

## 5 TOP TIPS ON STARTING AT THE LADIES' COLLEGE IN SEPTEMBER

Hello Ladies,

My name is Mrs Ogier and I am the College Counsellor running the 'The Listening Room' Counselling Service at College. My role is to offer support to you on an emotional level, alongside your tutors and Year Co-ordinators.

Transitioning to Senior School will be one of the most exciting times of your lives; your world will be expanding, new friends, new subjects and new horizons. Mixed within that excitement, there normally is a level of apprehension...and that is perfectly normal!

In order to support your transition, I have come up with 5 top tips to help you settle in when you arrive:



If you feel a little scared to begin with it is probably because everything is new to you. Just remember every Remove student will be experiencing something similar – chances are they will be feeling just like you. Help each other!

All Staff know that you need to 'find your feet'. We are all here to help you settle in, so if you are unsure about anything then just ask any adult or older student you see. Don't be afraid to ask for help!



Making new friends is an exciting part of your expanding world. Offer a smile to someone, or maybe offering a compliment, such as 'I like your bag' can break the ice. Make your goal just to say 'Hello'!

You will be tired in your first few weeks. Your new College day will be longer than you are used to at Primary School. Also, your brain will be taking on a lot of new information so make sure you get plenty of rest and sleep. You will soon get used to your new routine!



It is a bit daunting coming to a new bigger environment, but life as a Remove Student at The Ladies' College is full of wonderful exciting opportunities so grasp them with both hands. Join lunchtime clubs and indulge in all the extra-curricular activities available. The more you put in the more you get out!

Have a great summer and I look forward to meeting you all in September.

Mrs Ogier