

## 7

## Tips to help you Prepare for Grade 8

## 1 Meeting new Friends

- Asking questions and giving compliments are a great way to connect with someone new.
- “What classes do you have?”
- “What elementary school did you go to?”
- “Do you want to eat lunch together?”
- “I love your backpack!”
- “Do you play sports or do activities after school?”
- “What do you usually do on the weekends?”
- “What kind of music do you like?”
- “Do you have any siblings at the school?”
- “Have you tried the cafeteria yet? What’s good?”



## 2 Getting Lost & Opening your Locker

Practice opening a lock over the summer.

- turn the dial to the right a few times to clear it.
- Start at 0 and turn right and stop at the first number.
- Turn left, go past first number and stop at the second number.
- Turn right again and go straight to your 3<sup>rd</sup> number and pull down to open the lock.

The first week there will be staff in the hall to help you find your classroom. Don’t hesitate to ask somewhere where your class is. By the 3<sup>rd</sup> day you won’t get lost anymore.

## 3 Where do I eat Lunch?

First of all, make a plan of where to meet with your friends (foyer, front doors).

Then walk around the school to find places where other kids are sitting and eating their lunches.

Ask if you can join them.

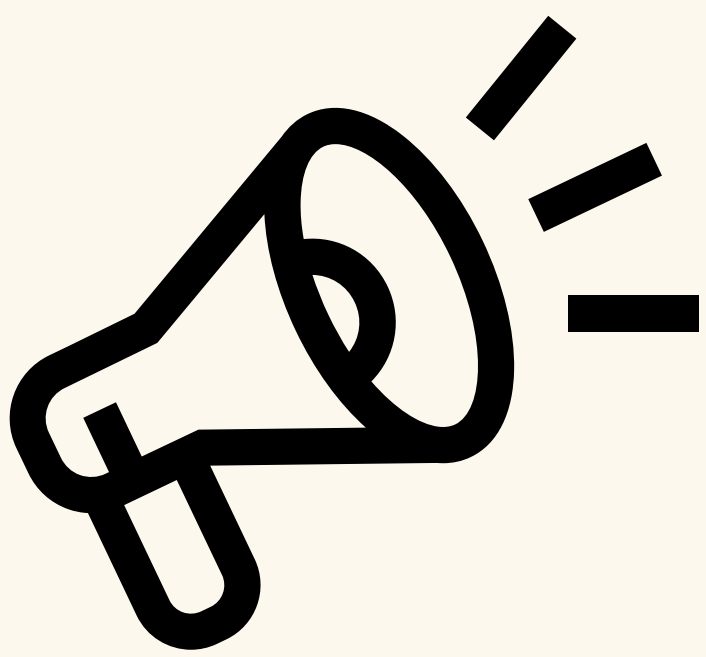


## 6 Get Involved

Kids who join clubs and teams and volunteer to help out enjoy school more. These activities are a great way to feel part of the school and meet lots of different people.

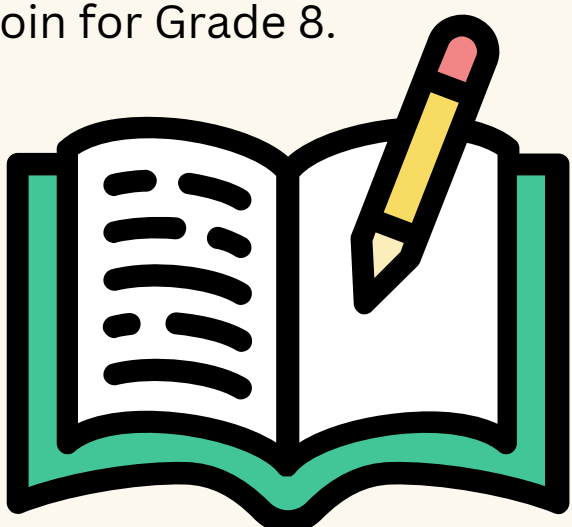
## 7 Talk to your teachers and Counsellor

- Teachers and counsellors are there to help you. Make an effort to talk with all your teachers so that you feel comfortable going to them for help if you need to.
- Also find out who your Gr. 8 counsellor is and stop by their office to say hello. This person can be a great support all through your high school years.



## 4 Listen to Announcements

- Try really hard to hear the school announcements.
- There is always helpful information shared and activities that you can join to make new friends.
- Some schools have text groups that you can join for Grade 8.



## 5 Independence and Organization

- Being organized is very important in highschool.
- If you’ve never used a planner before, start now.
- Your teachers won’t tell you to use it, but they expect you to write down your homework and important due dates.
- Plan ahead and do some homework every night, both what is due the next day and work on the bigger projects. Break down the projects into small steps.
- High school is demanding and your teachers expect you to be on time, hand things in on time and work hard.

## More STUDENT TIPS: We asked some Grade 8 students what advice they would give new Grade 8 students: Here's what they said...

“Make sure that you stay organized and get your work done on time.”

“Be yourself!”

“Ask questions in class and talk to your teachers if you are having trouble. They want to help you.”

“High school isn't as scary as it may seem, so don't worry yourself silly over the summer.”

“Put aside time each day for homework and studying. Rushing at the last minute never works.”

“Don't panic if your friends aren't in your classes ... you'll meet new ones and you'll see your old ones at lunch.”

“Don't be nervous about the big kids. They are just fluffy teddy bears.”

“Join clubs and teams. It's an awesome way to meet new people and feel good about your school and to have fun.”

“Keep your locker organized and don't tell anyone your combination.”

“Pay attention in class and work during class time. It's frustrating for others when people goof off and try and waste time.” •

“Be respectful of others in the school. That means act maturely, pick up after yourselves at lunch and don't stand in the middle of the hallway.”

“Make school and school work a priority. Your friends are important, too, but not when they distract you from your school stuff.”

“Ignore all of the negativity and pay attention to the good stuff.”

“Use strategies to keep organized and manage your time, it helps a lot!”

“Go to your school counsellor if you're feeling upset or stressed out. They are really good to talk to and help you figure things out.”



# 6

## Tips to Prepare Moms, Dads and Caregivers for Grade 8

### 1 On the first day of school send your Gr. 8 to school with the basic school supplies

On the first day, students should bring basic supplies such as binders, dividers, pens, pencils, and lined paper. Individual teachers will let students know on the first day of classes of any additional supplies specific to their class.

### 2 Review your child's Timetable with them

Helping your Grade 8 student understand their timetable builds confidence and independence as they transition to high school. It also reduces anxiety by giving them a clear sense of where they need to be and what to expect each day.

### 3 Read the School Emails

- There is always helpful information shared and activities that your child can join to make new friends and get involved with school life
- Some schools have text groups that you can join or online calendars

### 4 Encourage your child to get involved in extracurricular clubs or sports

Kids who join clubs and teams and volunteer to help out enjoy school more. These activities are a great way to feel part of the school and meet lots of different people.



### 5 Find out who your child's Gr. 8 Counsellor and Home room teacher are AND how or who to report your child absent to

- Teachers and counsellors are there to help students. Encourage your child to reach out to them if they need something and feel free to follow up with these educators as well

### 6 Help your Gr. 8 be Independent and stay Organized

- Encourage your child to stay organized by writing things done in a planner, or on their phone
- Encourage your child to be on time to class
- Help your Gr.8 create a homework routine

### SECONDARY SCHOOL IS DIFFERENT FROM ELEMENTARY SCHOOL

- Teachers will have different requirements and increasing expectations.
- Classes are longer than they were in elementary school—lasting 70 minutes per block.
- Secondary Schools have time between the bells and a lunch break each day, but no “recess.”
- Secondary Schools have bigger facilities and more resources and students are given opportunities to try more areas for exploration and development.
- As students progress through Secondary School, they will have more courses to choose from and more opportunities to tailor their school program to their interests and goals.
- There is more independence and responsibility at Secondary School.
- Students are expected to be mature and responsible enough to handle the extra freedoms they are given.