

YOU GET
WHAT YOU
WORK FOR
NOT WHAT
YOU WISH
FOR.

Welcome to St Matthew's

*do something
today that your
future self will
thank you
for.*

Advice for Future Year 7

The best tips and tricks for high school life from current pupils

**look for
something
positive
in each day**

EVEN IF SOME DAYS
YOU HAVE TO LOOK HARDER



Hi Year 6 ! I hope you're ready for your big move this year. Nerves for high school are extremely normal – I had them, and so do teachers !

A heads up :

You may have heard of a form before, this could be considered a school family. It will contain people you do know and people you don't, but that's the excitement. If you meet new friends and talk to people, high school will be easy !

If you follow these simple steps, then high school will not be a problem :

- Dress smartly in full correct uniform
- Always respect your own learning and the learning of others
- Always do anything an adult reasonably asks you to do

See you next year !

#teamy7

-Current year 7 pupil

the best
is
yet to
come

Dear future year 7,

I'm here to take all of your worries away, I know you will be nervous but you shouldn't be. Don't worry if you are put in a form where you don't know anyone, you and your form will come together as one school family throughout the 5 years.

Thomas, year 7 pupil

Dear future year 7s,

Let me explain the journey from primary to high school, high school is a lot different than primary school.

You will meet new people and find new friends, and at the start you will feel very nervous but this won't last long as you get to know people.

The main tip about high school is be yourself – that is the key to making friends

Current year 7 pupil

Bonjour future year 7s !

I'm here to tell you that there is nothing to be nervous about. Even though the St Matthew's building is massive, it's really not scary. There are many new subjects that you might love.

Edward, year 7 pupil



Welcome to St Matthew's !
There are many positives moving from primary to secondary school and only a few things you might struggle with.
There are many varieties of subjects like drama, computing, languages and more !
There are many lunch options and desserts to try like : bacon sandwiches, waffles, toast and different flavours of water.
The playground is bigger with more private places for you and your friends.
The first day at school is always scary but everyone is feeling the same as you.
There's different homework with different subjects to keep up with but it's not as much work as it sounds.
By following the school rules, you can get through school in no time !

- Emily, year 7 pupil

Hello future year 7,
I hope you are looking forward to secondary school. Let me guide you on your transition to high school. Firstly, do not be worried about meeting new people and making new friends, it's not as hard as you think. You will be able to try all new subjects for example, Design and Technology : Textiles, Food, Media and Woodwork. You will meet new teachers and you will have different teachers for each subject. You will get to try new foods and have multiple choices. You will make new friends in an instant but you can still stay with your friends from primary school.

- Olivia, year 7 pupil

Hi year 6,
I hope you are looking forward to your transition to high school. Although you might be nervous, I am 99% sure you will enjoy your high school experience. The only reason I am not 100% sure is if you spend the whole time worrying, so let me reassure you there is nothing to worry about. You will love the school and the people.

-Millie, year 7 pupil

You might be nervous or scared but it happens to everyone but as your there for longer you get used to it. It's alright to be scared but high school is one of the best years of your life, so make the most of it because when it's over you will wish you could do it all over again. Try and get involved in more clubs and participate in anything you can, you can take a lot from high school. Make new friends and speak to people, because I didn't speak to people at first but now I can, just remember everyone is nervous on the first day. Do 100% in your work and try your best. Good luck.

- Scarlett, year 7 pupil



To future year 7,
I hope you are excited for St Matthew's. There are so many more opportunities here than at primary school, with all different fun subjects like Design and Technology, Art and so much more. You will be very welcome because we will be your new school family for most of the 5 years. There are a variety of school clubs you can join. You can join Book Club which is at 8:00 in the morning every day. You get to browse and pick at new book arrivals. You need to be on your best behaviour because the standards are very high.

- Molly, year 7 pupil



YOU ARE
SO LOVED

When you start year 7, have self confidence. Always remember you are beautiful. Always take school seriously from early on and spend time revising and doing work, but also take time for yourself and balance school and your social life. Make the most of your time in school and enjoy your school years as it goes really fast.

- Kyeza, year 11 pupil

Hello future year 7s ! I hope you are looking forward to come to St Matthew's. There's no need to be nervous, everyone has been nervous on their first day, once you get used to it you will love it ! Our teachers are very nice and will greet you on the way in every morning. Our subjects have the best, smartest teachers ready to teach you the education you need for the future. Personally, my favourite subject is Art because the teachers are very nice and I love the subject itself.

Top tips :

- Don't put too much pressure on yourself
- Be on time
- Listen and obey teachers
- Don't misbehave

- Kathryn, year 7 pupil



If I could redo my time at St Matthew's I would have tried to be in more often because of all the fun times I missed and all the great experiences I missed throughout the years, so make the most of it because it goes by so fast.

Always be yourself

Never be scared to ask for help

Always try your hardest

- Samantha , year 11 pupil

I would advise you to be yourself and be confident. Once you believe in yourself you are capable of anything ! Make sure to work to your best ability because it more than pays off in the end. Respect your teachers as they support you to be the best version of yourself and to succeed in life. Make memories during you school time as they are always good to remember and think back to. Make friends, communicate with different people and socialise. You are unique and your own person and everybody can succeed in life. Your time in school is important as it prepares you for the bigger world. In St Matthew's you are supported all the way through school and are given all the help you need.

- Ruby, year 11 pupil

BE BRAVE
ENOUGH TO BE
BAD AT
SOMETHING
NEW.

All you need to do in St Matthew's is have respect, once you treat your classmates and staff with respect your time here will be so much easier. Work hard and pay attention, it's all worth it in the end. Complete all your homework on time, it can add on to your grades all the way up until year 11 GCSEs. Learn from your mistakes, they do not define the young adult you are becoming.

- Lilli-Mae, year 11 pupil

The best part of secondary school is the new friends you make and the things you can do. Some advice I would give is never show off to anyone, do your best and enjoy your experience. I have also enjoyed doing new things like going to the science lab and cooking.

- Shekinah, year 7 pupil



Although these exciting 5 years ahead may seem like such a long time, as a year 11 pupil due to be leaving in a few weeks, I can assure you that they fly by. Therefore, it is important that you make the most of these 5 years at St Matthew's. You can do this by getting involved in as many extra-curricular activities as possible; here, you will meet familiar and new faces who have similar interests as you so make sure to be confident and make friends - the thing I regret most about my high school experience is being too shy and not speaking up for myself. High school is where you discover yourself, so it is important to always stay true to who you are and not try to be like others, as this is what makes you unique and special. Everyone is valued at St Matthew's. Ensure that you don't let your workload build up as this is when it becomes overwhelming. I would advise you to contribute in lessons and don't be afraid to make mistakes as these are how we learn and build our character. I hope you enjoy your time at St Matthew's ☺

- Daria, year 11 pupil

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My tips and advice for secondary school is staying focussed, work hard and don't get involved in silliness.

- Christian, year 7 pupil

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In St Matthew's I enjoy Art, PE and Technology, but at first I was nervous to do those things because I thought people would judge me, but then I got used to the school and learnt that people only focus on themselves. My advice is to be yourself and take part in anything you can e.g. after school activities.

- Meya, year 7 pupil

Some tips are always listen to your teacher and put 100% effort in your work. Don't do anything bad to impress others, do things for yourself.

- Delyx, year 7 pupil

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REGRET
BEING
KIND.**

