



Carol Higho Tips for Students

THE NIGHT BEFORE

- 1 Make sure your pencils are sharp, your pen works and you have an eraser and ruler.
- 2 Pack your school bag: pencil case, notebook, tissues or a hankie and any snacks.
- 3 Decide what you will wear and get it ready. If it's school uniform, check you have everything!
- 4 Make sure you have your name in your coat, hat, on your school bag, pencil case and books.



THE FIRST WEEK OF SCHOOL

- 5 Get plenty of sleep as a new year is exciting with lots of new things to see and do.
- 6 Eat breakfast (eggs, fruit and juice are great choices), you'll need lots of energy.
- 7 Make a school timetable and put it on the fridge, write on it when you'll need sports kit or have other after-school classes.
- 8 Your teacher is there for you, so say 'Hello' and remember, they may be nervous, too!
- 9 Make new friends. If you see someone alone, ask them to play or sit with you.
- 10 Try to use English in class if you can. BE BRAVE and BE HAPPY.

