

# YEAR 7 TO HIGH SCHOOL IN 2022



## Parent Update

Week 6, Term 4 – 2021

### High school advice from high school students

Year 6 and 7 students at public schools across the state are about to begin their transition visits to high school, if they have not already done so.

So we thought it would be a great time to share some of the advice from students who have already made the move from primary to high school.

We visited SA high schools that already have year 7s and asked them what they would like to tell other students making the move.

Here's what they had to say.

### Making friends

'Make sure you stay in touch with your old primary school friends, ask lots of questions if you are not sure (and) don't be afraid to be yourself.'

'Have fun, enjoy it while you can. Challenge yourself to make friends from different schools. It will be difficult but you will get through it and enjoy it.'

'Sit next to someone in class that you feel comfortable with, or mix it up and sit with someone that you don't know and get to know them.'

### Being around older students

'I really did think (older students) were scary but after a while they're literally just like everyone else. So they may be older, but then they are just as nice as everyone else, which is a really good thing.'

'You get a lot of role models in high school and they're really supportive here.'

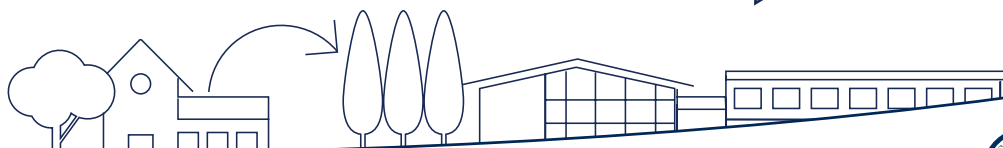
'Peer leaders guided us through things and answered all our questions and made us feel a bit better.'

### Wellbeing and support

'High school isn't as bad or scary as you'd think from watching TV shows and movies.'

'Don't be scared, there will be a lot of people that will help you out.'

'On my first day I realised there's nothing to actually worry about and your teachers are there to help you and they really helped me through the process.'



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### Learning

'Do your work and hand everything in on time.'

'Some of the subjects are kind of easy and they are also fun.'

### Self confidence

'Be confident, believe in yourself and follow your dreams.'

'Put yourself out there, be kind, and have fun. You're going to make friends. Don't be afraid to ask questions or for help, it's the only way you're going to find out.'

'Just be you. Once you're settled in, you will be fine.'

### 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).

