此应用以确保您没有错过任何重要信息是个好主意。



前景

您可以通过此应用发送和接收电子邮件。每个学生在学年开始时都会获得一个电子邮件地址。



OneDrive

OneDrive 对于存储和保存您在 iPad 上完成的所有学校作业非常重要。它类似于一个在线文件夹，您可以在其中将所有工作集中在一个地方。保持 OneDrive 文件夹整洁有序非常重要，这样在需要时可以更轻松地找到您的工作。



Getting Organised!

Your iPad/App



PowerPoint

You will use the PowerPoint app for presentations and projects in secondary school. From this app, you can create slides with information and pictures about different topics to present to your classmates.



Kahoot!

This is definitely favourite app amongst students at GETTS. Kahoot! Is a fun way to practice all your learning through quizzes and challenges with your classmates. Can you beat them all in a Kahoot! Quiz?



有序起来!

你的 iPad/应用程序



微软幻灯片软件

您将在中学阶段使用 PowerPoint 应用程序进行演示和项目。通过此应用程序，您可以创建包含不同主题信息和图片的幻灯片，向同学展示。



卡胡特!

这绝对是 GETTS 学生最喜欢的应用程序。Kahoot! 是一种通过与同学一起进行测验和挑战来练习所有学习成果的有趣方式。你能在 Kahoot! 测验中击败所有人吗?



Looking After Our School



Here at GETSS we strongly believe in acting responsibly when it comes to the waste that we produce. Each student at GETSS plays a part in this by using the correct bins and bringing their food waste home. Everyone must do their part to look after the school, keep it tidy and treat it with respect. Remember we are sharing the space with lots of other teachers and students.

YOUR RECYCLING LIST!



Rigid Plastic



Tins and Cans



Clean,
Dry and
Loose

Paper and Cardboard



GALWAY
EDUCATE TOGETHER SECONDARY SCHOOL



You will see
informative
posters and
recycling bins like
these all around
our school.

照顾我们的学校



在 GETSS，我们坚信在处理我们产生的垃圾时要负责任。GETSS 的每位学生都尽一份力，使用正确的垃圾箱并将食物垃圾带回家。每个人都必须尽自己的一份力来照顾学校，保持学校整洁并尊重学校。请记住，我们与许多其他老师和学生共享空间。



您会在我们学校的各处看到类似的信息海报和回收箱。

Looking After Our School

Single Use Plastic



The Green team, ran by some of our students, have been working hard on a policy to make GETSS single use plastic free. This means that our students and teachers do not bring plastic items that are not reusable to school, such as straws, cling-film and disposable cutlery. Instead, we encourage our students to bring reusable bottles and lunchboxes and avoid things like tinfoil and plastic bottles.



照顾我们的学校

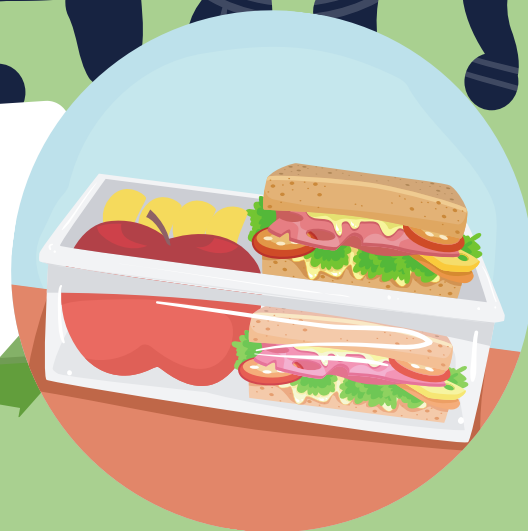


一次性塑料

由我们的一些学生领导的绿色团队一直在努力制定一项政策，使 GETSS 不再使用一次性塑料。这意味着我们的学生和老师不会将不可重复使用的塑料物品带到学校，例如吸管、保鲜膜和一次性餐具。相反，我们鼓励学生携带可重复使用的瓶子和午餐盒，避免使用锡箔和塑料瓶等物品。



Looking After Our School Eating Healthy

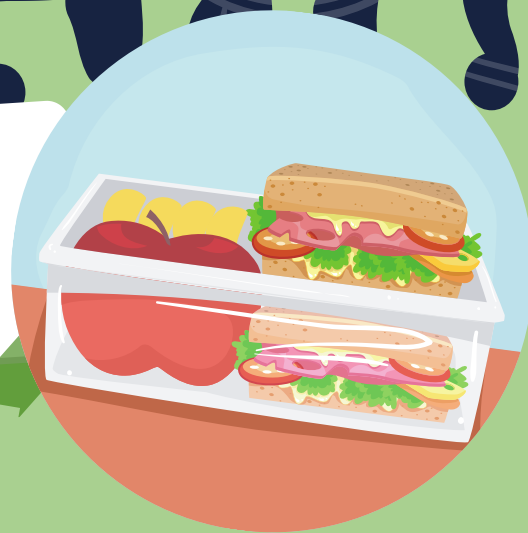


At GETSS we believe that healthy packed lunch can make a valuable contribution to your diet and future health as well as your learning. It is important to include a balanced variety of foods so that you can get all the nutrients you need. This will help you to concentrate better in class and keep your energy up throughout the day. We often pack the same things for lunch everyday but changing the content of your lunchbox will make it much more enjoyable! Here are some tips on keeping healthy during your time in secondary school:

- Eat plenty vegetables, salad and fruit - up to seven servings a day
- Limit intake of high fat, sugar, salty food and drinks
- Drink lots of water to keep you hydrated
- Choose plenty of wholegrains such as wholemeal cereals, breads, potatoes, pasta and rice.
- Choose lean meat, poultry and oily fish. Limit processed salty meats such as sausages, bacon and ham.
- Include eggs, beans and nuts throughout the week.
- Portion size matters: Use the food pyramid as a guide for serving sizes.
- Keep active

照顾我们的学校

健康饮食



在 GETSS，我们相信健康的午餐盒可以对您的饮食和未来健康以及学习做出宝贵贡献。重要的是要包含均衡的各种食物，以便您获得所需的所有营养。这将帮助您更好地集中注意力在课堂上，并全天保持精力充沛。我们经常每天打包相同的午餐，但改变午餐盒的内容会让它变得更有趣！以下是一些在中学期间保持健康的提示：

- 多吃蔬菜、沙拉和水果——每天最多七份
- 限制高脂肪、糖、咸食物和饮料的摄入量
- 多喝水保持身体水分
- 选择大量的全麦食品，例如全麦谷物、面包、土豆、意大利面和米饭。
- 选择瘦肉、家禽和油性鱼类。限制食用加工咸肉，如香肠、培根和火腿。
- 一周内吃鸡蛋、豆类和坚果。
- 份量大小很重要：使用食物金字塔作为份量大小的指导。
- 保持活跃

Student Voice

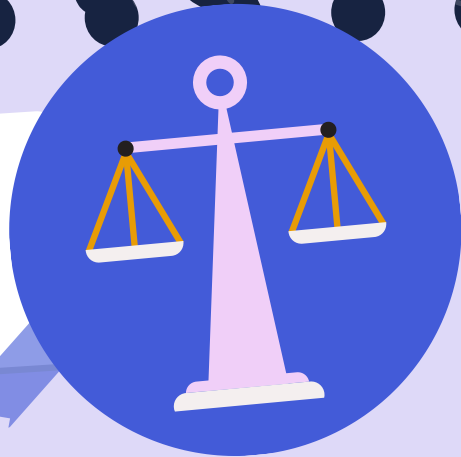


Educate Together schools are democratic and inclusive in nature. This means that students are presented with opportunities to participate and influence many aspects of school life in Galway ETSS. Students who are actively involved in decisions about their lives are more likely to become successful learners, confident individuals and responsible citizens.

In Galway ETSS students are empowered to engage in decision-making; they can be members of student councils, committees or working groups. Students will not only share their opinions and suggestions on issues that affect them through students councils, but they will share their voice by collaborating in decision-making with teachers and adults to improve educational outcomes. You may already have been given the chance to vote on which novel you would like to study for English when you begin first year. You will be given many opportunities to vote on different learning options, activities and preferences throughout your time at GETSS.



学生之声



Educate Together 学校本质上是民主和包容的。这意味着学生有机会参与和影响 Galway ETSS 学校生活的方方面面。积极参与生活决策的学生更有可能成为成功的学习者、自信的个人和负责任的公民。

在戈尔韦 ETSS，学生有权参与决策；他们可以成为学生会、委员会或工作组的成员。学生不仅会通过学生会分享他们对影响他们的问题的意见和建议，还会通过与教师和成年人合作决策来表达自己的声音，以改善教育成果。当你开始第一年时，你可能已经有机会投票决定你想学习哪本英语小说。在 GETSS 期间，你将有很多机会对不同的学习选项、活动和偏好进行投票。



House system & points



Houses

To help promote a sense of community across all year groups, students will be divided into 6 different houses. This means you will be placed in either the Red, Green, Yellow, Purple, Blue or Orange house with students from other year groups. You will find out which colour house you are placed in on Welcome Week.

Just like in Harry Potter, students can earn house points for their house. Every term, all the house points are added up and the winning house will be rewarded for their efforts at the end of the school year.

How do I earn house points?

There are lots of different ways to earn points for your house. All staff members have tokens which they can give to students in class, for extra curricular activities or on breaks. 1 token = 1 house point. You can earn a token, for effort, improvement, a good attitude, teamwork, inclusion, Junior Cycle Key Skills, kindness, helpfulness - to teacher or other, positivity, respect or Random Acts of Kindness. If you receive a token from a staff member, you then place it in the jar that represents your house colour. These jars are in every classroom, as you will see in the picture below.



房屋系统和积分



房屋

为了帮助所有年级的学生培养社区意识，学生将被分为 6 个不同的学院。这意味着您将与其他年级的学生一起被安排在红色、绿色、黄色、紫色、蓝色或橙色学院。

您将在欢迎周了解您被安排在哪个颜色的学院。

就像哈利波特一样，学生可以为自己的学院赢得学院积分。每学期，所有学院积分都会累加，获胜的学院将在学年结束时因其努力而获得奖励。

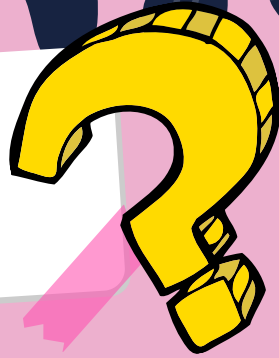
我如何赚取房屋积分？

有很多不同的方法可以为您的学院赢得积分。所有教职员工都有代币，他们可以在课堂上、课外活动或休息时将其赠送给学生。1 个代币 = 1 个学院积分。您可以通过努力、进步、良好的态度、团队合作、包容、初中关键技能、善良、乐于助人

(对老师或其他人)、积极、尊重或随机的善举来获得代币。如果您从教职员工那里收到代币，请将其放入代表您学院颜色的罐子中。这些罐子在每个教室里都有，如下图所示。



What if.... ?????



I'm late

It is best to be on time for school every day. However, if it is unavoidable that you are late, you must buzz the intercom at the main front door and ask to be let into the school. You must then sign in at the office before you go to class



I forget my iPad

It is a good idea to pack your bag the night before school so that you don't forget your iPad. If you do forget your iPad, you must tell your teachers. The teacher may then tell you to go to the office and ask Georgina, the school secretary, if you can call home and ask for a parent/guardian to drop your iPad to the school. There may not always be someone available to drop your iPad to school if you forget it, so it is wise to always check that it is in your bag before you leave for school.



I feel sick

It isn't nice to feel unwell, especially at school. If you do become unwell at school, you should tell a staff member. We will make sure that we do all we can to make you feel better. There is a first aid kit and water available in the school office if required.



如果什么....

??????



我来晚了

最好每天都准时上课。但是，如果不可避免的是迟到，你必须按主门的对讲机并要求进入学校。然后你必须在去上课之前在办公室签到



我忘了我的 iPad

开学前一天晚上收拾好书包是个好主意，这样你就不会忘记你的 iPad。如果你真的忘记了你的 iPad，你必须告诉你的老师。老师可能会让你去办公室问学校秘书乔治娜，看你是否可以打电话回家，让家长/监护人把你的 iPad 送到学校。如果你忘记了 iPad，可能并不总是有人可以帮你把它送到学校，所以在你去学校之前，最好总是检查它是否在你的书包里。



我觉得恶心

身体不适可不是件好事，尤其是在学校。如果你在学校感觉不适，应该告诉工作人员。我们会尽一切努力让你感觉好些。如果需要，学校办公室有急救箱和水。



What if..... ?????



I don't understand something in class

You will be learning lots of new things in secondary school and there might be times where you don't understand something in class. This can happen to a lot of new students but your teachers and SNAs are there to help. It is perfectly ok to ask questions when needed. You can put up your hand in class, post a question on teams or even ask a classmate to explain something to you if you are confused.



My iPad battery is dead

It is important to stay organised and charge your iPad every night to make sure you are ready for school the next day. If there is a day where you have forgotten to charge your iPad fully and the battery dies while at school, you can ask a teacher if you can plug it in to charge in the classroom. If you don't have a charger, a teacher may be able to let you borrow one temporarily.



Remember to try and avoid having your iPad battery die while at school as the charging sockets are not located near the desks.

This means you will be without your iPad while it charges and unable to do your school work to the best of your ability.

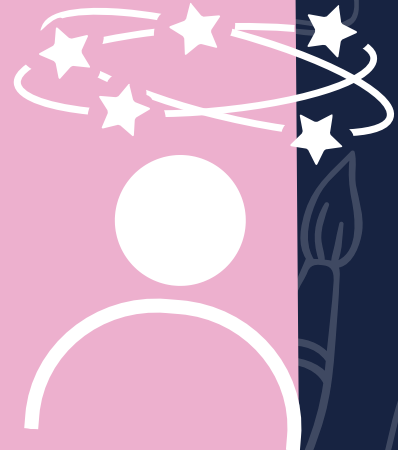
如果什么....

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我不明白课堂上的内容

在中学，你会学习很多新知识，有时你可能会在课堂上听不懂某些内容。很多新生都可能遇到这种情况，但你的老师和 SNA 会帮助你。必要时提问是完全可以的。如果你感到困惑，你可以在课堂上举手、在小组上发布问题，甚至请同学向你解释。



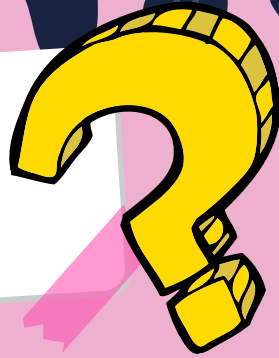
我的 iPad 电池没电了

保持井然有序并每晚给 iPad 充电很重要，以确保第二天上学时一切准备就绪。如果有一天你忘记给 iPad 充满电，导致电池在学校没电了，你可以问老师是否可以在教室里插上电源充电。如果你没有充电器，老师可能会暂时借给你一个。

请记住，尽量避免在学校时 iPad 电池没电，因为充电插座不在课桌附近。这意味着在充电期间您将无法使用 iPad，无法尽全力完成学业。



What if..... ??????



I am upset

We all go through a range of feelings and emotions in one day, this is perfectly normal. If you are feeling upset, speaking to a teacher, your friends and/or family can be helpful. At GETSS, we have a whole host of people who are trained to help and support you if you are feeling upset at school. You can come to any of the staff, at any time, if you need help or would like to talk about something that is worrying you. If you are unsure about who to speak to, you should go to the school office and tell Georgina, Louise or Sarah that you are feeling upset.



I can't find my classroom

Starting in a new school can be daunting and you may be unsure of where all the classrooms are at the very beginning. If you get lost on the school grounds and can't find your classroom, there are lots of people you can ask for help. Any teacher or another student from second/third year who are more familiar with the school layout will be happy to show you where to go. If you can't find anyone to ask, you can always look at the map in this transition booklet to see where you should go. It is a good idea to keep a copy of this booklet in your bag so you always have a map to hand.



如果什么....

??????



我很沮丧

我们每天都会经历各种感觉和情绪，这非常正常。如果你感到不安，与老师、朋友和/或家人交谈会有所帮助。在 GETSS，我们拥有一大批经过培训的人员，如果您在学校感到不安，他们可以帮助您和支持您。如果您需要帮助或想谈论让您担心的事情，您可以随时找任何一位工作人员。如果你不确定该找谁说话，你应该去学校办公室告诉乔治娜、路易丝或莎拉你感到不安。



我找不到我的教室

进入一所新学校可能会令人望而生畏，一开始你可能不确定所有的教室在哪里。如果你在校园里迷路了，找不到你的教室，你可以向很多人求助。任何老师或熟悉学校布局的二年级/三年级的其他学生都会很乐意告诉你去哪里。如果你找不到人问，你可以随时查看这本过渡手册中的地图，看看你应该去哪里。最好把这本手册的副本放在你的包里，这样你就可以随时拿到地图。



What if..... ?????



I need to make a phone call

Mobile phones are not allowed to be used at GETSS. You are allowed to have your phone with you, but it must be switched off at all times when you are at school. Sometimes you may need to make a phone call to a parent/guardian and in this case, you should come to the school office and ask Georgina if you can make a call. It is not permitted to turn on your mobile phone to make a call during school hours.



I need a movement break

Each of our classes at GETSS run for 1 hour. This might feel like a long time to sit in one place compared to primary school. Many teachers will plan for a stretch break at different points in their class to allow students to stretch and move. This will help you to concentrate better in class after some movement. If you need to take movement breaks more regularly, you can speak to James or one of the SNAs who will arrange for you to have your own a 'break card' - if they feel you would benefit from it. You can then discreetly hand this to your teacher when you need a movement break during class.



如果什么....

??????



我需要打个电话

GETSS 不允许使用手机。你可以随身携带手机，但在学校时必须始终关闭手机。有时您可能需要给父母/监护人打电话，在这种情况下，你应该去学校办公室询问乔治娜是否可以打电话。上课期间不允许打开手机打电话。



我需要运动休息一下

在 GETSS，我们的每节课都是 1 小时。与小学相比，坐在一个地方的时间可能感觉很长。许多老师会在课堂的不同时间安排伸展休息，让学生伸展和活动。这将有助于您在活动后更好地集中注意力。如果您需要更频繁地进行活动休息，您可以与 James 或其中一位 SNA 交谈，他们会为您安排一张“休息卡”——如果他们觉得这会对您有好处的话。然后，当您在课堂上需要活动休息时，您可以谨慎地将其交给老师。

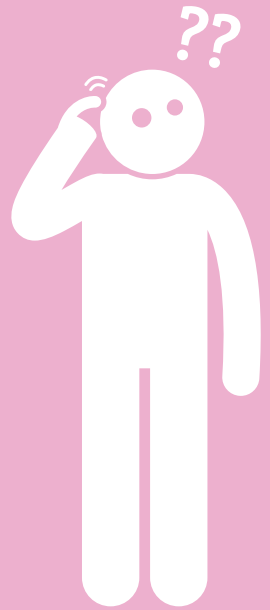


What if..... ?????



I forget my lunch

Eating a lunch is very important when you are in secondary school. Not only will it stop you from being hungry but it will provide you with the energy you need for the day. Just like your iPad, it is a good idea to check and see if you have put your lunch in your bag before you leave for school. On the rare incident that you may have forgotten to bring your lunch, you should go to the school office and speak to Georgina or one of your teachers.



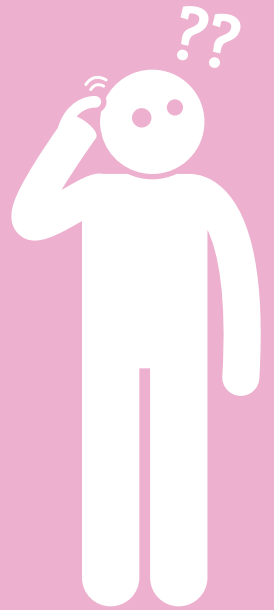
如果什么....

??????



我忘了带午餐






上中学时，吃午餐非常重要。它不仅能让你不饿，还能为你提供一天所需的能量。就像你的 iPad 一样，在去学校之前检查一下是否把午餐放进了包里是个好主意。万一你忘记带午餐，你应该去学校办公室和乔治娜或你的老师谈谈。



Preparing for secondary




How to prepare for secondary school over the summer holidays


-  We hope this transition booklet will have given you a better idea of what to expect before you start at Galway Educate Together Secondary School. There are lots of ways to prepare for post primary school over the summer holidays in addition to the information we have provided here.
-  Familiarise yourself with the school map and practice locating certain classrooms on it. For example, you might plan out which route you could take to get from Learning Space 3 (LS3) to the Art room.
-  Review the sample timetable in this booklet to make sure you understand how to read it. Look for the room number, teacher's name and subject.
-  Practice packing your school bag. This might involve reading a sample day from the timetable and packing everything that you would need for your classes that day e.g. Hi-Vis jacket for PE, Geography copy, fully charged iPad etc.
-  Get your equipment prepared - make sure to have all the required equipment ready before you come to secondary school e.g. pens, pencils etc.


为中学做准备





如何在暑假为中学学习做好准备

 我们希望这本过渡手册能让您更好地了解在进入戈尔韦教育同心中学之前需要做哪些准备。除了我们在此处提供的信息外，还有很多方法可以在暑假期间为中学毕业后的生活做好准备。

 熟悉学校地图并练习在地图上找到某些教室。例如，您可以规划从学习空间 3 (LS3) 到艺术室的路线。

 请查看本手册中的时间表样本，确保您了解如何阅读。查找教室编号、老师姓名和科目。

 练习收拾书包。这可能包括阅读时间表上的样例，并收拾当天上课所需的所有东西，例如体育课用的 Hi-Vis 夹克、地理课的复印件、充满电的 iPad 等。





 准备好你的设备——确保在你上中学之前准备好所有必需的设备，例如钢笔、铅笔等。



Preparing for secondary




How to prepare for secondary school over the summer holidays


-  Get in the habit of charging your iPad every evening. The more you practice this habit, the less likely you are to forget to do it when you start secondary school. Make it as regular as brushing your teeth!
-  Take time looking through the apps on your iPad. It might be a while before you fully understand how every app works but it is a good idea to get a head start by browsing through them before you start post primary school.
-  Practice reading the time (digital or analogue). In secondary school, it is important to know the time so you are able to read your timetable and arrive/leave class when you need to. There will be a clock in every classroom and a digital clock will be on your iPad. You may choose to wear your own watch too.
-  Have a look at our social media pages to get a feel for what school is like at GETSS. You will see lots of examples of all the hard work and fun activities our students do each year.


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 养成每天晚上给 iPad 充电的习惯。你养成这个习惯的时间越长，你上中学时就越不容易忘记充电。让充电像刷牙一样规律！

 花点时间浏览 iPad 上的应用程序。您可能需要一段时间才能完全了解每个应用程序的工作原理，但在小学毕业前浏览一下它们是个好主意。

 练习读时间（数字或模拟）。在中学，了解时间很重要，这样你才能读懂时间表，并在需要的时候到达/离开课堂。每个教室都会有一个时钟，你的 iPad 上也会有一个数字时钟。你也可以选择戴自己的手表。

 浏览我们的社交媒体页面，了解 GETSS 的学校情况。您将看到大量我们学生每年努力学习和参与有趣活动的例子。

Top tips from students!

Put a copy of
your timetable on
your bedroom wall

Don't be afraid
to ask for help if
you need it.

Make a home
learning schedule
to stay on track

Be respectful to
everyone and try
your best

Get a good
night's sleep
every night

Make sure you
fully charge your
iPad every night

Don't rush when
picking your
option subjects

Write important
notes and dates
in your journal.

Don't stress and
try to make as
many friends as
possible.

Try to earn
as many
house points
as you can

来自学生的最佳建议!

制定家庭学习计划以确保学习进度

把时间表的复印件贴在卧室的墙上

如果需要帮助，不要害怕寻求帮助。

尊重每个人并尽力而为

每晚睡个好觉

确保每晚为 iPad 充满电

选择选修科目时不要着急

在日记中写下重要的注释和日期。

不要有压力，尝试结交尽可能多的朋友。

尝试赚取尽可能多的积分