

Starting high school

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What they mean



Physical qualities, actions, or things are connected with a person's body, rather than with their mind.



Social means relating to society or to the way society is organized.



Emotional means concerned with emotions and feelings.

Physical challenges



Sleeping
time



Finding
Classes

Finding classes



When starting high school you will need to know where your classes are



A way of finding where they are you can ask a older student to point you in the right way. If they don't know you can ask a teacher around the school.



You can get a map of the school from the office to help with getting around the school

Sleeping times

- ▶ In year 7 you need to get the right amount of sleep every night
- ▶ When you are in year 7 you are meant to get at least 9 to 11 hours of sleep a night so your body has enough energy for the school day
- ▶ If you are having trouble sleeping at night a way I deal with it is by thinking of something good in my life or listening to music



Social challenges

- ▶ Finding new friends



Finding new friends

A way of getting new friend is to play with different people on the playground. You can ask people if you can sit with them in class and see what you have in common with them and you could become good friends



Emotional Challenges

- ▶ Home work
- ▶ Responsibilities



Home work

Home work can be a hard time for some because you might have sport or not have anytime in the nights or afternoons and your teachers could give you lots of homework and you could get stressed.



Responsibility

- ▶ When starting high school there are a lot of new responsibilities like making sure you have the right books everyday, putting your laptop on charge when it is low charge and putting your practice gear in your bag.
- ▶ You can manage your responsibilities by getting your bag ready in the night so you have more time for other things, another way is to put reminders on a board and use your school diary to write reminders like homework or to put the day that you have practice so you don't forget.



Who can help?

- ▶ When starting high school it can be overwhelming and a stressful time for some people so here are some people that can help with starting high school.
- ▶ Your parents/ Family members
- ▶ School counselors/ school teachers
- ▶ Lifeline, kids helpline
- ▶ Sports coach
- ▶ Close friends