

HOW TO HIGH SCHOOL GUIDE

Name:

Class:



HOW TO HIGH SCHOOL POEM



So, you're heading to high school?
Pffft, no biggie. You're fine...
Secondary education beckons,
and as for primary, you're at the finish line.

Away with that stuff,
and onto something new,
New pressures and new expectations
to live up to.

Bid farewell to afternoons
swinging from monkey bars,
And throw away your collection
of merit cards and gold stars.

You're liberated from
impractical broad brim hats,
And free from the clutches
of those small Kindy brats.

Say goodbye to little lunch
from your tiny tuckshop,
Where you're going,
they only serve suspicious-smelling slop.

Forget your teachers, your friends
and your safe little space.
For you, my friend,
are catapulting to a brand new place.

A stern institution,
where hallways are endless,
Where you're awkward and weird
and probably friendless.

Where everything's hard
and homework piles high,
Where teachers are strict,
and you're forced to wear a tie.

You're heading to high school!
Pffft, no biggie. EVERYTHING IS FINE.
That ah ... escalated quickly,
Rest assured, the experience is not nearly that prickly.

Your brain may be concocting
all sorts of nightmarish depictions:
heads flushed down toilets,
incessant screaming and rigid restrictions.

But know this,
high school itself is not something to fear,
It's the change that frightens us,
as it begins to near.

Dealing with change
is an experience we're all fated to endure,
So sit back, listen carefully,
here's high school, the grand tour...

Classes are structured a little differently,
this you can expect,
Instead of having one room and teacher,
you'll have one for each subject.

One moment you're in the science lab,
setting magnesium alight,
Then off to drama class,
reciting Shakespeare under the spotlight.

All this moving around from here to there
could feel intimidating,
"I'll never memorise this routine!?"
I hear you speculating.

If only there was a mystical entity
to move this confusion into clarity?
Behold the timetable,
your companion sticking by you in solidarity.

This nifty document
will help organise your new school routine,
Telling you where, when and what,
shaping you into one organised machine.

Another point,
on which I should most probably elaborate,
Is the sheer difficulty
of a high school campus to navigate.

There is a high probability you'll get lost
on at least an occasion or two,
There is however, an even higher chance,
there'll be someone to help you.

Your school will have all sorts of things in place
to assist you to settle in:
Orientation days and peer support leaders
are a good place to begin.

So, if you find yourself lost or not knowing what to do,
don't fear,
Look around and ask a teacher or student,
help is always near.

You see, everyone was new once
and understands your situation,
Being unsure and asking questions
is all part of the initiation.

Another stormy thought
that may be brewing in your head,
Is the matter of friends,
which can fill a lot of us with dread.

Will our old forget us?
Will our new ones accept us?
Will there be anybody
to sit next to on the bus?

Let those worries drift away
because they're counterproductive,
And listen intently
because I can be rather instructive.

High school is a time to meet different people
and discover new things,
This includes: friendships, ideas and interests;
it's a chance to spread your wings.

Take time to get to know people,
listen, be inclusive, have fun!
Because value, kindness and intrigue
can be discovered within everyone.

Friendships can be delicate,
precious and complicated,
Their need for committed effort
should not be underestimated.

As you move through life,
you'll change and you'll grow,
You might also find
some of your friends come and go.

Treasure your friendships,
each and every single connection,
Be open and adaptable
and prepared for them to head in any direction.

Remember all of this,
the moment you walk through the front gate,
And stare change right in the eye,
head high, walk straight.

Because you've got this!
You're ready, it's your time to shine,
You're heading to high school
and everything is fine.

And that's high school
condensed into a neat snapshot,
It's okay if you're nervous
and it's okay if you're not.

Take it in and enjoy this time
of stuff being shiny and new,
You're capable and strong
and simply learning how to be you.



ACTIVITY 1: HIGHS AND LOWS

What parts of moving to high school excite you? What parts worry or scare you?

List them in the columns below.

[illegible]

ACTIVITY 2: HIGH SCHOOL HOPES

What do you hope your high school experience will bring you?



ACTIVITY 3: LIFE TRANSITIONS

Do you remember a time when you went through a big transition in your life? Maybe you changed schools, moved countries, or got a baby sibling?

- How did you feel knowing the change was coming?
- How did you feel during the transition?
- How did you feel after the transition became your "new normal"?

Write about your experience below. Make sure you incorporate the three questions above.



ACTIVITY 4: TACKLING FRIENDSHIPS

One of the most common concerns about leaving primary school is how it will impact friendships.

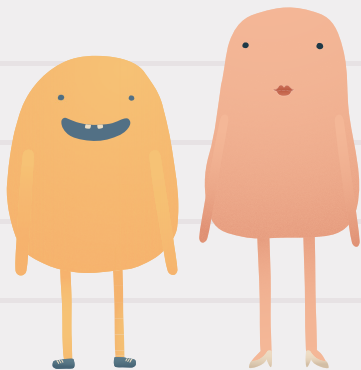
Do you find yourself worrying “What will happen to my old friends? Will I make new friends?”

You’re not alone – most people are thinking the same thing!

Making new friends can be a challenging task. What do you think are some useful behaviours to help you make friends at your new school? Brainstorm them below.



Not sure how to start making new friends? Why not try one of the following strategies on your first day?



- Find out things you have in common like music or tv shows.
- If you’re both lost, buddy up and try to find your way together.
- Like their hairstyle or skateboard? Tell them! Pay them a compliment.
- Crack a joke to break the ice. Laughing helps people relax.
- Use positive body language like smiling and eye contact!

Don’t forget – when you started primary school you had to make new friends. So you *can* do it again!



ACTIVITY 5: POETIC EXPRESSION

Write a poem in honour of your own primary school experience and high school transition.

It can be an ode, haiku, rhyming couplets - whatever you like. Get creative!

