



STARTING A NEW HIGH SCHOOL NEXT YEAR?

Read on for tips and advice

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Starting a new high school next year? Are you excited, nervous about how things will be like or even both? The information in this newsletter will explain what it's like when you first start at high school and give you some tips to make it easier.

QUESTIONS?

- How is the work different?
- Coping with homework and assignments
- Moving from class to class
- Friendship groups
- The good or fun parts of high school

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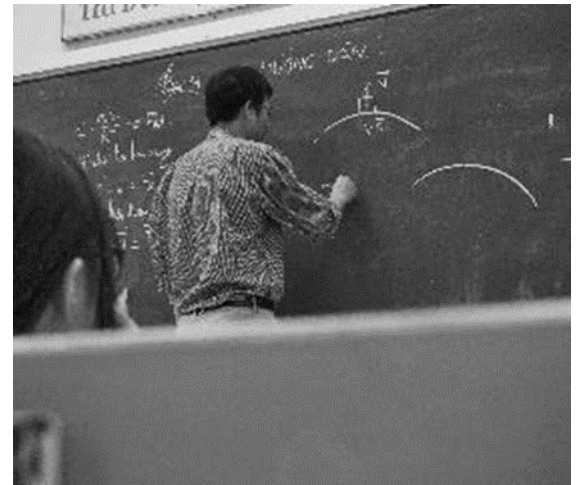
STARTING

HIGH SCHOOL

How is the work different?

One of the big differences in high school is that you have different teachers for most subjects. The teachers may have different expectations about how to do your work, but they all expect you to try your best. You will get more assignments to do. You can sometimes do parts of your assignments in class but will have to finish them at home.

The work in class starts off very similar to the work you do in primary school. The work will slowly get harder as the year continues. Don't be afraid to ask the teachers questions or ask for help if you don't understand anything. There is always someone to help you be your best.





“Get it
done
early”



Coping with Homework and Assignments

You might not get homework every day. Sometimes it could be as simple as reviewing something you were doing in class, finishing off some class room work or more complicated like doing a complete of set of Maths exercises.

My tip is that when you get homework try and get it done as soon as you can. If you have lots of homework on the one day, I suggest that you do the homework for one subject at a time. I use a “step by step” method. For example, if you have math, science, music, and English homework at the same time, look at your timetable to see what classes you have the next day. Do the homework for those subjects first.

If you have all of those classes’ tomorrow, then do one subject then take a break. After your break then come back and do the next subject. Repeat this until you have finished your homework. By doing this, you are making sure you are doing your homework efficiently and will get it finished on time. You are also giving your brain a break by using this method.

If you have a lot of assignments at the same time use the same method as described above. Look at when your assignments are due and always work on finishing the assignment that's due first. Once that is finished, you can move on to the next one.

If you have multiple assignments due at the same time, spend one day on each of them until they are completed. Make sure you take some breaks on some days, so you don't get stressed and overwhelmed. If none of that works or you are struggling to do an assignment then you should always ask a parent or teacher about the work and for help.

My best advise is to NOT leave it to the last minute to get done.



Moving from class to class

High schools are bigger than primary schools and have lots of different areas. As you have different teachers for different subjects you will need to move around the school and change classrooms.

These are some things to know that can make this easier.

- When changing from one class to another class make sure you have the books you need and that you arrive on time.
- If you don't know where to go, ask a teacher or a senior for directions to the classroom. Once you have been to your classes once or twice you will get to know where they are.
- If your bag is getting to heavy to carry around, put some books back in your locker and only keep the books you need for the next two periods.
- If you have a class far away from your locker in the last period, then keep the books you need for any homework in your bag.





The people who you are friends with

The friends you choose to be with are very important. They can determine your behaviour and they can help you deal with situations like homework and sometimes family issues.

If your friends start behaving poorly then it might be a good idea to change friend groups to some that behave better. A good friend or friends will help you with problems like puberty, family issues and homework. They are someone you can talk to about anything.

If you are the only person from your old school at your new high school, then you will want to make new friends. This can seem difficult but it's important that you try and have a go at making new friends. You can ask some kids that you like or that are in one of your classes if you can sit or play with them at lunch or recess. If you don't want to do that then you can try joining in some lunch time activities.

You will make friends eventually. Just start playing with some kids, start talking to them and before you know it you will have your first group of friends.

The good or fun parts of high school

Now the fun stuff! Some of my favourite parts of high school are the canteen and the sports you get to do.

The canteen is full of really good food. There are specials on each day and all of them are different. Some of the foods you may find in the canteen are garlic bread, burgers, flavoured milk, milk shakes, soft drinks and lots more. Its also healthy and filling food.

The sports you get to do are really fun. You get to do really cool sports like fishing, bowling and laser tag. You also do soccer, rugby, handball and more. Sometimes you must catch a bus to your sport activity. You get lots of sporting opportunities to participate in and represent your school.

The best thing about high school is that the teachers treat you like a young man or woman. They expect respect but they also give that to you in return. In high school, you are given lots of opportunities to be independent and learn new things. It's an exciting adventure.

