

KEEP COOL

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

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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 the first week of school.
- 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
- Get some rest – teens need 9 hours of sleep to feel rested!
- Eat healthy food – a mix of veggies, fruit, protein, and grains
- Take a Tech Time Out – turn off your phone and take a break from social media
- Practice what you love – sports, hobbies, read
- Talk to an adult – parent, school staff member, coach, family, school counsellor
- Check out apps like Mindshift, Colorfly, Breathr, Headspace, Calm
- Try yoga or exercise, go for a walk and breathe in some fresh air
- Journal, read, walk your dog, listen to music, laugh with a friend

HERE TO HELP:

SCHOOL COUNSELLOR: Ms. Shields (Grade 8)

VICE PRINCIPAL: Mrs. Sheridan (Gr 8)

YOUTH CARE WORKER: Christa Dey-Girard – Rm. 1155

ABORIGINAL SUPPORT WORKER: Leah Jackson – Rm. 2145

FOUNDRY RIDGE MEADOWS – Counselling, mental health and addiction support. For more information: <https://www.comservice.bc.ca/program/foundry-ridge-meadows/>

