

2026/2027

Agrupamento Terras de Larus



Welcome Handbook

Students and Families

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Introductory Note

Dear Students and Parents,

It is with great pleasure and enthusiasm that we welcome all new members to our school community. We are very happy to have you join us and look forward to starting this new chapter together.

Our school is a place where we value learning, personal growth and the integral development of each student. We believe that each student brings a unique wealth of experiences, talents and dreams that enrich our community and contribute to a dynamic and inclusive learning environment.

To our new students, we know that joining a new school can be a challenging and uncertain time. We want to assure you that our team is here to support you every step of the way. We are committed to providing a welcoming and safe environment where you can develop new skills and make lasting friendships.

To parents and guardians, we thank you for the trust you have placed in our school. We recognise the importance of your child's education and look forward to working alongside you, ensuring that every student feels welcome.

This handbook for students and guardians is an essential document in our School Federation, which serves to guide and facilitate the integration of new students and their families into the school environment.

We wish everyone a school year full of discoveries, achievements and memorable moments.

Welcome to our school!

History

Municipality of Seixal



The municipality of Seixal, located in the district of Setúbal, was created by D. Maria, in 1836. Next to the river were the main urban centers, such as Seixal, Arrentela, Torre da Marinha and Amora. Agricultural farms for agricultural production were abundant, many used by the nobles as recreational farms. Those who lived near the river were involved in coastal shipping, which established contact with Lisbon or with the milling industry developed in the tidal mills. Inland, the village of Paio Pires had an essentially rural population and the forest provided the raw material for building boats.

With the Industrial Revolution of the 19th century, several industrial units were installed in the municipality, dedicated to the manufacture of wool, soap, glass, chemical products, cod drying, husking and milling rice and, later, the transformation of cork (Mundet). In 1960, the National Steel Industry was established, marking a progressive abandonment of agricultural activity. Construction began on the bridge over the Tagus, which connected the south bank to the capital, followed by the construction of the southern highway to Fogueteiro, which increased the urbanized area and the resident population. The Seixal City Council website provides a wide range of resources, including detailed parish maps and information on various municipal projects.

<https://www.cm-seixal.pt/ordenamento-do-territorio/informacao-geograficaAgrupamento>

To get direct access to location maps and other geographic information, Seixal City Hall has a specific page that makes it easy to view detailed maps of the municipality.

<https://www.cm-seixal.pt/noticia/acesso-plantas-de-localizacao>

The School Federation/Group



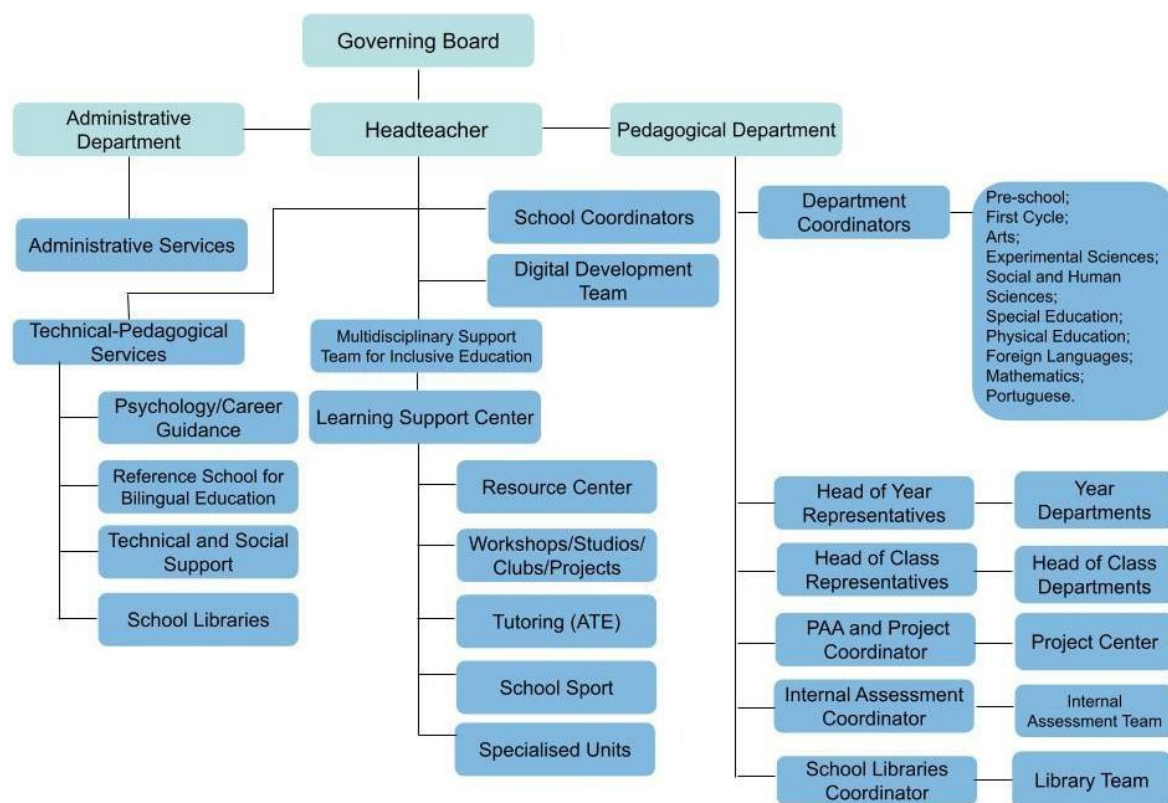
The environment in which the AETL Federation (or school cluster/group) is located greatly influences the characteristics and way of life of the school population. It is characterized by great social contrasts, with areas of low population density and single-family homes (such as Foros de Amora, Belverde and Verdizela) coexisting with areas of high population density which are highly urbanized due to the predominance of vertical construction (Fogueteiro, Paivas and Cruz de Pau).

In the latter, in particular, rapid urban growth was not always accompanied by the creation of cultural and/or recreational infrastructures that would contribute to offering adequate responses to occupy the students' free time. Furthermore, being located in the Lisbon metropolitan area, Cruz de Pau can be considered a dormitory town, which, in itself, conditions the guardian's monitoring and involvement in their children's educational process.

On the other hand, the educational community has very diverse origins, coexisting in the same space with people from the region, or even others from different areas of the country (namely the Alentejo) and also a vast range of nationalities. This came as a result of the successive migrations that have marked the last decades and which, being a source of multicultural enrichment for the educational community, are also a source of important challenges in the educational area.

The Terras de Larus School Group was established on May 4th 2004, and is made up of five educational establishments.

Organization Chart



School Federation/Group Management



Headteacher – José Manuel Botelho Patrício

Deputy Headteacher – Isabel Lucas de Barros Flambó

Assistant Headteacher – Susana Maria Fernandes da Costa

Assistant Headteacher – José Carlos Rodrigues Martins

Schools of the Federation

EB da Cruz de Pau



This is the main federation school. It was built in 1990 and opened to Year 7 in the school year of 1990/91. Years 5 and 8 were introduced in 1991/92, followed by the remaining years of the Second and Third Cycles in 1992/93. Its anniversary is celebrated on October 22nd.

Address: Rua Fernão Lopes, s/nº – 2845-370 Amora

Contact: 212269810 / 961360905

Location: <https://maps.app.goo.gl/TLLmh1azDNHbXi3K8>

Agrupamento Terras de Larus website: <https://terrasdelarus.edu.pt/>

EB Quinta das Sementes

Former School No. 2 of Fogueteiro, it was built in 1981. It opened in the school year of 1982/83 and pre-school education was introduced in 1998/99.

Address: Rua Fernão Lopes n.º 1 – 2845-370 Amora



Contact: 211576813

Location: <https://maps.app.goo.gl/bJmbXwGGJP7boUMs9>



EB Quinta de Santo António

It was established in the school year of 1981/82 as School No. 1 of Foros de Amora. It includes pre-school and the First Cycle of primary education as a Reference School for Bilingual Education for Deaf Students in the district of Setúbal.

Address: Rua Luís Câmara Pestana – 2845-107 Amora

Contact: 212250779

Location:

<https://maps.app.goo.gl/MtWAKqZYA7Z9xetu9>



EB Foros de Amora



It was established in 1981/82 with the First Cycle. Pre-school was introduced in 2001/02 in a different building located on the same grounds of EB Foros de Amora.

Address: Av. Central – 2845-193 Amora

Contact: 212269840

Location: <https://maps.app.goo.gl/qmRbEacTgucykyGd9>

Jl da Cruz de Pau

Former School No. 2, it has pre-school education and is the smallest school of the Federation.

Address: Rua Luz Soriano – 2845-120

Amora

Contact: 212242842

Location:

<https://maps.app.goo.gl/zwvxxvbJdmfy8Qbdh7>



Portuguese Education System

The Portuguese education system covers several levels of education, from pre-school education to higher education. Here's an overview and some tips to better understand how it's organized.

1. Pre-school education

Pre-school education is the first stage of basic/primary education and is complementary to the learning developed at home with the family, with which it must establish close cooperation. This is aimed at children aged 3, until they start compulsory schooling.

2. Basic education

Basic education is compulsory and free, covering three cycles:

First Cycle (Years 1 to 4): From the ages of 6 to 10.

Second Cycle (Years 5 and 6): From the ages of 10 to 12.

Third Cycle (Years 7 to 9): From the ages of 12 to 15.

3. Secondary education

Secondary school is compulsory until the age of 18 or until the completion of a course equivalent to the 12th grade. It is divided into three options:

Scientific-Humanistic Courses: Preparation for higher education (University).

Professional Courses: Preparation for the job market.

Specialized Artistic Courses: Focused on areas such as music and visual arts.

COMPULSORY SCHOOLING	EDUCATION LEVELS	SCHOOL YEARS	AGE OF ENTRY
	Higher Education		18
	Secondary Education	Year 12	17
		Year 11	16
		Year 10	15
	Third Cycle of Basic Education	Year 9	14
		Year 8	13
		Year 7	12
	Second Cycle of Basic Education	Year 6	11
		Year 5	10
	First Cycle of Basic Education	Year 4	9
		Year 3	8
		Year 2	7
		Year 1	6
	Pre-school		5
			4
			3

For further and more detailed information about the Portuguese education system, you can navigate the following European Union website:

<https://eurydice.eacea.ec.europa.eu/euryperia/portugal/overview>

Students and Families

Student Rights



Enjoy quality teaching and education;

Be treated right by peers, teachers and school staff;

Occupy your time in a useful and pleasant way;

Use the school facilities: the library, canteen, bar, student lounge, stationery shop, playground, courts, reception, toilets, etc...;

Talk to your Class Tutor whenever you have problems related to yourself or your school;

Elect or be elected as class representative or deputy class representative and as other representatives;

Freely discuss issues of your interest and present suggestions to the school's governing bodies;

Have medical care in case of an accident during school activities or while commuting;

Be informed of all matters that concern you;

Organise and participate in initiatives that contribute to your socio-pedagogical learning;

Benefit from educational support tailored to your educational needs;

Have financial support, if necessary, with the school being responsible for providing information on how to benefit from ASE (Ação Social Escolar - School Social Action).

Student Duties



Bring your student card to tap at the school entrance and use whenever requested;

Don't miss classes;

Be punctual: wait near the classroom entrance for the teacher to arrive;

Respect the other students' right to learn;

Report to the teacher immediately if you find anything dirty or damaged in the classroom;

Do not remain inside the buildings during classes and break times;

You can only leave the school in the late morning or afternoon;

Respect teachers, staff and classmates;

Be responsible for all the school material you use;

Protect green spaces and value all facilities;

Respect the teacher designated areas, don't linger near the entrances;

Respect basic hygiene rules;

Comply with the School's Internal Regulations;

You must bring the Digital Kit whenever requested by teachers.

Guardian Duties



Be informed about all relevant matters related to your child's educational process;

Come to the school when requested;

Collaborate with teachers within the scope of your child's teaching and learning process;

Articulate family education with school work;

Cooperate with all members of the school community in developing a culture of citizenship, namely through the promotion of rules of coexistence at school and participation in joint activities;

Take responsibility in fulfilling your child's punctuality and attendance;

Participate in meetings called by the administrative and management bodies and educational guidance entities, as well as by the parents and guardians' association.

Spaces and Services



Opening times

Spaces and Services	Opening Times
Headteachers' Office (Block A)	Go ONLY when you have a valid reason to do so and only if you were unable to speak to your head of class.
Class Tutors' Room (Block A)	The Class Tutor will meet with their students' guardians in this room.
Room 112 (Block A)	Go to room 112 whenever you have an accident or are injured. There is a first aid kit there. No type of medication will be administered at school, except those prescribed by the attending physician and under the responsibility of the guardian.
School gate	Monday to Friday (8:00h - 19:00h)
Reception/ASE (Block A)	Mondays, Wednesdays and Fridays (10:00h - 12:00h / 14:30h -16:30h) Tuesdays (Closed) Thursdays (10:00h - 12:00h)

PBX (Block A)	Monday to Friday (7:45h - 18:00h)
Library (Block A)	Mondays, Tuesdays, Thursdays and Fridays (9:00h - 12:20h / 13:20h - 17:00h) Wednesdays (closes at 16:20h)
Printing desk (Block A) - access through external window	Monday to Friday (9:00h - 12:30h / 13:30h - 17:00h)
Student lounge (Block E)	Designated space for student socialization. You must keep this space clean.
Stationery Shop (Block E)	Monday to Friday (9:00h -12:00h / 14:00h - 16:30h)
Canteen (Block E)	Monday to Friday (12:00h - 14:00h)
Student Bar (Block E)	Monday to Friday (9:00h-12:00h / 14:00h-16:30h)

Psychology Service (SPO)



The Psychology and Orientation Service (SPO) is a specialised technical resource for educational assistance, open to the entire school community.

The main aim is to contribute to the integral development of students, their well-being, their academic success and their life projects, while taking into account the profile of the 21st century student and a perspective of inclusive education.

You can find out more here:

<https://spo2265.wixsite.com/psicologia-larus>

Canteen

The provision of meals in school canteens aims to ensure a balanced diet that is appropriate to the needs of the school population, in accordance with the dietary principles recommended by the food standards defined by the State Department of Education and in compliance with the general hygiene and food safety standards to which foodstuffs are subjected to.

SCHOOL MEALS		
Preordered until the previous day (meals should preferably be pre ordered weekly or even monthly)	1,46 €	Until 16:30h
With penalty fee (preordered on the same day)	1,76 € (only a certain percentage can be sold)	Until 10:30h

Note: Students that benefit from School Social Action (ASE) and preorder meals on the same day pay a penalty fee of 0,30€.

SCHOOL ESSENTIAL GRANTS			
CATEGORY	CAPITATION	MEALS	SCHOOL MATERIAL
A	Category 1 of child benefit	100% covered	16€ on student card
B	Category 2 of child benefit	50% covered	8€ on student card

School canteens for the First Cycle and Pre-school

Starting from the school year of 2024/25, the Seixal City Council created the SIGA platform, an online tool that is free and always available which allows guardians of pre-school and First Cycle students to register for the School Meals Service and apply for School Social Action support.

In regards to school meals, we would like to highlight to all guardians that to benefit from the School Meals Service, registration is compulsory and meals must always be preordered.

The platform can be used from any computer or mobile phone with internet access through the following link:

<https://siga.edubox.pt/>

To learn how to access and navigate the platform, we suggest checking the following informative leaflets:

Food allergies

Any food allergies must be reported at the school reception, with an updated medical certificate from the current civil year, attesting to the respective allergy(ies) and the foods to be avoided. Only duly verified students can have access to the diet menu.

Request for alternative diets

These requests must be written and presented to the Class Tutor, who forwards them to the school reception at the beginning of the year. These will be valid until the end of the school year. In the case of these diets, if the meal is pre ordered and not consumed, after a second occurrence, the student is no longer entitled to the alternative diet.

Libraries in the School Group



The two School Libraries of the Terras de Larus School Group, integrated into the School Library Network (RBE), are located in:

- Escola Básica da Cruz de Pau (main school).
- Escola Básica da Quinta de Santo António.

Open to all the school community, the libraries are integrative and inclusive educational spaces that promote reading and other literacy skills, aiming to contribute to the personal and social development of children and young people, while also working alongside educators, teachers, technicians, partners and the rest of the community.

Learn more at:

<https://terrasdelarus.edu.pt/bibliotecas-do-aetl>

School Social Action (ASE)



The School Social Action Services aim to minimise social inequalities and promote the academic performance of all students.

They assist in economic aid, food support, canteen meals, school milk, school material and school transport.

Questions related to ASE should be directed to the following

email:

secretaria.ase@terrasdelarus.edu.pt

Learn more at:

<https://terrasdelarus.edu.pt/ase>

Extracurricular Activities

First Cycle

The Curricular Enrichment Activities (AEC) (Ordinance 644-A/2015, of August 24th) are promoted by the Union of Parents and Guardians Associations of the Terras de Larus School Group (UAP). AEC are recreational activities that complement students' curriculum. They are free and optional. However, after having signed up, the guardians undertake the responsibility to ensure that their children attend. Failure to comply with the attendance requirement will result in the student being excluded from the activity after five unjustified absences. Exceptionally, the Headteacher may authorise the enrolment of new students throughout the year, as long as there is no need to form a new class.

The AEC schedule is preferably daily, one hour before (11:15h - 12:15h) or after (14:15h - 15:15h) lessons, for students who are in the morning/afternoon double schedule. For students with a normal schedule, the AEC takes place after lessons from 17:25h - 18:15h.

Second and Third Cycle

In the Second and Third Cycles there are several clubs, projects and workshops available. These are extracurricular activities that complement the curriculum and aim to motivate students to learn at school and develop specific skills and/or talents. They are proposed by the Curricular Departments, teachers and students, as long as a teacher is involved as the person in charge and also the Parents' Associations. For students to attend complementary curricular activities, they require express authorisation from their guardians. Clubs and workshops run for one academic year, but may resume through the continuation of a project or the reformulation/renewal of the initial proposal.

On the group's website you can check out the following projects: Encant'Arte Theater Club, Ubuntu Club, Ciência Viva Club and School sports.

Student Support

There are a set of resources and services offered to students in all the schools of the Federation.

Educational guidance services:

- **The Psychology and Orientation Service (SPO)** is a specialised technical resource for educational services, open to the entire school community. Its main objective is to contribute to the integral development of students, their well-being, their academic success and their life projects. Career guidance is also provided for students in Year 9. It promotes projects to support students and families and carries out assessments in different areas of intervention.
- **Social Worker** - a professional whose role is to promote the well-being and rights of students and their families, especially in situations of social, emotional or economic vulnerability. They identify and intervene in cases of risk or social exclusion, collaborate with teachers and other professionals to ensure educational success and help create a safe, inclusive and learning-friendly school environment.
- **Linguistic and Cultural Mediator** - a professional who supports communication between the school, students and their families when there are linguistic or cultural barriers. Their function is to facilitate the integration of students from diverse backgrounds, namely those who have arrived from foreign countries where Portuguese is not the official language, helping them understand school rules, monitoring their educational trajectory and promoting an inclusive environment that respects cultural diversity.

Inclusion - Policies and resources for students with specific needs:

Inclusion entails curricular flexibility, based on the collaborative work of all teachers, technicians and parents/guardians so that all children and young people have access to the curriculum from a

multidimensional perspective, promoting their development according to their potential and having as a reference “The Student Profile at the end of compulsory schooling”.

The Multidisciplinary Support Team for Inclusive Education (EMAEI) is a support structure for students and families that aims to implement measures to attain student's academic success and is governed by current legislation (Decree Law No. 54/2018).

The Learning Support Centre (CAA) is a dynamic support structure, bringing together resources to support learning and inclusion, namely: material, human and organisational resources existing at the school and specific resources existing in the community.

The Federation provides support classes for students whose mother tongue is not Portuguese, complying with the inclusive policy.

Reference school for deaf students:

The Terras de Larus School Group is a Reference School for Bilingual Education for deaf students (EREB). We assist all deaf students residing in the Setúbal District by providing transportation. In order to aid this population, the school has Operational Assistants, Speech Therapists, Sign Language Interpreters, Psychologists, Sign Language Teachers and Special Education Teachers.

Health and Safety:

There are partnerships with the nursing service of the Seixal Local Health Centre, Almada-Seixal Health Centre, which establishes a bridge with specialty services and consultations in hospitals.

In case of an emergency, the student is taken by 112 services, accompanied by an Operational Assistant. Depending on the severity, they are sent to the nearest hospital and the guardian is notified.

Food allergies or others:

Any allergies the student may have must be reported with a medical certificate to the school reception, specifying the type of allergies and the foods to be avoided.

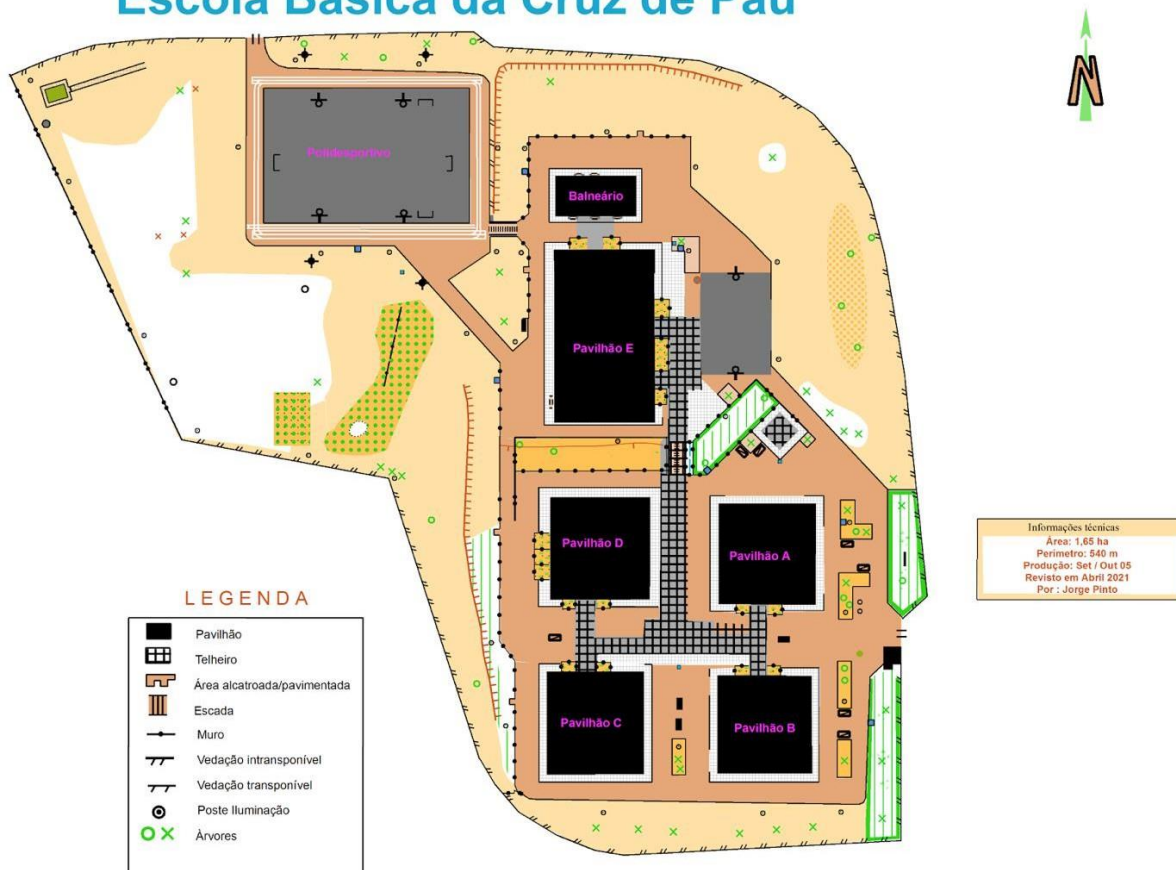
Medication:

Whenever a student needs to take medication (**diabetes, epilepsy or others**), the guardian must inform the school reception and provide medical information that will be given to the class teacher (in pre-school or First Cycle) and to the Class Tutor (in Second and Third Cycle).

Practical information

School Map

Escola Básica da Cruz de Pau



School Calendar

MUNICIPAL SCHOOL CALENDAR – BIENNIAL –

2026/27



	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN
Sat									1 Bank Holiday (Labour Day)	
Sun			1 Bank Holiday (All Saints)						2	
Mon			2			1 Start of 2nd Semester	1		3	
Tue	1		3	1 Bank Holiday (Rest. Indep.)		2	2		4	1
Wed	2		4	2		3	3		5	2
Thur	3	1	5	3		4	4	1	6	3
Fri	4	2	6	4	1 Bank Holiday (New Years)	5	5	2	7	4 End of Year 9
Sat	5	3	7	5	2	6	6	3	8	5
Sun	6	4	8	6	3	7	7	4	9	6
Mon	7	5 Bank Holiday (Rep. Imp.)	9	7	4	8	8	5	10	7 Year 9 Class Council
Tues	8	6	10	8 Bank Holiday (N. Sra. Conceição)	5	9 Bank Holiday (Carnival)	9	6	11	8
Wed	9	7	11 Class Council 2nd/3rd Cycles	9	6	10	10	7	12	9
Thur	10	8	12 Class Council	10	7	11	11	8	13	10 Bank Holiday (Portugal Day)
Fri	11 Start of 1st Semester	9	13 Class Council	11	8	12	12	9	14	11 End of Years 5, 6, 7 and 8
Sat	12	10	14	12	9	13	13	10	15	12
Sun	13	11	15	13	10	14	14	11	16	13
Mon	14	12	16	14	11	15	15	12	17	14 Class Council 2nd/3rd Cycles
Tues	15	13	17	15	12	16	16	13	18	15 Class Council 2nd/3rd Cycles
Wed	16	14	18	16	13	17	17	14	19	16 Class Council 2nd/3rd Cycles
Thur	17	15	19	17	14	18	18	15	20	17
Fri	18	16	20	18	15	19	19	16	21	18
Sat	19	17	21	19	16	20	20	17	22	19
Sun	20	18	22	20	17	21	21	18	23	20
Mon	21	19	23	21	18	22	22 Class Council	19	24	21
Tues	22	20	24	22	19	23	23 Class Council	20	25	22
Wed	23	21	25	23	20	24	24	21	26	23
Thur	24	22	26	24	21	25	25	22	27 Bank Holiday (Corpus Christi)	24
Fri	25	23	27	25 Bank Holiday (Christmas)	22	26	26 Bank Holiday (Good Friday)	23	28	25 End of Preschool, 1st Cycle
Sat	26	24	28	26	23	27	27	24	29	26
Sun	27	25	29	27	24	28	28 Bank Holiday (Easter)	25 Bank Holiday (Liberty Day)	30	27
Mon	28	26	30	28	25		29	26	31	28
Tues	29	27		29	26 End of 1st Semester		30	27		29 Bank Holiday (São Pedro)
Wed	30	28		30	27 Class Council		31	28		30 Class Council
Thur		29		31	28 Class Council			29		
Fri		30			29 Class Council			30		
Sat		31			30					
Sun					31					

Semester	Start	End	Mon	Tues	Wed	Thur	Fri	NO. BUSINESS DAYS
1st	11 sept.	23 jan.	17	16	16/17	16	17	82/83
2nd	01 feb.	04 / 11 / 25 jun.	15/16/18	15/16/18	15/16/18	15/15/17	16/17/19	76/80/90

Half Terms and Holidays	Start	End
1st Assessment Period – Intermediate	11 nov.	13 nov.
2nd/3rd Cycles	12 nov.	13 nov.
Christmas	21 dec.	01 jan.
2nd Assessment Period – End of Semester	27 jan.	29 jan.
Carnival	08 feb.	10 feb.
3rd Assessment Period – Intermediate	22 mar.	23 mar.
Easter	24 mar.	02 apr.
4th Assessment Period – End of Semester	14 jun.	16 jun.
2nd/3rd Cycles	30 jun	02 jul
Preschool – 1st Cycle		

Frequently Asked Questions

Frequently asked questions and helpful answers for new students and families.

1. Daily Life at School

- **What time do students start and finish school?**
 - Classes can take place from 8:20h to 17:10h, depending on the class schedule. Extracurricular activities may run until 18:10h.
- **What time is lunch?**
 - The lunch break for the Second Cycle is from 12:15h to 13:20h and the Third Cycle from 13:15h to 14:20h.
- **How long are students' break times?**
 - Break times last 10 or 15 minutes.
- **What do I do if my child is late?**
 - Lateness up to 10 minutes for the first lesson of the day is tolerated. Other situations must be reported to the Class Tutor.
- **How can I justify my child's absence?**
 - The guardian must send the justification for the absence to the Class Tutor, via email, with the following information: student's name; day(s) of absence(s); Subject(s) skipped and reason for absence.

2. Meals and The Canteen

The provision of meals in school canteens aims to ensure a balanced diet that is appropriate to the needs of the school population, in accordance with the dietary principles recommended by the food standards defined by the State Department of Education and in compliance with the general hygiene and food safety standards to which foodstuffs are subjected to.

- **How much does the lunch meal cost?**
 - The lunch meal has a ground price of 1,46€, when preordered the day before.
- **How is the meal preordered?**

- Meals can be preordered through the **Inovar SIGE** platform or at the designated machines at school, the day before or, exceptionally, on the same day, in which case a 0,30€ penalty fee is charged.
- **How to report a food allergy?**
 - Any food allergies must be reported at reception, with an updated medical certificate from the current civil year, attesting to the respective allergy(ies) and the foods to be avoided. Only duly verified students can have access to the diet menu.
- **Does the canteen offer alternative diets? (Vegetarian/Ethnic/Religious)**
 - Yes. These requests must be written and presented to the Class Tutor, who forwards them to the school reception at the beginning of the year. These will be valid until the end of the school year. In the case of these diets, if the meal is preordered and not consumed, after a second occurrence, the student is no longer entitled to the alternative diet.

3. Transport

- **How do I acquire a public transport pass?**
 - Public transport is provided by Carris Metropolitana, a project that operates in 18 municipalities in the Lisbon metropolitan area (AML). The Navegante pass is free for all students up to the age of 23. For additional information, visit the official website - <https://www.carrismetropolitana.pt/>

4. School Textbooks

- **Does the school provide the school textbooks?**
 - The MEGA program – “Manuais Escolares GrAtuitos (Free School Textbooks)” aims to manage the distribution of vouchers that allow the withdrawal of free textbooks (new and used). All information is available on the official website:
- <https://manuaiscolares.pt/>

5. Guardian's Participation

- **When are there meetings for guardians?**
 - Meetings for guardians are held at the beginning of the school year and at the end of each semester. They are communicated in advance by the Class Tutor.
- **How can I check my child's daily record?**

- At the beginning of the school year, instructions will be given out to guardians on how to use the INOVAR platform. Here you can see your child's record of absences, incidents and assessments.

6. Use of Technology

- **Can students bring electronic devices to school?**

- The use of smartphones and other technological equipment (tablets, smartwatches), with and without internet access, is prohibited for all students within the school premises.

If students bring any smartphone or other equipment with them, they must keep it/them switched off and stored until leaving the school premises. Whenever a student doesn't comply, the equipment is confiscated and handed over to the Headteacher, along with a discipline referral, for later collection by the Guardian.

Useful Contacts:

- National Emergency Number | **112**
 - Fire department: Seixal | **212 279 530**; Amora | **212 255 555**
 - Civil Safety Police (PSP) – Cruz de Pau Police Station | **212 260 350**
 - National Republican Guard (GNR): Paio Pires | **217 655 950**; Fernão Ferro | **217 655 940**
 - Portuguese Red Cross Foz do Tejo Delegation – South Bank | **212 227 746**
 - Pharmaceutical assistance to the population – National line | **1400**
 - SAÚDE 24 | **808 242 424**
 - Health Units: UCSP Amora | **212 274 200**; USF Rosinha | **212 273 500**;
USF Amora Saudável | **212 274 230**;
 - Garcia de Orta Hospital (HGO) – Almada | **212 940 294**
 - SOS – Women Victims of Violence | **800 202 148**
 - Linha 65 – Support for the Elderly and Dependent People | **800 208 875**
 - Social Security – Amora Local Service | **300 502 502**
 - Judicial Court of the District of Seixal | **212 274 500**
 - Justice of the Peace | **212 219 200**
 - Seixal City Council (general) | **212 276 700**; camara.geral@cm-seixal.pt; Website: <https://www.cm-seixal.pt/>
 - Scheduling at Citizen Service Centers | **212 275 776**; agenda.lojas@cm-seixal.pt
 - Amora Parish Council | **212 268 730** | **917 072 687** / **910 537 093**
jfamora@jf-amora.pt; Website: <https://www.jf-amora.pt/>
 - Seixal Citizen's Shop | **300 003 990**; loja.cidadao@cm-seixal.pt
- Rua Francisco Zambujal, n.º 1, Piso 1, Edifício Alentejo, Paivas, 2845-111 Amora
- Tax Office - Cruz de Pau | **212 260 760**
 - Job Centre | **212 267 230**; **215 802 740**
- Rua Infante Dom Augusto, 2845-115 Amora
- Website: <https://www.centrodeemprego.net/lisboa-vt/centro-de-emprego-do-seixal>