

First day at High School

It is completely normal to feel both nervous and excited on your first day at high school.

As much as possible, be prepared in advance since this will help you to feel more relaxed.

Many schools start at 8.30am so buy an alarm clock as you may have an early start.

Always eat some breakfast even if you feel nervous.

Something else that might help is to work out your route to school before the first day (this will help you feel confident about being on time).

Finally, you will have plenty to carry so buy a big, strong bag - rucksacks are the best to avoid backache!