

07/06/2021

Dear Year 6 Student,

Our names are Elena and Evie. We are Year 7 students at Calder High School. Going up to high school can be very scary so we would like to share some top tips with you to help you feel better about it.

- ✚ Get an alarm clock. Most secondary schools start at 8.30am so if you have a long journey, you may have an early start.
- ✚ Always eat some breakfast, even if you feel nervous. It's a long time until lunch.
- ✚ Put in plenty of practice at tying your tie. You'll need to be able to do it at speed and under pressure (i.e. after PE). Practise putting it on and taking it off without undoing it.
- ✚ If you're worried about the uniform (skirt/trousers), go and visit the area the high school is in when other students are around and check out what they're wearing.
- ✚ If you need to use a travel pass, make sure you apply for it in plenty of time. It may take a couple of weeks to come through, so don't leave it until the end of the holidays. Make sure there's money on it.
- ✚ Get some passport photos taken, they're useful for a travel pass or library card.
- ✚ Work out your route to school, whether you're walking or taking public transport. Try out the route in the summer holidays and practice it until you feel confident. Could you walk or cycle? Try timing yourself so you know how long it'll take. Also, make sure you have an alternative route in case of problems with transport or people you want to avoid. If you'll be getting the bus, find out where the bus stops are and what times the buses run.
- ✚ Get a big, strong bag. You will have loads to carry especially the days when you have your PE kit.
- ✚ Does your new school have lockers, or will you have to carry your coat around with you all day? If you do, you may need a lightweight coat you can stuff into your bag.
- ✚ If you can, find a friend to walk with on your first day. Things won't seem so daunting if you can go with someone.
- ✚ Don't call it 'playtime' - it's 'break' now!
- ✚ As soon as you get out of lesson for lunch, head straight to the dining hall as the queue can get very long, very quickly.

- ✚ Work out how you'll be paying for your lunch if you're not having a packed lunch. If it's a card or fingerprint system, make sure you're topped up for your first day.
- ✚ Find out where the toilets are.
- ✚ Find out your new school's policy on mobile phones, preferably before yours goes off in the middle of Geography.
- ✚ Stock up on sticky-backed paper: you'll have plenty of books which will need covering.
- ✚ When you are given your timetable, make at least three copies: one for your bag, one for your pocket and a spare for home. If you can't access a printer at home, feel free to ask school for a copy of your timetable, they can give you them for free.
- ✚ Get your new friends' phone numbers, you may need to give them a call if you have a last-minute homework panic.
- ✚ Be organised. If you're given a student planner, use it to write down your homework. When there is so much going on, it's easy to forget.
- ✚ Go through your timetable and pack your bag the night before, there's never time in the morning to find your Maths book!
- ✚ Join the library. It's a great place to go if you want to do some homework or just avoid the playground.
- ✚ Don't be afraid to ask for help if you're not sure where to go.
- ✚ At lesson changeover, stick with someone who knows where they're going. Don't try to go against the flow of traffic, you could get trampled!
- ✚ Relax and try to enjoy it! In no time at all, it'll seem like you've been there forever. This time next year, you'll be showing the new students around the school.

Good luck with the transition to your new school

From

Elena & Evie