

Surviving High School

Transitioning into High School

Teacher's Curriculum

For many children, the conclusion of their Primary Schooling is an exciting yet also somewhat stressful time as the impending graduation draws closer, as does the reality of stepping up into High School.

For some however, particularly those with older siblings, the transition into High School isn't so burdensome, as they have a reasonable grasp of what they are in for. For others however, it can be quite an unsettling period, particularly as the end of the school year rapidly approaches and the reality of leaving their Primary Schooling approaches.

Those first few weeks and months of beginning High School can be quite daunting for students – particularly as they grapple with a brand new timetable, a variety of different teachers, sometimes varied expectations, new subjects, coupled with the fact that many are beginning puberty and are coping with a myriad of body changes at the same time.

Surviving High School Curriculum

Comprehensive lesson plans, activities and resource sheets for students have been designed for teachers of Senior Primary students and Early Secondary students. Lessons can be taught in any order and teachers are free to pick and choose from lessons and adapt and change ideas to suit their individual class situations and students needs.

The first half of the curriculum program features 8 structured lessons to be taught by teacher in Senior Primary School, whilst the second half of the curriculum is designed to be implemented over the first two weeks of Secondary School for those students just beginning High School.

All lessons can be adapted as desired by teachers.



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LESSON 1 Changes, Changes and More Changes!**Focus:**

- To understand that leaving Primary School is a big change for students
- To give students a broad understanding of some of the many changes they may encounter as they transition into secondary school
- To discuss some of their biggest fears on making this change

LESSON 2 Taking Stock**Focus:**

- For students to think about the strengths they have going into High School, and to also identify areas they may need extra assistance with.
- To understand some of the key differences they will notice between Primary School and Secondary School.

LESSON 3 On Reflection**Focus:**

- For students to reflect on their Primary School journey over the past seven years
- For students to record their reflections in a journal or in a scrapbook

LESSON 4 Memory Board**Focus:**

- For students to construct a memory board that they can keep as a permanent memorial of their best memories and experiences of Primary School.

LESSON 5 Graduation/
Primary School album**Focus**

- For students to complete a scrapbook/ memory album of their Primary School years

LESSON 6 Surviving High School DVD**Focus:**

- For students to gain a perspective from hearing from other students about how they settled into High School
- To learn some general organisation strategies they can put into place next year
- For students to learn some strategies for making new friends and settling in to those first few weeks of secondary school.

LESSON 7 Preparing for Your Graduation Speech**Focus:**

- For students to have some key focus areas they could reflect on for their graduation speech.
- To give students basic strategies for writing a speech
- To gain an understanding of elements they need to employ when giving their speech

LESSON 8 Preparing for High School Orientation**Focus:**

- For students to develop a general understanding of what to expect on their High School orientation day
- For students receive some helpful information about the first few days of secondary school
- For students to prepare a passport that will provide valuable information for their new school



LESSON 1 Introduction to High School

Focus:

- Setting class expectations
- School Rules
- Interview a teacher

LESSON 2 Getting to know each other Activities/Games

Focus:

- A& B Interviews
- People Treasure Hunt
- Student Profiles
- Celebrity Corners

LESSON 3 What is the Point of High School?

Focus:

- Developing social relationships and learning to accept each other for the diverse range of people we are
- Learning strategies for planning and organisation
- Discuss the variety of ways in which we learn

LESSON 4 Surviving High School – DVD

Focus:

- How to get organised for school
- Finding your way around school
- Homework tips and strategies
- What to do if you need help

LESSON 5 Managing Change

Focus:

- How to best cope with the changes associated with beginning High School
- Strategies you could use if you are struggling with change

LESSON 6 Friends and Your Social Network

Focus:

- Qualities we look for in a friend
- How to deal with friendship issues when they arise
- Working through friendship scenarios

LESSON 7 Homework

Focus:

- Understanding the importance of homework
- Strategies for developing solid homework habits
- Time Management
- Creating a homework space

LESSON 8 Goal Setting

Focus:

- The importance of setting goals
- Why setting goals is an important tool for life
- Steps to take to achieve your goals

