



# Welcome to S1 in Hyndland Secondary School

## Session 2020-2021

This booklet has been written for our new first year pupils who will be joining us at Hyndland Secondary School. It has been created by some of our S1 students and we hope it will offer support and encouragement about moving on to high school.

### How can I make new friends in High School?

#### IDEAS

- ☺ Be yourself
- ☺ Don't be shy - talk to people
- ☺ Smile at new people - be friendly!
- ☺ Join a school club or take part in lunchtime activities
- ☺ How did you make new friends at primary school?
- ☺ Be confident
- ☺ Don't fight



You may be anxious about making new friends, especially if your friends are going to a different high school. This is understandable. Many pupils say that they felt the same but ended up making many new friends.

## **What if I find some work too hard?**



### **IDEAS**

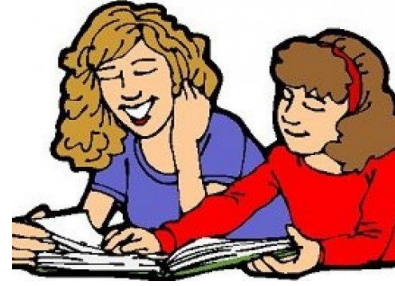
- ☺ It shouldn't be much harder than P7
- ☺ You can ask a teacher, friend or member of your family for help
- ☺ You can speak to your personal support teacher
- ☺ You can speak to your class mentors
- ☺ If you are struggling speak to your Pastoral Care Teacher - we run homework support during PST each day with senior pupils who can help you!
- ☺ Some work will be revision so that others can catch up
- ☺ The work gets harder gradually as it does from P6 to P7. You could think of S1 as P8!

It's not unusual to worry about the work you'll get in S1. Your high school teachers will know what level of work you were on in P7.

If you feel the work is too hard or too much you should let someone know as soon as possible. Don't let your worries build up!

Speak to your class teacher, personal support teacher or your Pastoral Care Teacher or ask someone at home to speak to the school for you.

## **I have additional support needs. What will happen at high school?**



### **IDEAS**

- You will get support in high school - information has been shared by your primary teachers so please try not to worry!
- Your friends will help you
- Your Pastoral Care Teacher and Pupil Support Department will be there to discuss things
- Your class teachers will be there to help too!
- Mrs McFarlane, who is Principal Teacher of Pupil Support Learning - is based in the Pastoral Care base - please drop in and see if her if you ever need any help / advice.
- Numeracy and Literacy support groups will run during S1 so if you struggled with any aspect of this in primary school, similar support will be available here at Hyndland.

## **I'm worried I will get lost in high school**

### **IDEAS**

- Stay with your class or someone who knows the way to the next class
- Ask a senior pupil where to go
- Ask a teacher
- Ask the janitor
- Ask someone you know
- You will get a map
- You will soon learn where the classes are
- You won't get into trouble if you are a bit late for class because you got lost
- Follow the signage displayed all around the school - it will help you find departments and classrooms



Many pupils can be worried about getting lost in high school. This is understandable as it is so much bigger than the primary school you have spent time getting to know so well.

You can take heart that even if you can't remember where the classes are at first, it is unlikely that you will get lost as:

- ☺ you can follow your classmates
- ☺ you will have a map
- ☺ during your first week or two in August your class will have guides to show you around the building
- ☺ the layout of Hyndland is actually quite easy to remember once you get used to it!

If you do get lost there are plenty of reliable people to ask for help.



## **What if I get bullied in high school?**

### **IDEAS**

- ☺ You must tell someone
- ☺ Speak to your Pastoral Care Teacher or Personal Support Time Teacher or any teacher you trust
- ☺ Talk to a friend or member of your family who can then talk to the school
- ☺ The most important thing is that you tell somebody - we want all young people to feel happy and safe here at Hyndland so if something is worrying you or upsetting you please tell us as soon as you can!

## **What if people put pressure on me to do something I don't want to do or break other school rules?**



### **IDEAS**

- ☺ Just say NO - no-one can make you do anything
- ☺ If you feel under pressure, tell your class mentors, a senior pupil, a teacher or someone at home.

You may worry about peer pressure to do things you don't want to do. Older pupils are very reassuring, saying if there was any trouble like that the pupils would be dealt with by school staff.

## **What if I don't like one (or more) of my new subjects?**



### **IDEAS**

- ☺ Speak to your teacher
- ☺ Ask for help from teacher, friend or family
- ☺ You may enjoy the subject more when you learn more about it
- ☺ Everyone studies the same subjects in S1 and S2. After that you get to make some choices.
- ☺ What is it about the subject you don't like?
- ☺ Practice more at the subject
- ☺ Get help as early as you can - it is better to ask than to pretend you understand
- ☺ There are different parts to some subjects and you may enjoy some parts more than others

- ☺ Getting on with your teacher can make a subject more enjoyable
- ☺ It may not be as hard as you think it's going to be
- ☺ Not everyone will like every subject but you do get to change subjects often.

Starting new subjects can be exciting and worrying! Some pupils can be worried about PE (gym or sports) if they feel they are not very fit or athletic. You will do lots of different activities in PE like football, fitness suite, netball, hockey and gymnastics. You'll probably enjoy some more than others and you don't have to be good at it to enjoy it - plus, it is good exercise!



## Will we get too much homework?

### IDEAS



- ☺ Do homework before you do other things to get it out of the way
- ☺ You don't get the same subjects every day. You will usually have a few days to do the homework
- ☺ You have access to Show My Homework through Glow - this gives you a personal overview of what homework you have for the week. Your parent/carer will also be given a code to download the app onto their phone so they can help you keep on top of homework
- ☺ Any problems, speak to your teacher or to your Pastoral Care Teacher