

# KEEP COOL

Feeling **OVERWHELMED**, **WORRIED**, like you want to run away, **SCREAM**, *cry* or **HIDE**?

.....  
These are normal feelings, especially during times of change.

## THINGS YOU CAN DO BEFORE SCHOOL STARTS:

- Practice opening your lock at home – memorize your combination.
- Prepare with some basic school supplies like a binder, paper, writing utensils, dividers, and calculator. If there is something specific your teacher needs you to bring they will let you know.
- If you are worried about getting lost, find a friend / older sibling and tour the school yourself. Practice finding your classes so that you know where to go. You will be able to do this after the Orientation on the first day of school.
- If you are worried about having too much homework don't panic, we have a FLEX block every day and you can use it for extra help and extra homework time.
- You are going to meet a lot of new people in the first few weeks of school – we know this can be overwhelming. But everyone is feeling the same way; you are not alone and we know that this is a common and normal experience.
- You will have a Link Leader who will be there to offer help, advice and guidance – you'll meet your Link Leader on the first day of school.

## Feeling Stressed?

### TRY THESE IN YOUR FREE TIME:

- Visualization exercises: Try the Chill Out Tools on the Mindshift app
- Practice Gratitude – list five things you are thankful for today
- Get some rest – teens need 9 hours of sleep to feel rested!!
- Eat healthy food – eat a mix of veggies, fruit, protein and grains
- Tech Time Out – turn off your phone; take a break from SnapChat and IG
- Practice what you love – sports, hobbies, talents
- Talk to an adult – parent, school staff member, coach, school counsellor
- Surround yourself with positivity and practice optimism
- Check out apps like Mindshift, Colorfy, Breathr, Headspace, Calm, Stop Breathe Think
- Do some yoga or exercise
- Spend time outside in nature
- Journal, read, walk your dog, listen to music, read, laugh...

### HERE TO HELP:

SCHOOL COUNSELLOR: Mr. Sharpe (Grade 8)

VICE PRINCIPAL: Ms. Hine (Grade 8)

Other staff including:

ABORIGINAL SUPPORT WORKER, and CHILD CARE WORKER

**The Wellness Centre** – FREE counselling and other great services such as health nurses & doctors. Open Tuesday, Wednesday, Thursday from 1-6pm by Frogstone Grill. DROP IN!

