

A photograph of several students in a classroom, likely high school, sitting at desks and writing in notebooks. The focus is on a young man in the foreground, wearing a white shirt and a black watch, who is looking down at his work. Other students are visible in the background, also focused on their tasks. The scene is brightly lit, suggesting a window with greenery outside.

Starting High School

By Joel Washington

Physical challenge

Definition: physical challenge means your ability to perform a task or to do something of a physical nature. It can also mean the challenges within the physical environment.

PHYSICAL CHALLENGE

The main physical challenges starting high school may include changes in the amount of physical exercise done during school time. During primary school you may have been playing on the basketball courts at lunch, whereas in high school the outdoor spaces for physical exercise are often being used for older years.

Another physical challenge is carrying a larger and heavier bag, books and a laptop with you. This can be difficult for smaller year sevens.

The challenges of finding your way around a large school and lessons in different classrooms could at first be challenging. Having to catch public transport to school can also be a new challenge when starting year seven.



Physical challenge

SUPPORT NETWORK

Support networks may include your family, friends and teachers. If you have any problem its important to discuss any physical problems you are having so you can find a solution.

STRATEGIES

If you are not having enough exercise you can plan to do exercise when you get home such as joining a sporting team outside of school. You can also plan to bring in sporting equipment to exercise at lunch.

Rather than carrying around a heavy school bag make sure you use your locker to lighten the load and make your day easier.





Social challenge

Definition of social health: Social health can be defined as our ability to interact and form meaningful friendships with other people.

SOCIAL CHALLENGE

One of the main social challenges when starting high school is making new friends. You may not know anyone at your new high school, so making new friends may seem scary or daunting.

Social challenge

SUPPORT NETWORK

Support networks can help you when you are having social difficulties in starting high school. Networks that may help you are school councillors, parents, friends and teachers.

STRATEGIES

To form friendships try to find people who have similar interest as you, or people that you connect well with. One great way to do that is by meeting kids in class and getting to know them. Sports teams, or other school-related activities are also ways to make friends.

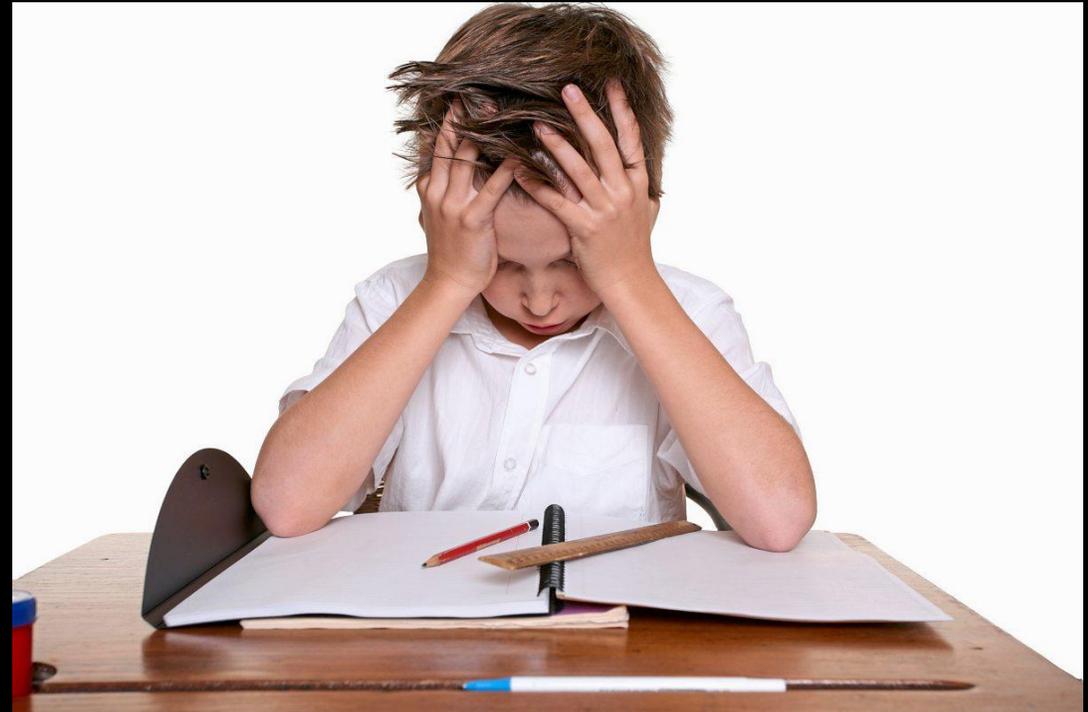


Emotional challenge

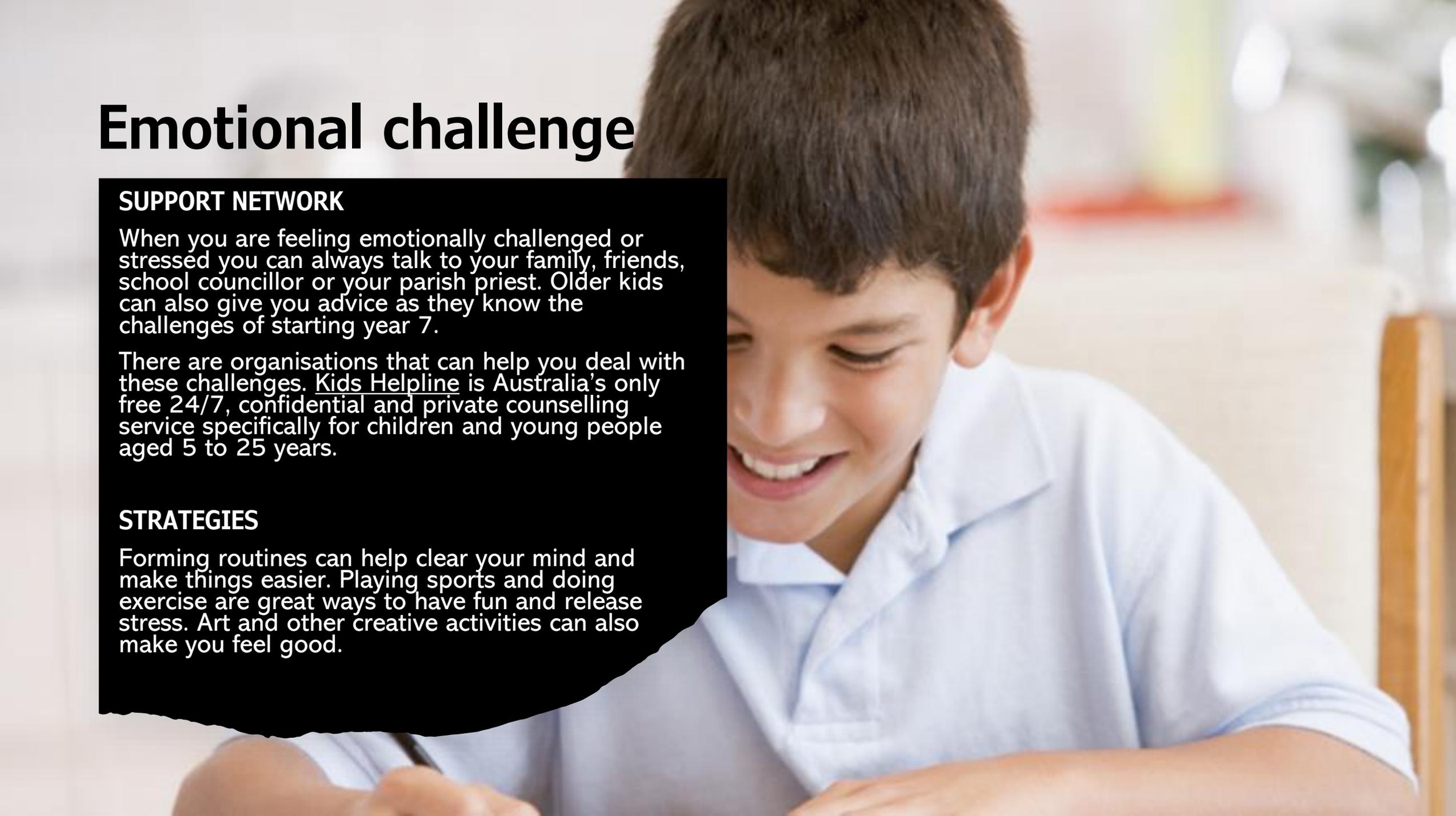
Definition of social health: Emotional health is about **how we think and feel**. It is about our sense of wellbeing and how we acknowledge our own emotions as well as those of others.

EMOTIONAL CHALLENGE

Kids starting high school may feel stressed and emotional from the changes in the amount of school work and study they get compared primary school. It is the changes in the daily structures that can emotionally challenge you.



Emotional challenge

A young boy with dark hair, wearing a light blue school uniform shirt, is sitting at a desk. He is looking down and smiling broadly, showing his teeth. The background is softly blurred, showing what appears to be a classroom or school setting with a wooden chair and some indistinct objects on a table.

SUPPORT NETWORK

When you are feeling emotionally challenged or stressed you can always talk to your family, friends, school councillor or your parish priest. Older kids can also give you advice as they know the challenges of starting year 7.

There are organisations that can help you deal with these challenges. Kids Helpline is Australia's only free 24/7, confidential and private counselling service specifically for children and young people aged 5 to 25 years.

STRATEGIES

Forming routines can help clear your mind and make things easier. Playing sports and doing exercise are great ways to have fun and release stress. Art and other creative activities can also make you feel good.