



GOODBYE PRIMARY HELLO HIGH SCHOOL

By Year 6 students at Westbreen Primary School
& Year 7 students at Pascoe Vale Girls College

Goodbye Primary, Hello High School

By Year 6 students at Westbreen Primary School & Year 7 students at Pascoe Vale Girls College

ISBN 978-1-925077-61-2

Published by Kids' Own Publishing, 2017

© Copyright of the original works remains with the authors and illustrators

Westbreen Primary School

Pascoe Vale Road
Pascoe Vale, VIC 3044
www.westbreenps.vic.edu.au
Principal: Antonio Cerra
Year 6 teacher: Maria Zarkadoulas

Pascoe Vale Girls College

Lake Ave, Pascoe Vale VIC 3044
www.pvgc.vic.edu.au
Principal: Kay Peddle
Year 7 teacher: Larissa Keen

INLLEN (Inner North Local Learning & Employment Network)

Brunswick Business Incubator,
Room 5A, 420 Victoria Street,
Brunswick VIC 3056
Manager Transitions: Rochelle Darby
Consultant: Hong Nguyen

Kids' Own Publishing

Lead Artist: Ailsa Wild
Support Artist: Reeham Hakem
Book Design: Naasicaa Larsen
Community Publishing Director:
Anna Dollard

Kids' Own Publishing is a social purpose arts organisation that empowers children, families and communities to share their stories through artist-led community publishing

C2:29 Abbotsford Convent
1 St Heliers Street,
Abbotsford VIC 3067 Australia
Ph: +61 3 9078 1168
kidsownpublishing.com
wepublish.net.au

This book has been produced as part of the Joining the Dots Moreland Project, with funding support from the School Focused Youth Service at Merri Health.

GOODBYE PRIMARY HELLO HIGH SCHOOL

By Year 6 students at Westbreen Primary School
& Year 7 students at Pascoe Vale Girls College



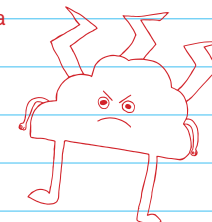
ROLLCALL

YEAR 6

Zak Abdo
Ayman Abdou
Bisharo Adan
Alizeh Adil
Tehreem Akmal
Aya Ali
Ben Clarke
Natasha Faraj
Sundas Hanif
Lilly Irvine
Dulni Jayasooriya
Jordan La Rose
Branden Millar
Humza Omar
Patty Papat
Myko Perez
Youssef Saraya
Mark Soro
Jihad Taleb
Heinrich Talento
Soufay Tartoussi
Tenisha Thomas
Patwasha Tokhi
Kim Tran
Josie Wallace
Maysa Yehye

YEAR 7

Aasiya Ahmed
Fatema Albousweilem
Batool Al-Bidiri
Khadija Ali
Mariam Ali
Maryam Ali
Kashaf Amire
Sienna Batten
Shen Bennett
Grace Davies
Hannah Hall
Sonia Jammal
Eman Khoder
Vinuki Kumarage
Jade Lynch
Nidhi Mathew
Ayca Mizrak
Jasmine Moustafa
Imelda Naisan
Noor Nasser
Pamudu Sirimanna
Riyah Taha
Minahil Tahir
Mariam Turiaki



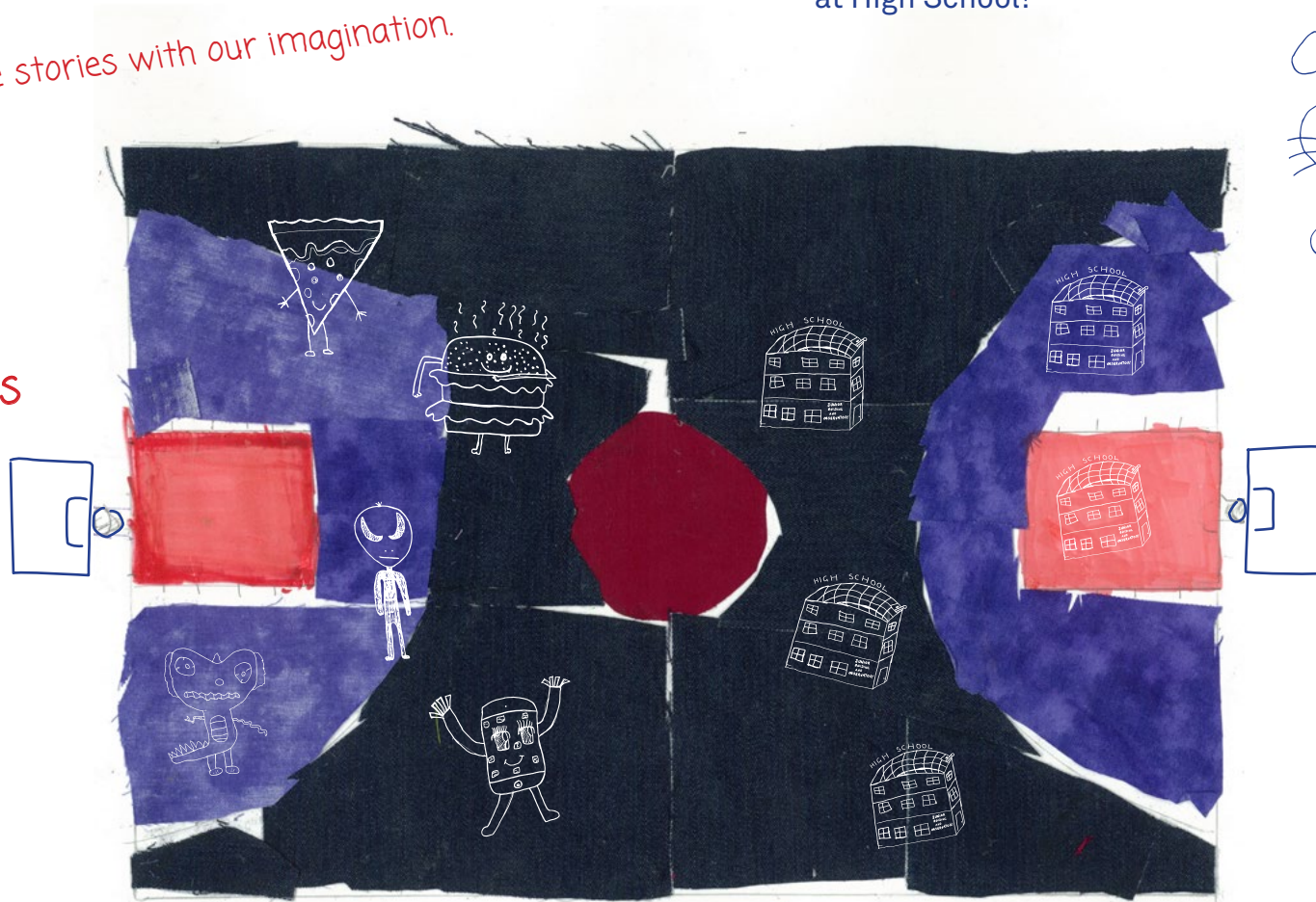
The left hand pages of this book have been **imagined** by a brave group of Year 6 students about to start High School — who are scared about getting lost, missing exams, new teachers and much, much more. These students are having mixed emotions about disasters and adventures happening in High School.

The right-hand pages of the book are filled with very helpful advice from a class of awesome Year 7s who know first-hand what it's like to experience the ups and downs of High School! As a future Year 7 you may be anxious. ***That's OK!*** This book is here to help you conquer your fear so you don't just survive but thrive at High School!

We created these stories with our imagination.

Year 6 Braves

1. Anxious
2. Butterflies
3. Nervous
4. Scared
5. Stressed
6. Lonely
7. Confused
8. Excited



Year 7 Awesomes

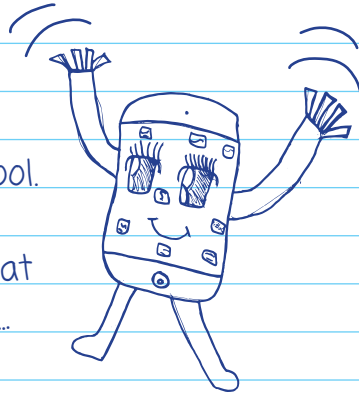
1. Confident
2. Be-Yourself
3. Don't-Worry
4. Happy
5. Have-a-go
6. Lollipop
7. Survive
8. Thrive

*** Sometimes you'll find some advice in red —
We asked a teacher ...**

I FEEL NERVOUS ABOUT GETTING LOST

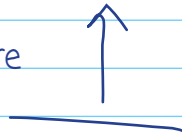
In my imagination there's a girl called phoney. Phoney is happy and excited for the first day of high school.

She is so excited that she jumps so high ...



... but realises she needs to go to the TOILET.

Problem is, phoney doesn't know where the toilet is and she is busting.



She rings loudly and full of agony!



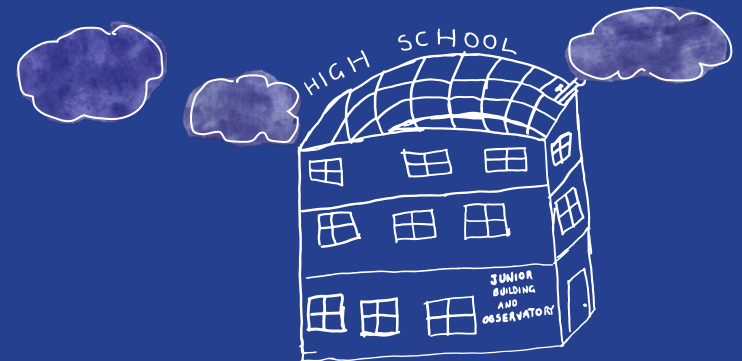
Getting lost is natural

Everybody gets lost at some stage.

If you are not sure where something is, like the toilets, just ask someone. There will always be other students and teachers around.

They won't think you are silly for asking.

Once you're in high school you'll know your way upside down. There's even a map at the back of your diary.



I'M AFRAID I'LL FALL BEHIND

In my imagination there's Natasha, a bright red alien with matt black eyes and a black mouth.

She is in Year 7 at Alien High and is failing her grades. She's going to lose her scholarship and thinks she won't get accepted in to University.



She asks for help from everyone - older siblings, parents and teachers. She studies harder, gets tutoring and joins a homework club. She feels very happy and five years of working hard later, she goes to University and then gets a job as a lawyer-accountant-chef-policeman at Almina Restaurant and becomes one of the smartest aliens in the world!

HEY...

Just have a go ...

Sometimes at school you get heaps of homework, but most of the time you find you have heaps because **you put off doing it.**

I've put off doing it a lot and it got really stressful. I was getting up at 6.30 am because I had homework due. I realised I wasn't doing it when I was meant to because I thought all my homework had to be perfect. But I now know it doesn't have to be perfect every time.



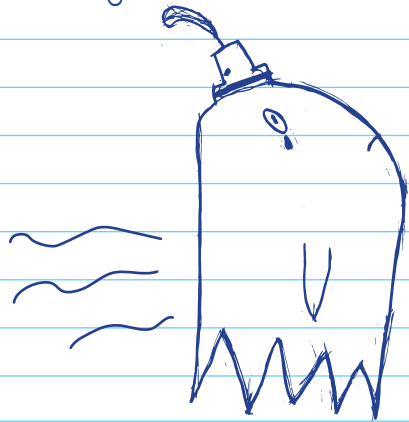
It is better to have a go and hand it in, than not do anything because you don't think you've done everything right.

I would love to get into Melbourne and study medicine, and every time I see an advertisement I think about it. However, not everyone thinks about Uni and you really don't need to think about it until years to come.

I FEEL NERVOUS ABOUT WHAT
OTHERS WILL THINK OF ME

In my imagination there is a ghost called Soougen. She is quiet, lifeless and insane. She has been failing her grades.

She feels lonely. It comes in her mind and it's a really quiet kind of feeling.



She never finds friends. Until this day she haunts the school because she has failed her grades. She feels at peace because she is haunting the school.

Popularity IS NOT the most important thing.

It is more important that you feel comfortable with your group of friends than trying to be friends with people who are popular but might not be nice to you.

High school is not like an American TV show! Popularity doesn't really matter.

There are people who will judge you, and there are people who will like you. (Yep, that's life)

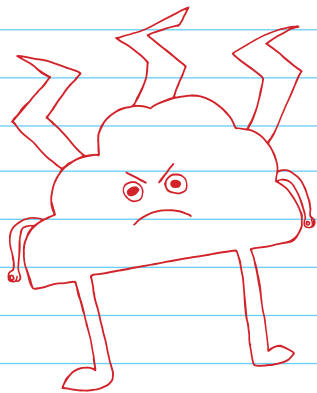
My first day of school was a very good day. There was a girl I remembered from orientation. I went up to her and she was with other girls. I talked to her and today she is my best friend.



It's true making friends is not that easy, but it is also not at all hard. I made really nice friends who care about me and felt the same feelings as I do.

I FEEL MIXED EMOTIONS

In my imagination Jay is a cloud, a cumulus cloud. His floating house is on top of Mount Everest and he likes eating (blue) cheese. He travels to school by the Wind Bus, which is surprisingly fast. Today he misses the Wind Bus and is late for school. **DISASTER!** He misses his tests and gets suspended.



Imagine getting suspended! He has mixed feelings everywhere, so confusing, like a poisoned cookie.



Students only get suspended if their behaviour and actions are very serious

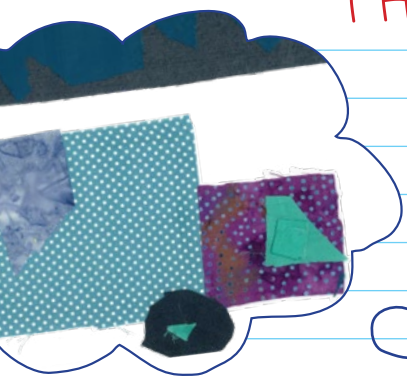
Weather, the train just stopping, a flat tyre or a flooded underpass — it can happen to all of us.

If you are late, you get a late pass from the office, which gives a reason for your lateness. If you are consistently late, your year level coordinator will talk to you about it and may decide to issue you a detention.

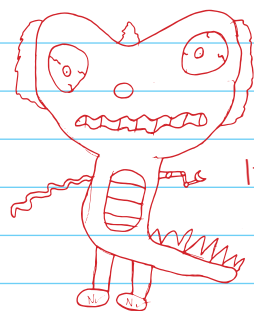
WE ASKED A TEACHER:

It is unlikely that you will get suspended. Endangering and bullying others would be the main reasons for expulsion as these are serious crimes which are not tolerated. If you bully, are violent or swear at others you may also get a suspension. If poor behaviour continues after suspension it could lead to expulsion.

I HOPE MY TEACHERS AREN'T MEAN!



In my imagination there's a clown called Tessa. She goes to Garbage City High. It's located high up in the Himalayas. Tessa the clown is very, very funny and she likes to eat old honey. The teacher has clown-phobia, and would rather he didn't have her in his class.



It makes Tessa want to laugh, like nervous giggling, but her teacher just gets frightened.

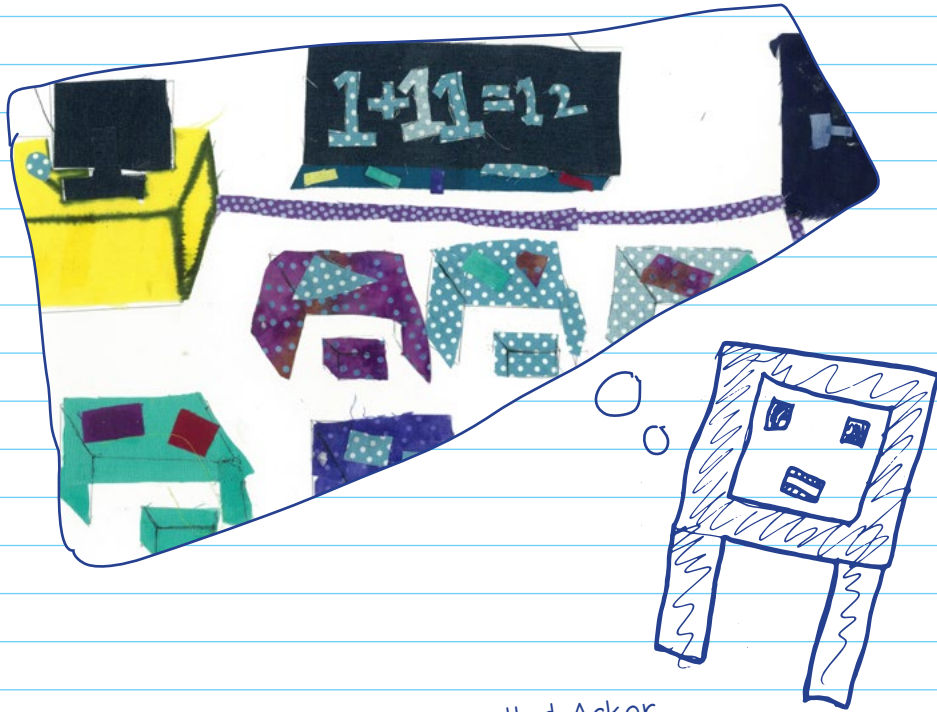
Tessa has to cover her mouth or the teacher will send her out of the room. Then Tessa takes off her red wig so she looks a bit less like a clown. The teacher says she will try to be more accepting of her as a clown. Tessa is happy and thanks the teacher for being kinder and tries to say a funny joke to make him laugh.

DON'T be scared! All teachers and students will make you feel welcome

- ☐ It's normal to like some teachers more than others.
- ☐ Most teachers are nice but they can get cross when the class is too loud.
- ☐ Some teachers can be strict, but not mean.
- ☐ Teachers have rules for behaviour in class and it is only when you break the rules you get in trouble.



I FEEL NERVOUS ABOUT ALL
THE HOMEWORK ———



I imagine a sheep called Acker.
He is small, cute and smart. When Acker
is on an adventure his wool turns purple.
When he is happy his wool turns yellow.
This is his third term in High School. He has so
much homework that he doesn't know what
to do. Acker thinks he will have to drop out ...

At times homework can be hard but deal with it!

You will usually get 1-2 hours homework per night but this varies. Most of the time homework is finishing off work that wasn't completed in class so **BE SMART** — make sure you get everything done in class then you will have less homework.



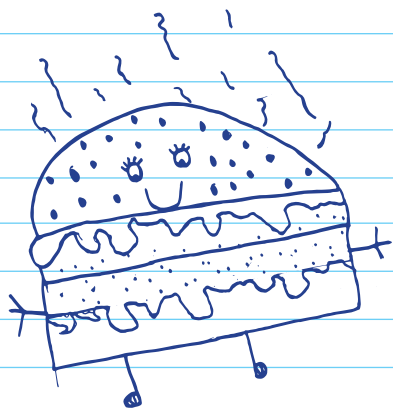
It is okay to be afraid of
too many tests and
homework. But the key is
to study and not take your
education for granted.

HAPPINESS!
Acker the sheep turns
yellow and laughs a
really big, loud laugh.



I GET BUTTERFLIES WHEN I THINK ABOUT MAKING NEW FRIENDS

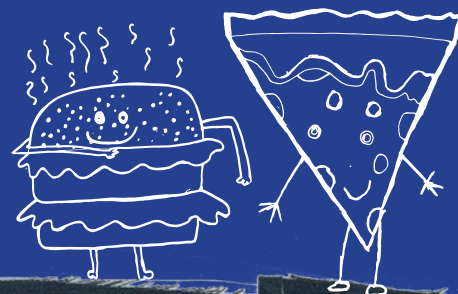
I imagine Zeby the hamburger. He has two lettuces and two patties in his stomach and he loves to dab. It's Zeby's third day of High School. He's at the basketball court and he's alone. It makes him depressed and it gives him anxiety. He feels lonely and empty. Zeby has butterflies in his stomach, but he knows what he has to do ...



Find friends who like the same things

It is not hard to be yourself at the start. If you are pretending to be someone else and you make friends, they will soon start to see the real you.

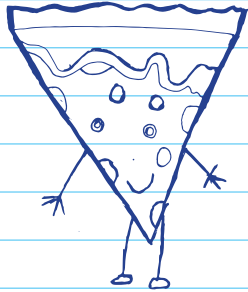
**It's just easier to be yourself from the start,
then you will have better friends.**



Zeby meets
Daisy and they
dab together.

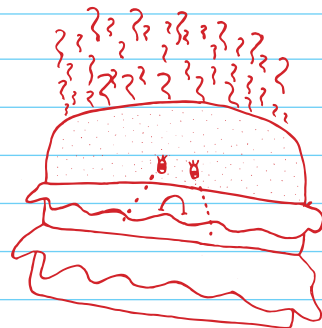
I met my best
friend on the tram

I'M SCARED ABOUT
GETTING INJECTIONS



In Year 7, Zeby and Daisy will get injections. Zeby the hamburger is so scared, but Daisy the Pizza is brave. The moment comes to get their injections and they both line up at the first aid room. Daisy isn't scared but Zeby puts up a sook. Zeby is terrified.

They get their injection
and Zeby cries ... !



DON'T WORRY!

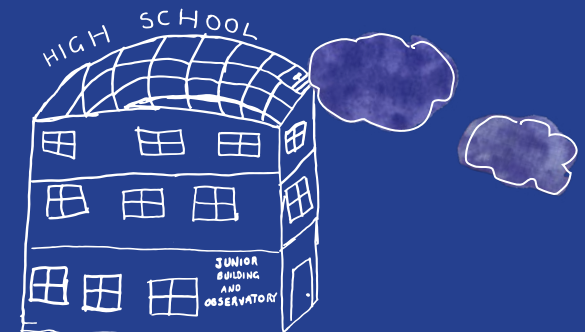
**Your friends are there
to hold your hand!**

Injections protect you from getting serious illnesses that you could become very sick from.

While injections may seem scary ...

- ✓ it's better to have a tiny bit of temporary discomfort from the injection, than
- ✗ catching a disease that could send you to hospital

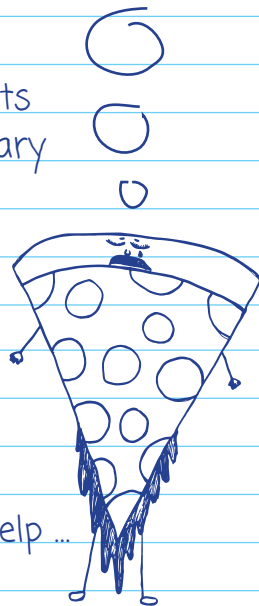
Injections are a common fear. But **don't worry**; it only lasts a few seconds and the nurses are really nice and you get a **lollipop**.



FEELING REALLY ANXIOUS



In my imagination, Daisy the pizza starts school with a lot of friends from primary school. But she feels anxious because she doesn't have any friends in her class. She's so anxious in her chest that it feels like a big hole inside and she has a nervous whispering in her stomach. She feels like she's lost in a dark forest. She finds a door, knocks on it and asks an adult for help ...

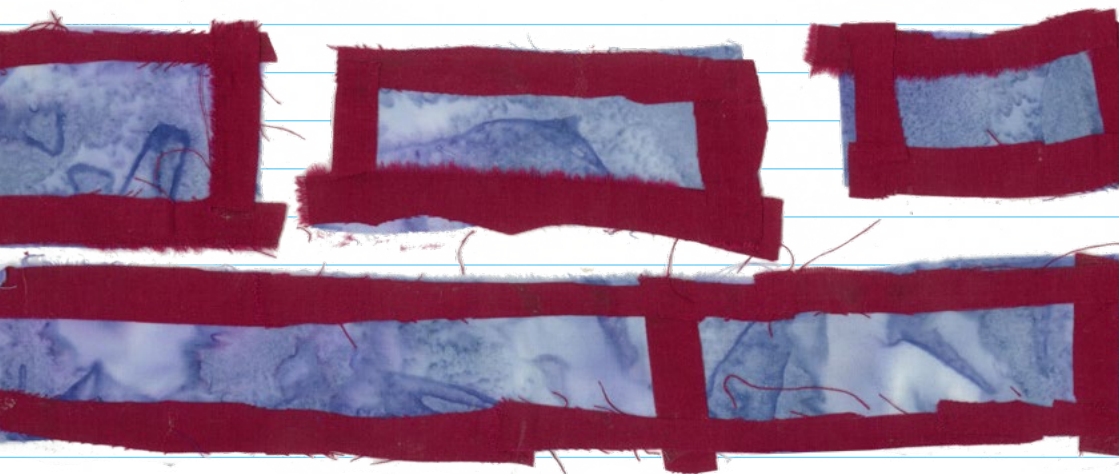


REMEMBER ...

- ☐ Have the confidence to talk to someone that you trust.
- ☐ Everything can seem worse than it actually is.
- ☐ You're going to feel anxious.
- ☐ You're going to feel happy and sad.
- ☐ You're going to have butterflies in your stomach at times.

It might be scary but it's really fun.

1 + 1 = 1



This book will help you with
starting High School. Your troubles
and worries will be solved.



ISBN 978-1-925077-61-2