

Dear Class of 2026,

You may have a few concerns and worries for your new Secondary school here at St. Pauls, but I'm here to give you advice and tips towards your upcoming years in the school!

1. It's okay to be worried!

As a student who has been through the experience of first joining the school, it is absolutely normal to have fear for a whole 5 years ahead of you. New students alike will understand the new fear of joining the school, you're not alone.

2. "How will I get used to the school?"

It may take a couple months for you to settle in with the school, and to get to know the people around you, but it will be worth it. When you first join and begin to meet new people, it may seem awkward to not talk or get along with them. Eventually, you're guaranteed to find the people that suit you; this may take only a few days or a few months, but there will be the right people who care about you and will be your friend!

3. "Will I lose my way around the school?"

At first, you may be overwhelmed by how large the school is, but as you familiarise yourself with the one-way-system, and where certain classes are, you'll be able to travel around the school without wondering where your next class is! And in your early weeks of school, you'll have helpful teachers showing which classes you need to go to, don't feel embarrassed if you ever need to ask a member of staff, or another student for help.

4. Personal advice for the school!

If you want to make your first weeks of school simple, make sure to listen in classes and try to bond with other students early. Who knows, you could improve your confidence and even help raise another's? Do not overthink everything - this applies throughout all of your years at the school, overthinking causes disaster and can lead to you being even more stressed, prioritise your mental health so you're ready to learn! Additionally, avoid procrastinating - (saving work for 'later') it can truly affect your work and your mental health also.

Over all, you will adapt to the school and meet various people along the way. You may also come to difficulties with learning, and you might come across times where you feel your behaviour isn't at it's best, but there will always be a time where you are praised for your efforts. Try to be the best person that you can be!

~ **Alvernia AA, 7GG**