

Year 7

Welcome to GHS

BYOD and What to Expect



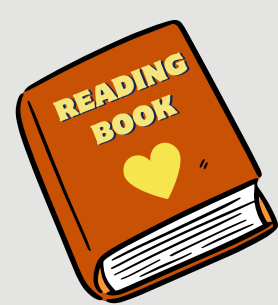
Transitioning from primary school to high school can be confusing, but the transition team is here to help you settle into Year 7!



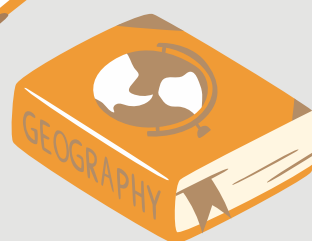
What to bring:



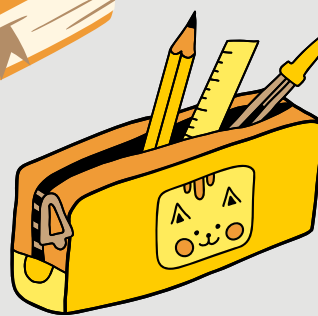
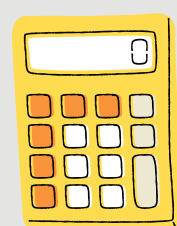
BYOD
eg. laptop, iPad



books
+ personal reading book
or folder



stationary



sports uniform + hat and joggers



no phones in class
(info on slide 4)



recess/lunch and water bottle




sunscreen + (only roll-on) deodorant






About our BYOD policy

At Gosford High School, and all over NSW schools, a phone ban has been passed that prevents students from using phones during school hours. But because a large quantity of our school travels on public transport, most of them need phones to communicate with their parents. This is why students will be allowed to bring phones to school, but as soon as the bell rings and they are inside the school gates, it is 'off and away'. This means that your phone stays in your bag, zipped up and completely silent for the duration of the day.




But what do I do if I get bored?



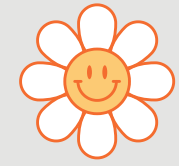
Lots of things! For example, reading, playing sports or simply talking with your friends.

(More information on the next slide)





Tips on what to bring:



- First and Foremost, always charge your laptop the night before! If your laptop does run out of battery, you can always use the school ones, but you never know what could happen
- Only bring the books you need that day, otherwise it's just an unnecessary weight
- At your first PE/PDH class, they will tell you what periods you have practicals (PE) and what periods you have theory lessons (PDH). Make sure to write these down on your 'Year 7 Planner' to stay on track (more info)
- If for some reason you forget your sports uniform, don't stress. You can always go to the office to borrow one and simply wash it and bring it back the next day. Obviously, don't do this regularly and try to stay on track with your classes

Bring roll-on deodorant (no spraying aerosols in classrooms because someone could have a severe allergic reaction) (trust us you will thank yourself for that)

Unfortunately, we don't have lockers so it is advised not to bring unnecessary things (such as extra books - from experience) as you will have to carry them around all-day

Check the weather before you get to school because some days are hotter than others. During hot and sunny days, especially if you have PE or Sport, bring a hat and some sunscreen to protect yourself and your friends from the sun's powerful rays



Last but not least: To make life easier:

PACK THE NIGHT BEFORE!



Entertainment

Our library, as well as having a vast variety of books, also provides chess boards that you can rent out and use during lunch or recess. Furthermore, there are many card games, board games and other things that you can do to spend time with your friends.

Arts and crafts is an amazing way to spend your time, as it's fun, challenging and entertaining all at the same time. Moreover, if you ever end up wandering to the far end of the library, you will end up finding trays of mindfulness colouring paper, as well as literally stacks of origami paper. These are all great ways to calm down and just enjoy those days too hot or cold to go outside

Playing sports is a great way to stay fit, have fun and spend time with friends. At Gosford, we have many diverse clubs and opportunities for all types of sports.

GHS has an online reading platform called E-Platform that has access to almost neverending books and audiobooks. For more information go onto the next slide!





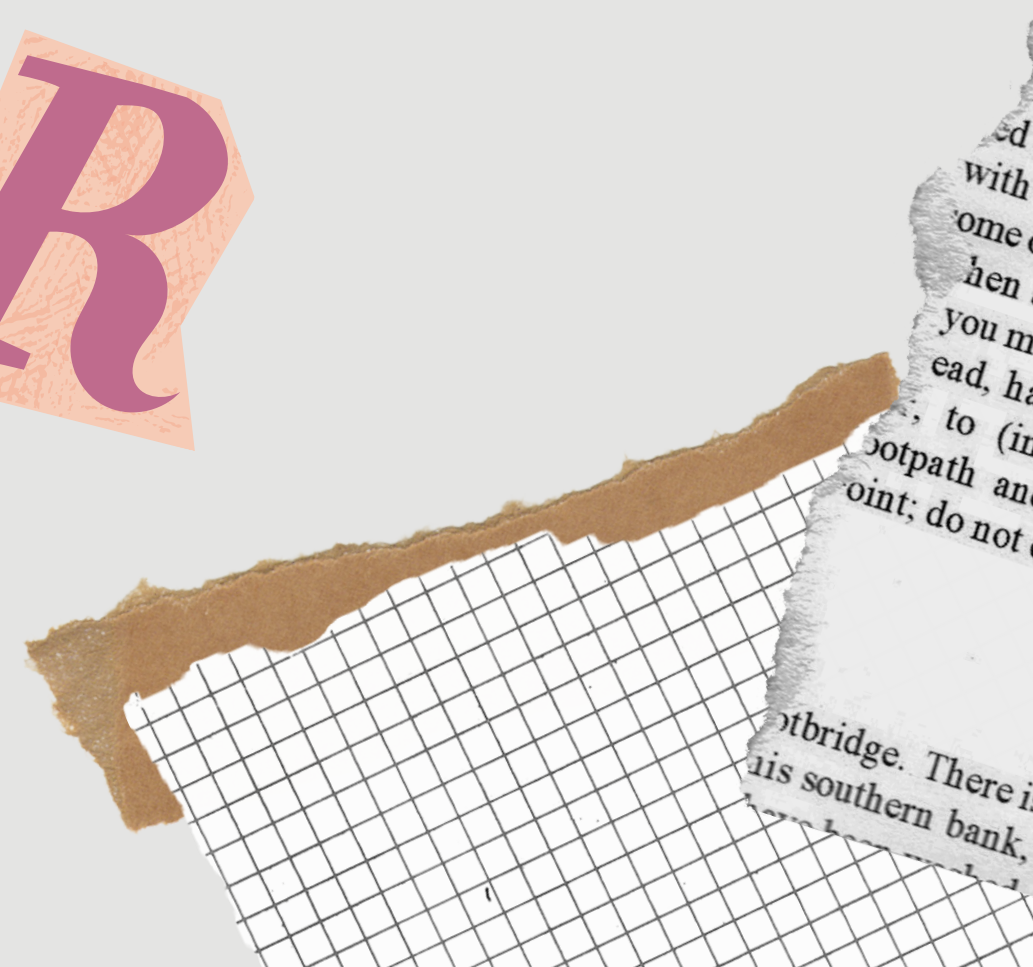
Student Leaders:


At GHS, we have a school leadership team comprised of a group of hardworking year 12 whom the students of Gosford High voted in. These are our leaders who prepare the assemblies and all the fun and special days at the end of the term.

Years 7-10 get to pick 4 students to be on the Student Representative Council (SRC) team. They devote some of their lunchtimes to work on ideas to present to their grade to make high school more enjoyable for them.

THE CULTURAL TEAM IS A GROUP OF ABORIGINAL STUDENTS WHO HELP OUT WITH DAYS SUCH AS NAIDOC DAY AND DO ACKNOWLEDGEMENTS TO THE COUNTRY.

THE SPORTS CAPTAINS HELP OUT WITH SPORTING DAYS SUCH AS SWIMMING CARNIVAL AND ATHLETICS CARNIVAL, THEY CAN HELP YOU OUT ON THESE DAYS AND ANSWER ANY QUESTIONS YOU MAY HAVE.

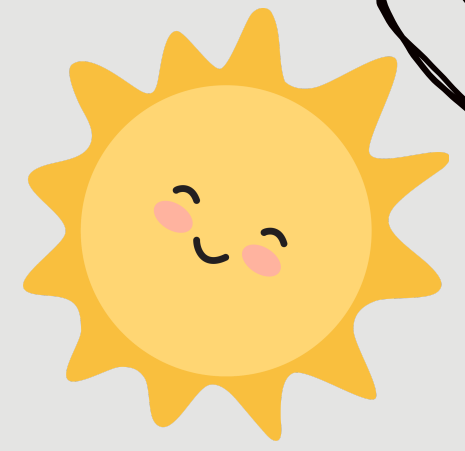
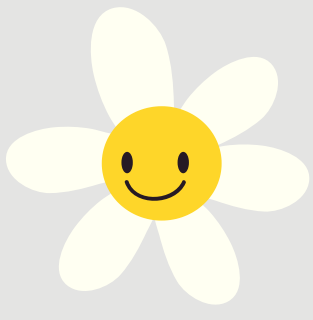




Our tips:

- Always keep emergency money in your bag just in case you forget your lunch or recess or in case of emergencies
- Don't leave assignments to the last minute as this will create stress and a bad learning environment
- Stay confident – even if you don't immediately make friends there is always someone out there for you :)
- GHS has a wide variety of clubs and groups that help bring together different types of people with the same interests creating bonds and friendships that might last a lifetime

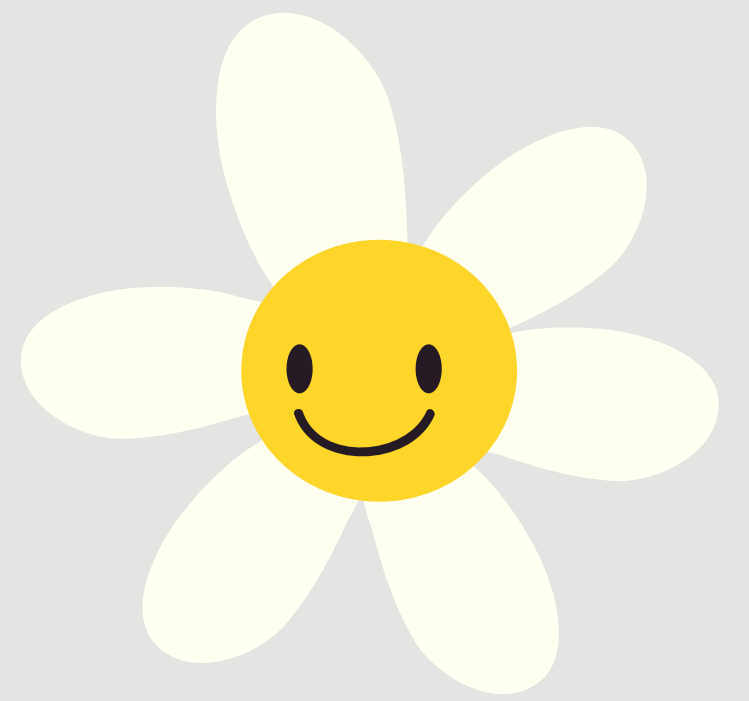
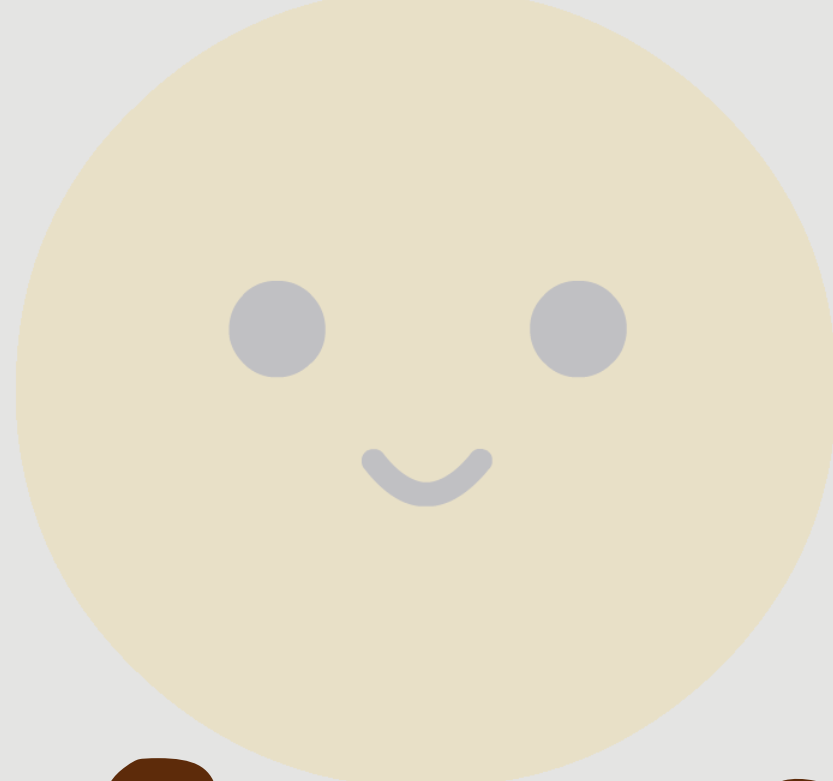




Motivation:

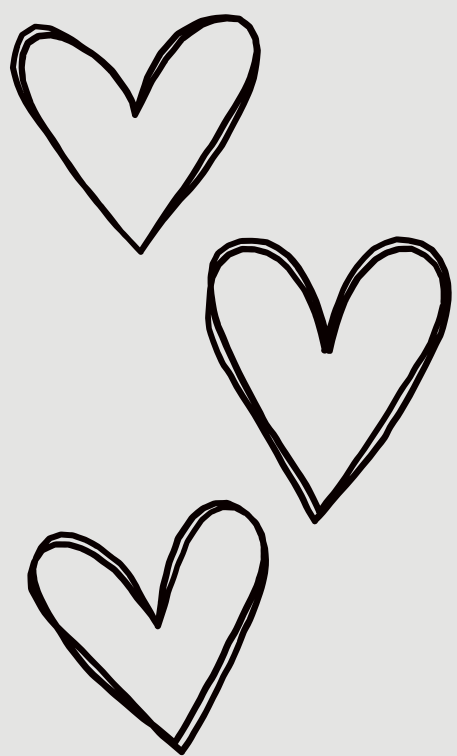
Remember - everyone is in this together. If you need help, feel free to ask anyone from students to teachers to our very own support team. These first few weeks may feel slightly overwhelming, but it does get easier. The friends you make here will be lifelong. Congratulations on getting into Gosford High School and we wish you luck for the rest of your high school career <3. We Year 8's are here if you need anything at all





Student Support Teams:

If you need there are always a student support team if you ever feel stressed or worried about anything at school. You can find them in the room opposite A7.



GHS Wellbeing Support

Student or Parent/Carer
Speak with your Year Adviser, the Head Teacher Welfare, or Deputy Principal and they can link you with wellbeing support.

Students can also self-refer to the school counsellor by filling in a referral form outside of the counsellors office located in Maths block.

Year Advisers Year Advisers and Assistant Year Advisers are the first point of contact for students. They can help if you are having problems with friends or managing your schoolwork. They can also connect you with the wellbeing team.	Head Teacher Welfare Mr. Howe The Head Teacher Welfare can support you and work with you to decide who you want to talk to about whatever is going on, this can be with school based supports or support in your community.	Deputy Principals Mrs. Klempert (Years 7,9,11) Mr. Marchant (Years 8,10,12) The Deputy Principals can also support you and link you with school based supports.
Student Support Officer Brittany Monday-Friday Brittany can have a check in conversation with you about your wellbeing and can create a support plan which may include brief support or linking you with other school based support or support in your community. Brittany also runs small groups and helps to organise whole school and year specific wellbeing programs.	Wellbeing Nurse Sarah Thursday Week A Friday Week B Sarah supports students and families who are experiencing health and mental health difficulties. Sarah role is to coordinate support which involves connecting with supports in your community.	School Counsellors Monday - Friday School counsellors provide individual counselling and mental health support. They can also link you with support in your community. You can self-refer to the school counsellors by filling in a referral form outside the counsellor's office (Maths Block)

WELLBEING TEAM Referral

Would you like to access wellbeing support at school?

Gosford High offers

- Year Advisors** can help if you are having issues with friends or managing your school work. They can support you to link with the wellbeing team.
- Head Teacher Welfare - Mr Howe** can help you decide who you would like to connect with in the wellbeing team.
- Student Support Officer - Sarah** offers brief check ins, small groups and assistance linking with other school-based or community support.
- Wellbeing Nurse - Sarah** offers support for students and their families focusing on physical and mental health.
- School Counsellors** offer individual counselling and mental health support.



Referrals are monitored Monday - Friday 9am - 3:10pm.
For immediate support at school please see a Deputy Principal or Head Teacher Welfare.

For mental health crisis support outside of school hours:
In an emergency call 000
Mental Health Line 1800 011 511
kids helpline 1800 55 1800
Lifeline 13 11 14

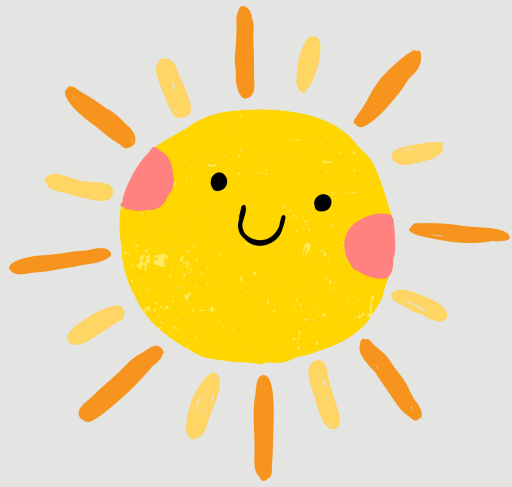
Your referral will be reviewed by the wellbeing team. For a confidential referral to a school counsellor please complete the referral form located at the school counsellors office (Maths block).



BELIEVE



IN A



SEAL

Thank You

and good luck for high
school <333

