

PREPARING FOR HIGH SCHOOL

— THE LITTLE GUIDE —



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

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 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!

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Canada

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.

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.

SCHEDULE EXAMPLE

*** Student's Schedule ***

... High School

Student's Name: Benjamin

Locker	Record	Sex	Date of birth	Classif.	26/09/2016
1199	999999	Masculin	05/11/2003	G1	
D1	6:30 TO 8	08:55 TO 10:10	10:25 TO 11:40	11:15 TO 2:30	2:45 TO 4
	HEC103-02 HIST./CIVIC ED. Bernier,K.	MAT106-02 MATH Chouinard,J.	lunch	ANG104-02 FRENCH 104 Cleary,C.	FRA108-02 ENGLISH 108 Ross,A.
D2	SCT104-02 SCIENCE/TECH. 10 Simoneau,M.	MAT106-02 MATH Chouinard,J.		FRA108-02 ENGLISH 108 Ross,A.	GEO103-02 GEOGRAPHIE Bernier,K.
D3	FRA108-02 ENGLISH 108 Ross,A.	HEC103-02 HIST./CIVIC ED. Bernier,K.		ECR102-02 ETH.REL.CULT. Normand,P.	ANG104-02 FRENCH 104 Cleary,C.
D4	FRA108-02 ENGLISH 108 Ross,A.	SCT104-02 SCIENCE/TECH. 10 Simoneau,M.		MAT106-02 MATH Chouinard,J.	ARP102-02 ARTS Boucher,A.
D5	MUS102-02 MUSIC Marmet,J.	FRA108-02 ENGLISH 108 Ross,A.		HEC103-02 HIST./CIVIC ED. Bernier,K.	MAT106-02 MATH Chouinard,J.
D6	ANG104-02 FRENCH 104 Cleary,C.	FRA108-02 ENGLISH 108 Ross,A.		SCT104-02 SCIENCE/TECH. 10 Simoneau,M.	MAT106-02 MATH Chouinard,J.
D7	EDS102-02 PHYS. ED./HEALTH Collard,M.	MUS102-02 MUSIC Marmet,J.		FRA108-02 ENGLISH 108 Ross,A.	GEO103-02 GEOGRAPHIE Bernier,K.
D8	ECR102-02 ETH.REL.CULT. Normand,P.	GEO103-02 GEOGRAPHIE Bernier,K.		FRA108-02 ENGLISH 108 Ross,A.	SCT104-02 SCIENCE/TECH. 10 Simoneau,M.
D9	MAT106-02 MATH Chouinard,J.	ARP102-02 ARTS Boucher,A.		EDS102-02 PHYS. ED./HEALTH Collard,M.	ANG104-02 FRENCH 104 Cleary,C.

Here's what a typical day looks like:

8:55 am to 10:10 am
10:10 am to 10:25 am
10:25 am to 11:40 am
11:40 am to 1:15 pm
1:15 pm to 2:30 pm
2:30 pm to 2:45 pm
2:45 pm to 4 pm

First class
Break
Second class
Lunch
Third class
Break
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).

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 A 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.
- They are not shy to introduce you to other friends or family, and vice versa



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

