



Year 7

A QUICK-START GUIDE TO MIDDLE SCHOOL



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Student Development

We are really looking forward to your young person starting Middle School at Cedar College. This is a very exciting time for students as they move into the next stage of their schooling. As we commence, we would like to share some helpful tips.



Preparing for the first day

Day one of High School is an exciting time, however students can also feel nervous about the day. We expect students to have a mix of emotions as they begin. Providing space for your young person to talk about their range of feelings during the build-up to the first day is important.

Over the week(s) leading up to starting High School, talk with your young person about what they are looking forward to and what they are feeling nervous or unsure about. Spend this time sharing tips and encouraging them. If you have an older student, encourage your child to talk with them. Help your child to think about how they might be able to reach out and help someone else on the day. This helps take the focus away from their own feelings.

Year 7s should have received all of their books and stationery on Get Ready Day. **In preparation for the first day of High School, please ensure that your young person brings their laptop to school on the first day fully charged.** Students must wear their full summer uniform on the first day, including a hat.

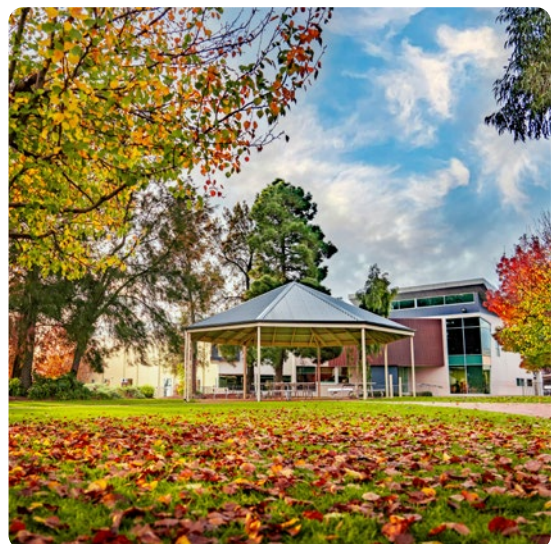


What to expect on the first day

Year 7s will gather on the Gazebo lawns, similar to Welcome Day, to get their name tag and say goodbye to their parents. Students will then move to their home base for the day. It can feel like there is a lot to bring to school on the first day. If there are items that don't fit in the school bag, a second carry bag may be helpful.

During the first day, the Year 7s will undertake activities to continue forming connections with peers and staff. Students will receive help in understanding their timetables, and how to set up their lockers and laptops. Subject specific lessons will occur later in the week.

Please note that parents/caregivers will **not** be able to access their child's information on Canvas until they receive their login details, which will be emailed on the first day of school.





Meeting new people and making friends

An exciting part of beginning Middle School is meeting new people. Whether joining Cedar as a new student or continuing from Primary School, they will meet many people and form new friendships.

This year's theme is 'Mix it up', and we encourage students to mix up their friendships as they get to know one another. We encourage students to practice introducing themselves and making conversation to identify other people's interests. This helps students initiate contact with their peers and creates opportunities for friendships to be fostered. We encourage students to interact with each person in their class, as well as a variety of students from the other classes.

Throughout the year, student's friendships change and develop. For some students, this can be challenging. Please consider if your young person may need some support at home in learning how to reach out to others, and consider helping them practice those skills before school starts.



Support during Week 1

Students often come home feeling exhausted and overwhelmed during Week 1.

This is completely normal as they are learning a range of new skills, meeting new people and experiencing many new things. The best way that you can support them is to listen, encourage them, and ensure they have enough rest and sleep. Ask them who they have met, if there are any funny stories from the day, and encourage them to laugh at where things may have gone a little wrong, such as going to the wrong class or forgetting someone's name. Remind them that this is just a season where things feel big and overwhelming, and in a week or two, school will be much easier.

Change is often exciting, but is not always easy. We want to support families in settling students into the rhythms of Middle School. We have an amazing team of staff and older students who are here to support the Year 7s through these changes.



Time Management

Early in Term 1, we will run a seminar with all Year 7s, teaching time management skills and how to develop a healthy study schedule. Further information will be distributed during Term 1 about this.



Skills to practice

Combination locks for lockers - Using the combination lock can be a little tricky at first. The lock supplied in the book pack will be used for securing students' lockers - we don't allow the use of alternate locks. It is important to practice the locking and unlocking steps, to reduce stress around the use of their lock.

This video tutorial may assist in developing confidence using the lock: www.cedarcollege.sa.edu.au/quick-start

Aprons - Students use aprons in a variety of subjects, such as Science and Art. It is always helpful if students practice and become confident in tying an apron up at the back by themselves. The aprons are tied at the back for safety, and it can be a fun competition at home to see who can be fastest!



Homework

We typically set about 45 minutes of homework during week nights. Most days have two subjects where homework is scheduled, although there will be a couple of nights with three subjects.

We stagger the introduction of homework to support students as they adapt and develop familiarity with Middle School life. Formal homework will begin in Week 2, with additional subjects being added throughout Weeks 3 and 4. Homework is timetabled, and this schedule will be distributed electronically through Canvas and in hard copy to students after Week 1.

Creating a designated study area at home with minimal distractions assists with efficient and accurate homework completion. Occasionally students may give the impression they are doing homework but may be distracted with other things on their laptop, lose focus to check their phone, or listen in to a TV. Once homework using a laptop is completed, we recommend the laptop is charged in a location away from the student, to assist with focus.

Students need to bring their laptop fully charged to school each day. Be sure to set up some rules around mobile and TV use during study times. A good idea is to have phones in a different room from where they are studying.



Organising lockers

While not compulsory, students have found it helpful to buy Zipped Document Folders for each subject. These enable students to grab the folder (containing the subject text book, writing book and display folder) rather than carry the separate items when moving between lessons. These can be set up at home prior to the first day. Some students prefer different coloured folders, while others prefer the same colour. Labelling the spines of the folder with each subject makes it easy to identify.

Year 7 Subjects are: English, Maths, Science, Humanities, Health & Physical Education, Music/Drama, German, Christian Living.



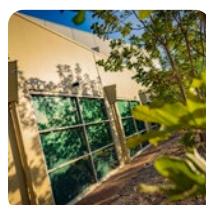
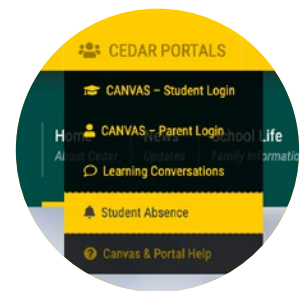
Example of zipped document folder



Late Arrivals and Absentees

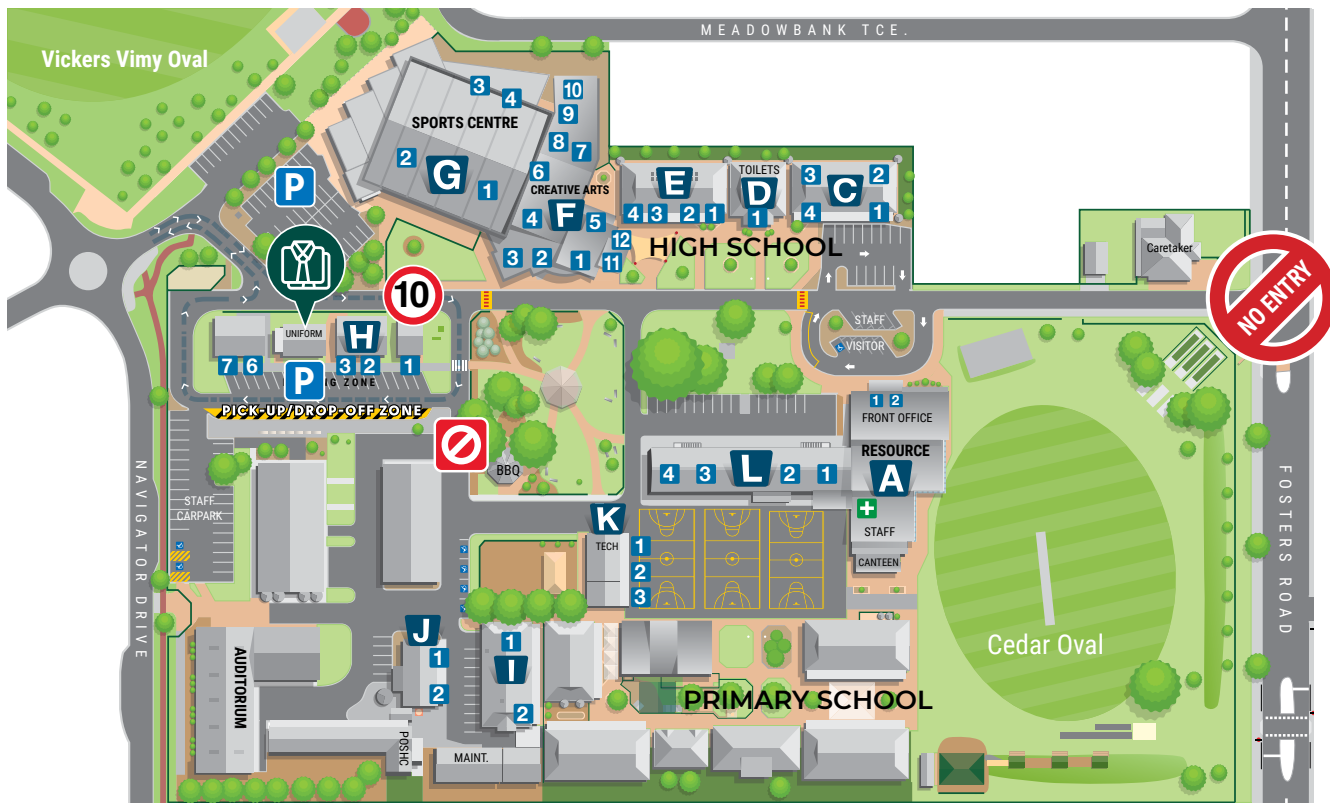
If your young person is going to be absent, please contact the High School Office on 7221 3605, or use the absence email notification via the school website (located under the Cedar Portals menu).

Students arriving late need to sign in through the High School Office. Families can identify the reason for a late arrival through a diary note or call to the High School Office, or by using the absentee email notification available via the link on our website. Unverified late arrivals are recorded and, if repeated, there are student consequences issued.



The first period of the day is Community. During this time, students receive the key administration information and access support from their community teacher. If students arrive late for this time, they miss out on this information and are on the back foot throughout their day.

The ideal time for students to arrive at school is 8:20am, so they have time to access their locker and prepare for their day. The bell for first period (Community) sounds at 8:30am.



There are many events throughout the year that Year 7 students take part in, with High School Sports Day and Year 7 camp both taking place in Term 1.



High School Information Night

There will be further information given when we meet with all of our Year 7 parents and caregivers at our **High School Information Night**, which will be held in **Week 2, on Monday, February 5**. We'll send you further information about this during Week 1.



Sports Day Polo Shirts

Students in High School wear a **coloured polo shirt** in their House colour (not t-shirt), for Sports Day and other Community events. These polo shirts are purchased via the Qkr! app, and can be collected from the Front Office.



Year 7 Camp

Students grow in independence during time away from their family and normal school activities. We really value relationships between students, and between students and their teachers. One great opportunity to develop these is through our Year 7 Camp, which will be held in Week 5 of Term 1, at Victor Harbor. This is a great time of fun, relationship building and new experiences.



Who to Contact

We are looking forward to getting to know both you and your young person as we undertake Year 7 together. If you have any questions, please feel free to contact Kerry Spriggs, Year 7 Co-ordinator, via the Front Office, or by email (see below) or sending a Canvas message.

kerrysp@cedarcollege.sa.edu.au - **Kerry Spriggs**, Year 7 Coordinator