



STARTING HIGH SCHOOL

Tips for Year 6 students

New transition new environment

Entering high school might seem tough, but it can also be super cool! You'll have a chance to meet new friends and figure out which subjects you enjoy the most.

Make a schedule for each day that includes time for studying, homework, fun activities, and some chill-out time.

Don't forget to get a good night's sleep, eat yummy food, and play around or exercise every now and then. It's all about finding a balance and enjoying the journey!

Change and uncertainty

It's totally okay to feel a bit worried and overwhelmed when you first start high school. Sometimes, all the homework and tests can be a bit stressful.

Guess what? There are lots of people you can chat with about it! Your family is a great place to start.

And don't forget, your school has awesome support folks like the Year Advisor, School Counsellor, and Wellbeing Teacher. They're there to help you out.

On the other hand, if you're actually liking the changes that come with high school, that's cool too! Everyone's different, and it's all okay!

Knowing the warning signs

Sometimes everything can seem really tough. You might find it hard to handle all the homework or make friends like you did in primary school.

Maybe it's tough to fall asleep at night, or you feel super tired during the day. Your favorite hobbies might not be as fun anymore. You might even feel like staying in your room and being alone.

If you're feeling any of these things, it's important to get help! Don't hesitate to talk to someone you trust.

Making new friends

High school is an awesome chance to meet cool people and make new buddies. You can find friends in your classes, during lunch, and even at school camp.

It might feel a bit tricky in the beginning, but don't worry! Be brave and just say hi to the person sitting next to you. Chances are, they're feeling a bit nervous too! Share the things you love and find something you both enjoy. Hang out with your friends on the weekends –it's a blast! If making friends seems tough, don't give up. Keep trying, and if you need help, don't be afraid to ask your Year Advisor. They're there for you!

Managing workload

Make sure to do your homework every day. Get a big calendar for each term, so you can see when homework and tests are due.

Start your assignments as soon as you get them. If you're having trouble with studying or finishing homework, ask your family and your Year Advisor for help.

Don't forget to ask your subject teachers too. They're happy to help you out!

Where to get help

- Your family
- The School Counsellor
- The school's Head of Wellbeing
- Your doctor
- A psychologist

Kids Help Line 1800 55 1800

Beyond Blue 1300 22 4636 or [chat online](#)

Online Support

[Bite Back \(resilience and wellbeing\)](#)

[Beyond Blue forums](#)

[Headspace online support](#)

[Kids HelpLine](#)

[Smiling Mind \(meditation & mindfulness\)](#)

[Mindgauge \(measure overall wellbeing\)](#)

Wellbeing Apps

[Kooth](#)

[Smiling Mind](#)

[Finch](#)

[Happify](#)

[Catch It](#)

[Woebot](#)

[Calm](#)