

# Welcome to Stowupland High School!



Hi Everyone!

This letter is written by 7AL (8AL in September) to give you some tips and answer questions you may have about starting secondary school. It is very natural to feel worried about joining secondary school, but the main thing to remember is that it will be okay! Everyone is in the same situation and if you have any worries, your form tutor and classmates will be the first people to help you.

## Getting lost

This is one of the biggest worries we had when we started school. It happened to most of us too! However, it wasn't as scary as we thought it would be and our teachers were all very understanding in the first few weeks. Then we learnt our way around the school very quickly! There are things to do if you get lost:

- **Teachers and students will always help you if you are lost – so ask them for help.**
- **Use a school map to help you.**
- **Remember that subjects are in different parts of the school – this will help you find your way.**

## Friends

A lot of us were worried about making friends. The main thing to remember is that you will be meeting lots of different people. Even if you haven't been put in the same form as all of your friends, you may get put into a different lesson with them. You will also make new friends naturally as school goes on! If you are worried about this, make sure that you go to different clubs at break and lunch times and meet new friends then!

## Lunchtime

At lunch there are a variety of options on what you can do. You can go out onto the field to play or sit with your friends, go to the 'quad' area, or you can eat in in the dining room. It is up to you and your friends!

### **Other top tips and comments from 7AL:**

"One of the best things about Stowupland is that all of the teachers are very nice and caring."

"Don't worry about getting lost. I was scared I would too, but it's actually not that big a school. All you have to remember is where the classroom is, and I promise you that you will find it."

"The year goes so fast, so enjoy it!"

"When I first started, the school felt very big and it took me a while to find my classes. Teachers and other students helped me and then it was fine after a while."

"There are plenty of teachers to help you if you get stuck."

"If you feel unwell, teachers will help you or you can go to the medical room"

"Go out and meet new people. Make new friends. It is so worth it - don't be afraid!"

"Make sure you use your planner to help you remember all of your homework, as well as the events in school!"

"Take part in all of the house challenges as you may win prizes!"

Have a great summer holiday and we look forward to seeing you!

From, 7AL and Miss Leadon