



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.