


PREPARING FOR HIGH SCHOOL

— THE LITTLE GUIDE —



Centre
Famille
Valcartier



Hey! Congratulations, you're entering high school! Elementary and high school have some differences, but you'll see, you'll like it! To prepare you for the transition, here is a little high school survival guide. This one includes the main changes and even gives you tricks. We wish you success!

The VFC Youth Team

Valcartier Family Centre
Building 93
P.O. Box 1000, Station Forces
Courcellette (Quebec) G0A 4Z0
www.CAFconnection.ca

Youth Team

Facebook : Club jeunesse Le Repaire
repairecfv@hotmail.com
418 844-6060 (week days)
418 844-5000 extension 4921
(Evening and during Le Repaire openings)

PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



MFSP
MILITARY FAMILY
SERVICES PROGRAM

Canada

THE LOCKER

To keep your locker well stocked

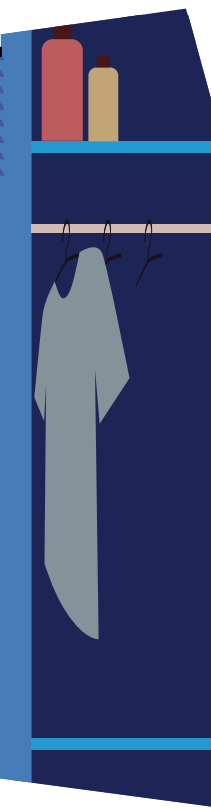
You need:

- ☐ Your school books;
- ☐ Your schedule;
- ☐ Deodorant;
- ☐ A change of clothes;
- ☐ Your gym clothes;
- ☐ A few dollars for the cafeteria;
- ☐ A snack bar in case of emergency;
- ☐ Sanitary towels if applicable;
- ☐ The little guide to prepare for high school.

You may share your locker with a another student. Some schools allow you to choose your locker buddy.

You can also customize your locker with:

- ☐ A mirror;
- ☐ Words of encouragement;
- ☐ Pictures of your family, your friends and what you like;
- ☐ Any other additions of your choice!



THE TYPICAL SCHEDULE

The schedule and organization of the days may differ according to schools and school boards. In general, the schedule follows a 9-day cycle. In a day, there are 4 periods of 75 minutes (1h15) each. In secondary school, there is no outdoor recess. Between periods, you have a 10 to 15 minute break to go get your books and head to your next class.

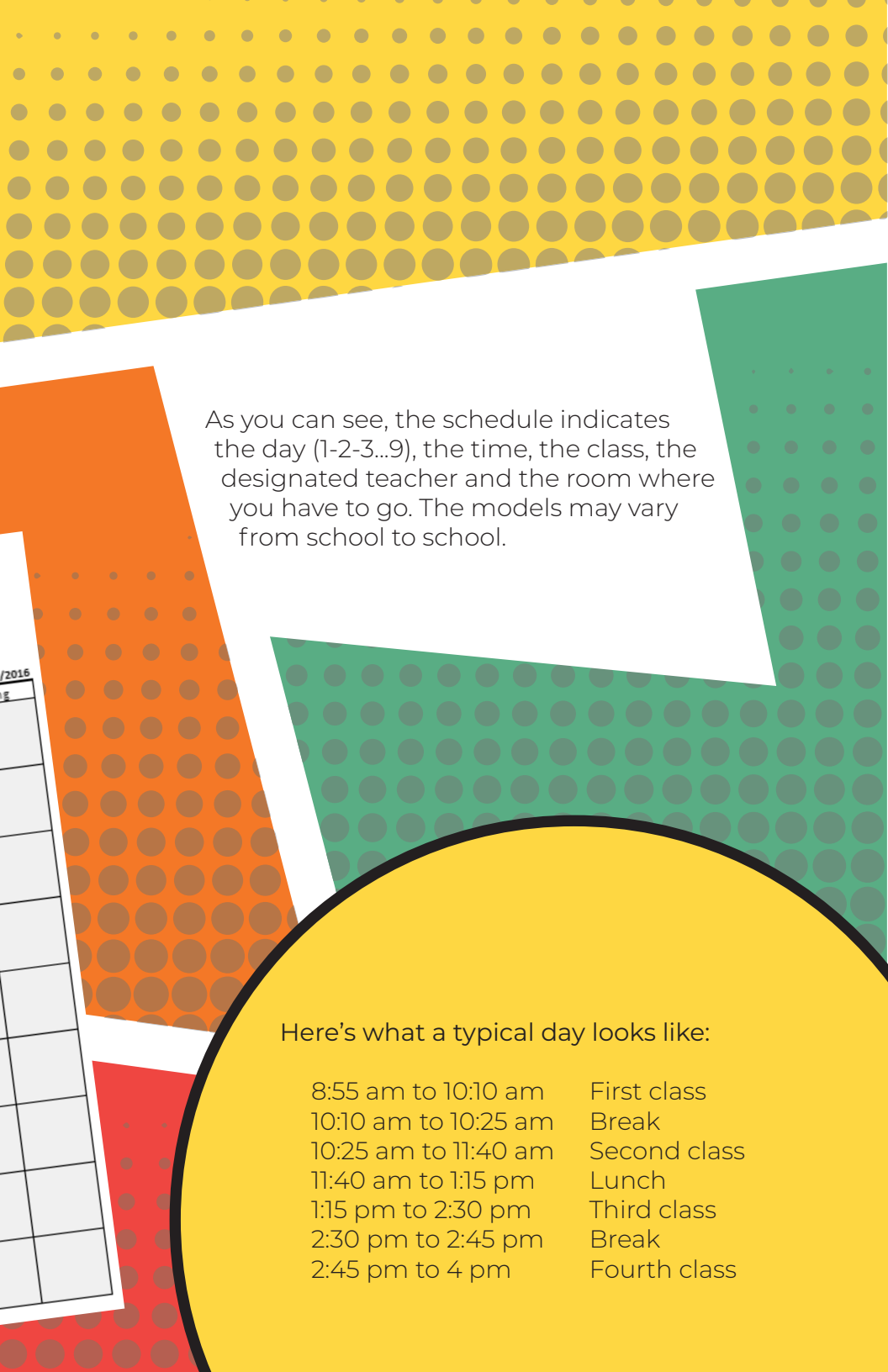
SCHEDULE EXAMPLE

*** Student's Schedule ***

... High School

Student's Name: Benjamin

Student's Name: Benjamin			Sex	Date of birth	Classif.	26/09	
Locker 1199			Masculin	05/11/2003	G1	Evening	
Record 999999				lunch	1:15 To 2:30	2:45 To 4	4 to 6
D1	6:30 TO 8	08:55 TO 10:10 HEC103-02 HIST./CIVIC ED. Bernier, K. 2280	10:25 TO 11:40 MAT106-02 MATH Chouinard, J. 3120		ANG104-02 FRENCH 104 Cleary, C. 2240	FRA108-02 ENGLISH 108 Ross, A. 2210	
D2		SCT104-02 SCIENCE/TECH. 10 Simoneau, M. 3310	MAT106-02 MATH Chouinard, J. 3120		FRA108-02 ENGLISH 108 Ross, A. 2210	GEO103-02 GEOGRAPHIE Bernier, K. 2280	
D3		FRA108-02 ENGLISH 108 Ross, A. 2210	HEC103-02 HIST./CIVIC ED. Bernier, K. 2280		ECR102-02 ETH.REL.CULT. Normand, P. 2230	ANG104-02 FRENCH 104 Cleary, C. 2240	
D4		FRA108-02 ENGLISH 108 Ross, A. 2210	SCT104-02 SCIENCE/TECH. 10 Simoneau, M. 3310		MAT106-02 MATH Chouinard, J. 3120	APP102-02 ARTS Boucher, A. 1100	
D5		MUS102-02 MUSIC Marmet, J. 1390	FRA108-02 ENGLISH 108 Ross, A. 2210		HEC103-02 HIST./CIVIC ED. Bernier, K. 2280	MAT106-02 MATH Chouinard, J. 3120	
D6		ANG104-02 FRENCH 104 Cleary, C. 2240	FRA108-02 ENGLISH 108 Ross, A. 2210		SCT104-02 SCIENCE/TECH. 10 Simoneau, M. 3310	MAT106-02 MATH Chouinard, J. 3120	
D7		EDS102-02 PHYS. ED./HEALTH Collard, M. 1360	MUS102-02 MUSIC Marmet, J. 1390		FRA108-02 ENGLISH 108 Ross, A. 2210	GEO103-02 GEOGRAPHIE Bernier, K. 2280	
D8		ECR102-02 ETH.REL.CULT. Normand, P. 2230	GEO103-02 GEOGRAPHIE Bernier, K. 2280		FRA108-02 ENGLISH 108 Ross, A. 2210	SCT104-02 SCIENCE/TECH. 10 Simoneau, M. 3310	
D9		MAT106-02 MATH Chouinard, J. 3120	APP102-02 ARTS Boucher, A. 1100		EDS102-02 PHYS. ED./HEALTH Collard, M. 1360	ANG104-02 FRENCH 104 Cleary, C. 2240	



As you can see, the schedule indicates the day (1-2-3...9), the time, the class, the designated teacher and the room where you have to go. The models may vary from school to school.



/2016
E

Here's what a typical day looks like:

8:55 am to 10:10 am	First class
10:10 am to 10:25 am	Break
10:25 am to 11:40 am	Second class
11:40 am to 1:15 pm	Lunch
1:15 pm to 2:30 pm	Third class
2:30 pm to 2:45 pm	Break
2:45 pm to 4 pm	Fourth class

THE CODE OF LIFE

The difference between primary and secondary, is independence. So, even though rules remain basically the same, the school staff trusts you more in the areas of attendance* and punctuality*, two important values within the institution.

Attendance: Applying oneself, i.e. doing well with what is requested when required.

Punctuality: Being on time.

The code of life is different from one school to another and is in the first pages of your agenda! It also covers the dress code, the policy regarding the use of electronic devices and, most importantly, respect.

**I WILL BE
THE YOUNGEST
IN SCHOOL...**

Back to square one, you are among the youngest! Several schools have put in place ways that you can adapt well (ex. Secondary 1 lockers separated from others; staff placed at strategic places to help you find your class).

**R
A G**

- They
- You sh
con
- You can co
- They don't
you're n
- They are
you t
fa



DEVELOP A SOCIAL NETWORK

The best way to make your high school fun is to develop a good social network; in other words, to make friends. Some of your current friends may join the same school as you, but you'll get to know new ones, too.

RECOGNIZE GOOD FRIEND

They don't judge you.
You share same interests or
common activities.
You can confide in them with total
confidence.
They don't force you to do things
you're not comfortable with.
You're not shy to introduce
them to other friends or
family, and vice versa.



HOW TO CREATE LINKS

- ✓ Be yourself;
- ✓ Smile;
- ✓ Start a conversation with your desk neighbour at the beginning and at the end of class;
- ✓ Talk to your locker neighbour;
- ✓ Take the initiative to place yourself with people you don't know during group work;
- ✓ Talk to those who take the same bus as you
- ✓ Share your common interests;
- ✓ Register for extracurricular activities;
- ✓ Get involved in student life.

It is not the number of friends that matter, but the quality!

BULLYING

The rules remain the same. A zero tolerance is applied to all violent behavior (physical, psychological, on the net, stealing, etc.).

Being well surrounded remains the best way to prevent bullying. If however you are a victim or witness bullying, we invite you to report them to a trusted adult.

ASSERTIVENESS

It can be easy to be influenced by others. If you don't feel comfortable, whatever the situation, you have the right to say no. Here are some methods to get there:

- ✓ Saying no;
- ✓ Humor;
- ✓ Change the subject;
- ✓ Affiliation to a trusted person.





REPORTING DOESN'T MEAN - SNITCHING -

Reporting someone does not mean "Snitching", it means saying NO to the situation. It is not to harm the bully but helps the victim. In addition, unlike some beliefs, in most cases bullying stops when it is reported, and an intervention is done by a school staff.

TIPS AND TRICKS

Here are a few examples of situations that allow you to prepare for the unexpected. These examples are taken from real-life events.

You go to school and you realize that you don't have your schedule with you.

Here's a tip for prevention: Leave a copy of your schedule in your locker, in your agenda and at home!

If it happens to you anyway: Go see the secretary or ask a friend who has the same class with you.

You forgot your lunch and you can't go back home.

Here's a tip for prevention: Some schools offer the opportunity to purchase meal cards. For example, \$25 for Five meals. At the beginning of the year, you can buy a card and leave it in your locker. That way, if you forget your lunch, you will have a plan B! You can also leave money in your locker just in case!

If it still happens to you: You can ask a friend if they have any money to lend you. You can call your parents if they don't work too far from the school. Maybe a friend will even agree to share their lunch.

Do you feel stressed about having a lock?

Here's a tip for prevention: Practice before the start of the school year. Several models exist, with combination, with key, etc. Take the model you feel most comfortable with.

If you have a problem with your lock: Your lock refuses to open up? You forgot the combination, or you lost the key? Don't panic, school staff can just cut the lock and lend you one while you wait to get another one.

For girls: Adolescence is a time for change. If you haven't had your period yet, don't worry, it'll come. But do not let yourself be taken by surprise!

Little tip: Leave a sanitary towel in your locker.

In case of a surprise: You can ask a friend or a school nurse.

You forgot to do your homework, or you forgot it at home.

Here's a preventive tip: Of course, the best way to avoid this kind of situation is to do your homework on time! Use your calendar. Set up a routine at home to do your homework always at the same time. Do them as you go to prevent them from accumulating.

If it happens anyway: You can do your homework during your break or during lunch hour, or even go to a recoup class. If you can't finish them on time, be honest and just assume responsibility! In the worst-case scenario, you will get a consequence that will allow you to learn from your mistake! And tell yourself that the more you are a hardworking student, the more your teacher will be accommodating to you.



NEED HELP?

Several resource people are present at school and willing to help you if you feel the need. It differs from school to school, but here are different professionals you can find:

- ✓ A social worker technician;
- ✓ An educator or a specialized educator;
- ✓ A remedial educator;
- ✓ A guidance counselor;
- ✓ A school nurse;
- ✓ A psychologist.

IN CASE OF EMERGENCY

If a situation requires immediate help, don't hesitate to contact a trusted adult at school. It may be:

- ✓ One of the professionals named above;
- ✓ A teacher;
- ✓ A supervisor;
- ✓ The school policeman or policewoman.

IMPORTANT NUMBERS

- ✓ In case of emergency: 9-1-1
- ✓ Info-Santé: 8-1-1
- ✓ SOS-Pregnancy: 418-682-6222
- ✓ Suicide prevention centre:
1-866-277-3553
- ✓ Allo-Prof: 1-888-776-4455
- ✓ Kids Help Phone: 1-800-688-6868

