

GET SET FOR HIGH SCHOOL

It's time to get ready for high school!



Student Activities

A NEW START



Starting at a new school gives you a great opportunity for a fresh start.

Change brings us new opportunities - like a fresh start when you move to a new school. What are the things you would like to try to do differently, improve upon or change when you go to high school?

Tick some 'new starts' you will try for high school. They may not all apply to you.

- Try harder in some subjects. Write them here: _____
- Try to be on time for school
- Be more organised about packing everything I need for school
- Take time to do things I love to do
- Work more neatly
- Try to argue less with friends
- Finish my homework and hand in on time
- Worry less about what other people say/think
- Concentrate more in class
- Ask for help as soon as I need it
- Participate in clubs at school
- Be more responsible at home
- Get ready for school quickly in the morning
- Aim to finish my assignments and homework early
- Try to make more friends
- Listen more

You can make up some of your own here.

- _____
- _____
- _____
- _____
- _____
- _____

Write the 3 main 'new starts' you will try.



1. _____
2. _____
3. _____

Are there any other areas where you want to try a new start? E.g. What will you try to change or improve for hobbies, sport, doing chores, relating with your family, dance...

1.

2.

3.

MEMORIES

OF PRIMARY SCHOOL

Use this space to record some memories of your time in primary school.
You could create a mind map with words and/or pictures or make a list.

MAKE IT COLOURFUL!

Activities

Achievements

Fun Times

Friends

Teachers

Learning

Favourite moments



A LETTER TO

MY HIGH SCHOOL SELF



You've just learnt new things in the workshop to help you in high school. Write a letter giving some friendly advice to your future self- imagine you will read this letter when you are in your first term in high school. What would you like to remind yourself to think, feel or do that will be helpful for settling in?

Dear

ADVICE FROM HIGH SCHOOL

Year 7 students share their tips
and advice for how to have a
great start to high school.

With a partner, read and discuss the advice from these
Year 7 students. Write the main helpful idea from each one.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

In my first week of high school I fell over on the playground. It was a spectacular fall! I didn't hurt myself but I was really embarrassed. I just told myself that it was OK and soon no one will even remember. I tried not to let myself worry too much about it. My friends and I had a good laugh about it later. They said I could have been a stunt person!

Rachel

A tip that you should follow is easy but it does take time to learn... being organised. You won't like forgetting assignment due dates, classes, events etc. Write stuff down in your diary and check it every day. It helps - trust me!

Jackson

On my second day of high school I forgot to go to homeroom and went straight to my first class which was science. I saw people inside from different grades and I was confused. I showed someone my timetable and they took me to my homeroom and told my homeroom teacher what happened. I was embarrassed but I asked for help instead of just getting upset about it.

Grace

My advice:

1. Be friendly - help people
2. Give homework in on time
3. Try some new activities and clubs
4. Bring all equipment and books to class
5. Be who you are - friends will like you
6. Try your best
7. Keep your uniform neat

Jessica



I only knew a few people when I started Year 7 so I was worried if it would be hard to make some good friends. The best advice I got from one of the teachers was to smile and ask people about themselves. I also joined some clubs at school and got to meet lots of people who were interested in the same things as me.

Sophie

Write your own tip here...

I was having trouble remembering my maths. I really tried and I understood it when we were in class but then later I would forget. My dad even tried to help me but he got stuck too. I told my maths teacher and he suggested I go to our school's 'homework help' session after school each Monday. There are teachers there who can help with my work. Now I get all the extra help I need so I don't get stuck as often.

Ryan

FREEZE FRAME

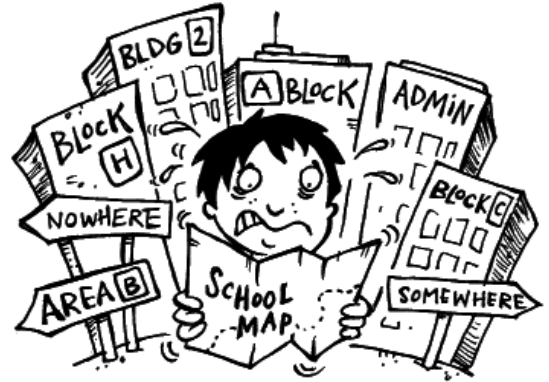
IN SMALL GROUPS OF THREE OR FOUR, DISCUSS SOME SOLUTIONS FOR EACH OF THESE HIGH SCHOOL SITUATIONS.

Step 1: You have one minute to discuss possible solutions. What would be most helpful in that situation?

Step 2: Your teacher will give you one minute to act out the problem and solution.

Step 3: When your teacher announces, 'Freeze Frame!' everyone stands perfectly still, as if posing for a photograph.

Step 4: Repeat steps 1 to 3 for each new situation.



I CAN'T OPEN THE COMBINATION LOCK ON MY LOCKER.

I'M LOST & CAN'T FIND MY CLASSROOM.

I WAS ABSENT FROM SCHOOL & NEED TO SEE IF I MISSED ANY WORK.

I AM LONELY AT LUNCHTIME. I DON'T KNOW WHO TO TALK TO.

I'M HAVING TROUBLE UNDERSTANDING MY WORK IN CLASS.

I MISSED THE LAST BUS HOME.

THE CLASS IS REALLY NOISY & IT'S HARD TO CONCENTRATE.

I AM BEING BULLIED OR PICKED ON.

IT'S LUNCH TIME & I'M FEELING SICK.



I'M HAVING TROUBLE DOING AN ASSESSMENT TASK AT HOME.

WORD SEARCH



High School

X	R	X	C	W	E	N	G	N	I	N	R	A	E	L	T	V	T	S	U	J	D	A
O	C	A	I	V	Z	M	Q	C	Y	B	E	R	S	A	F	E	T	Y	R	T	E	S
S	H	A	S	S	G	I	R	D	A	P	D	T	E	C	H	N	O	L	O	G	Y	H
U	A	I	S	K	Q	N	S	I	S	A	O	R	G	A	N	I	S	E	D	L	P	H
B	L	M	P	R	F	D	T	A	S	M	C	L	Q	L	O	C	K	E	R	S	M	T
J	L	S	R	R	R	E	N	R	I	J	R	E	G	E	S	A	D	T	G	M	A	R
E	E	T	I	O	I	P	E	Y	G	Z	U	L	O	L	P	K	T	A	P	Y	C	A
C	N	C	N	L	E	E	M	M	N	S	O	B	A	B	F	R	T	P	R	Y	S	N
T	G	E	C	L	N	N	S	S	M	P	L	A	L	I	A	O	E	I	E	S	N	S
S	E	J	I	E	D	D	S	E	E	T	O	T	S	S	M	W	A	C	P	T	E	I
W	G	B	P	S	S	E	E	G	N	R	C	E	Y	N	I	E	C	I	A	N	E	T
Z	C	U	A	N	H	N	S	N	T	O	C	M	L	O	L	M	H	T	R	E	T	I
M	Z	S	L	U	I	C	S	A	S	P	B	I	I	P	I	O	E	R	E	D	N	O
F	D	X	S	O	P	E	A	H	B	P	X	T	M	S	A	H	R	A	Q	U	A	N
G	H	P	D	C	S	X	P	C	A	U	D	R	A	E	R	G	S	P	D	T	C	S
H	J	S	A	D	V	I	C	E	V	S	Y	B	F	R	C	L	U	B	S	S	C	U

Find the following words in the puzzle.
Words are hidden and .

- | | | | | |
|-------------|-------------|--------------|-------------|------------|
| ADJUST | CHALLENGE | FAMILY | NEW | SUBJECTS |
| ADVICE | CHANGES | FRIENDSHIPS | ORGANISED | SUPPORT |
| AIM | CLUBS | GOALS | PARTICIPATE | TEACHERS |
| ASK | TECHNOLOGY | HOMEWORK | PREPARE | TRANSITION |
| RESPONSIBLE | ASSESSMENTS | INDEPENDENCE | PRINCIPAL | TIMETABLE |
| CYBERSAFETY | ASSIGNMENTS | LEARNING | COLOUR CODE | COUNSELLOR |
| CAMP | DIARY | LOCKERS | STUDENTS | TRY |
| CANTEEN | FAMILIAR | MAP | SUBJECTS | |



FILL IN THE MISSING LETTERS TO MAKE WORDS FROM THE LIST ABOVE:

- | | | |
|---------------------|---------------------|-------------------|
| 1. RESP __ SIBLE | 2. TECH __ OL __ GY | 3. ORG __ ISED |
| 4. PARTICIP __ __ | 5. LO __ ERS | 6. IN __ PENDENCE |
| 7. __ SK | 8. SUPP __ T | 9. TEA __ ERS |
| 10. FR __ ND __ IPS | 11. CH __ GES | 12. PRE __ __ __ |

SO YOU WANT TO BE \$ A MILLIONAIRE ?

Move one step up the dollar ladder each time you answer a question correctly. Can you reach the \$1,000,000 mark?

Who is the main teacher who will help you when you start high school?

- A: Principal B: Year 7 Co-Ordinator C: Deputy Principal D: Librarian

How can you be more independent for high school?

- A: Get mum to make your lunch B: Bribe your brother to do your chores
C: Complain until you get out of the work D: Pack your own bag ready for the next day

What might help if you're feeling a bit stressed?

- A: Panic! B: Scream, shout, run about!
C: Distraction, exercise or relaxation D: Don't tell anyone

What should you keep in your locker?

- A: Only the essentials B: The latest magazines
C: Rotting fruit D: All of your past assignments

What cannot be found on a school timetable?

- A: Subject B: Room number
C: Teacher's name D: Your locker combination

Most of the students will be helpful if I need to ask for directions.

- A: Nope B: Yes C: No way D: Absolutely not

To help manage your time you should first do.

- A: Big rocks B: Whatever you like
C: Small rocks D: Little pebbles

The least recommended way to back up work on your computer is:

- A: Google drive B: External hard drive
C: USB D: Copy onto paper

The 'Grandma Test' refers to.

- A: If Grandma likes your new clothes
B: You are using the internet in a reasonable manner
C: If Grandma can use the Xbox
D: If Grandma can play Pokemon Go

How many days do most schools have in their timetable?

- A: 7 B: 14
C: 10 D: 5

What cannot be found on a school map?

- A: Office B: School hall
C: Directions to get home D: Music room

To get organised for school you could colour code.

- A: Your pets B: Subjects on your timetable
C: Flowers in your garden D: Your hair

Which is NOT true about your diary?

- A: It's an optional accessory B: It helps you to be organised
C: Keeps track of your assignments D: Gives information about your school

EAT that frog means.

- A: Goodbye, pet frog B: A new taste sensation!
C: Just do what needs to be done...don't keep avoiding it
D: You are eating dinner in France

If you're stuck or worried about ANYTHING in high school you need to.

- A: Leave immediately! B: Ask for help
C: Pretend everything is fine D: Just get over it

15	●	\$1 Million
14	●	\$500,000
13	●	\$250,000
12	●	\$125,000
11	●	\$64,000
10	●	\$32,000
9	●	\$16,000
8	●	\$8,000
7	●	\$4,000
6	●	\$2,000
5	●	\$1,000
4	●	\$500
3	●	\$300
2	●	\$200
1	●	\$100