



And remember:

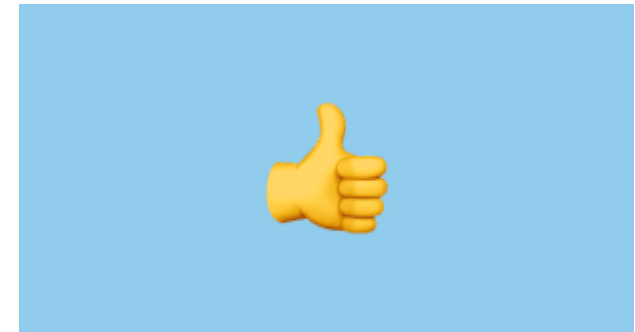
Have fun

Don't be afraid to speak to new people

Smile

TOP TIPS

FOR YEAR 7 PUPILS



Compiled by Year 7 Pupils

IN LESSON

- **Try your best** 😊
- Get your planner out
- **LISTEN!**
- Ask for help if you are stuck, but be patient - the teacher can't usually come straight away
- **Put your hand up - Don't shout out**
- IF THINGS GO WRONG, STAY CALM

ALSO...

- **Have a good night's sleep**
- **Always have something for breakfast**
- **Don't play video games or watch TV in bed**
- **Get your pens and equipment ready the night before**
- **If you are worried - talk to someone:**
 - ⇒ *Someone at home*
 - ⇒ *Year 7 Team*
 - ⇒ *Wellbeing Peer Mentor (Wearing a Yellow Badge)*