



## ST. JOAN OF ARC Catholic School

### Top tips for starting year 7

#### **1. Breath**

*'all shall be well, all shall be well, and all manner of things shall be well'*

In the coming few weeks remember to stop and breath.

There is so much change coming, great highs and maybe a few wobbles, but that is normal. Make sure you take time to stop , think, reflect and breath before moving on -all will be ok.

#### **2. Have a routine**

The key is to have a routine before and after school- this way many of the usual stresses and worries will have been anticipated and removed.

We suggest –

- you have your timetable clearly up somewhere in your house ( as well as a copy in your blazer )
- pack your bag the night before
- have a set time for doing homework everyday (if you can get it in the habit of doing it on the day it is set it will mean minimal/ no homework at the weekend)
- no mobile phone/computer at least 1 hour before bed and going to bed at a reasonable time ( no later then 10pm)

#### **3. Talk**

Everyone is here to help. Your parents, your tutor and the teachers all want to help you but we are not mind readers. Talk to us- tell us about the good/ great achievements but also come and speak to us when you are worried or need help- just ask --there is always a way to help! YO can see your form tutor or find Miss Simon and Miss Gray in the cottage.

#### **4. Friendships**

Friendships are a big part of secondary school - it is the opportunity to meet so many new people and make new friends. But remember this takes time. Your friendships from primary took 6 years to form, so remember it will take time to get to know new people. But also remember friendships change- making new friends is not leaving your old friends behind, you are just expanding and adding to your social group.

#### **5. Remember**

You are not alone. We have all been new and got lost. We don't expect you to remember everything - all you have to remember is to ASK.