

# YEAR 7 TO HIGH SCHOOL IN 2022



## Year 6 and 7 students - this Update is for you!

### Week 5, Term 4 – 2021

But of course, your parents and caregivers are welcome to read it too.

Starting at a new school is a big step and we know that you probably have lots of questions about next year.

Below is information and practical tips you might find helpful as you prepare for high school.

The findings come from our pilot program, which involved three high schools that started to welcome year 7s in 2019.

#### Making friends

Some of you will attend your new high school with primary school friends. For others, there will be changes to friendship groups.

Most students we spoke to from our pilot schools made friends by the end of term 1. And guess what? Many of them said new friends were a highlight of their high school experience.

It's okay to be nervous at first. If things feel tough, don't worry as there will be support people available at your new school to help you adjust. These may include a home group teacher, a school counsellor or wellbeing leader.

Here's what you can do:

- take part in all the activities your high school organises to help you feel welcome. These might include transition days, tours and welcome evenings.
- get involved in sports and clubs/groups on offer before and after school or at lunchtimes.

#### Being around older students

In the lead-up to the school year, many year 7s interviewed for our pilot were a bit worried about attending school with older teenagers.

The good news is that within the first few weeks of term 1, their concerns mostly disappeared. In fact, many year 7s told us the older students helped them settle in through peer mentoring programs.

Here's what you can do:

- ask your high school about peer mentoring programs they may offer.
- ask about quiet spaces you may be able to access at recess and lunch if needed.
- talk worries through with a trusted adult. This could be a support person at school.

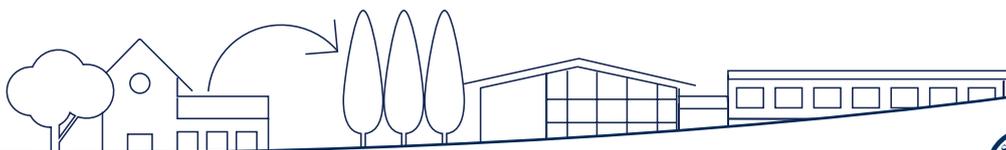
#### Managing workload

Being a high school student often means moving between classrooms and being taught by subject specialist teachers. You may also be expected to complete assignments by deadlines.

Remember that the teachers will be there to help you build your knowledge and manage your workload.

Here's what you can do:

- ask the teacher if you don't understand something - teachers are there to help.
- plan to work through assignments slowly and steadily so they don't get left to the last minute.
- talk to a support person at the school if you are feeling worried about schoolwork.



# YEAR 7 TO HIGH SCHOOL IN 2022



## Navigating high school

High schools are usually bigger than primary schools so you may be wondering how you will find your way around.

Remember that teachers will show you where you need to go, and many schools also have older students on hand to help.

Here's what you can do:

- take part in tours and transition days offered by your high school.
- many schools provide new students with maps and timetables. Ask a teacher for help reading them if needed.
- if you are catching public transport to or from school, do a practice run before school starts so you know exactly where to get on and off.
- if in doubt, ask a teacher or the front office staff for help.

## Hear it from students

Watch our new video, [What it's like to start year 7 in high school](#) on the 'information for students' section of our 7 to high school web pages. It features students from SA high schools that have already welcomed year 7s talking about their experiences.

### Where to find out more

Stay informed through your school and the Department for Education's website:  
[www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).

## Stats from students

At the end of term 1 we asked year 7 students from our pilot how they were going. Here's what they told us...



**91%** of students said they were happy in high school.



**87%** of students said they had more good days than bad days at high school.



**97%** of students said they had made new friends in high school.



**84%** of students found transition days helpful in preparing them for the first day of school.



**63%** of students felt they had more homework than in primary school.

