



GRADE: 7
SUBJECT: Health and Family Life Education
TOPIC: Transitioning to Grade 7
DATE: October 20 – 23, 2020

Every transition is tough, and the one from primary to high school is no exception. It's a whole new journey. After the stress and we know it's been real stress to ensure that you moved on to high school, many students are tempted to take it easy and exhale in the first term in their new school. Guess what? It's a bad idea!!

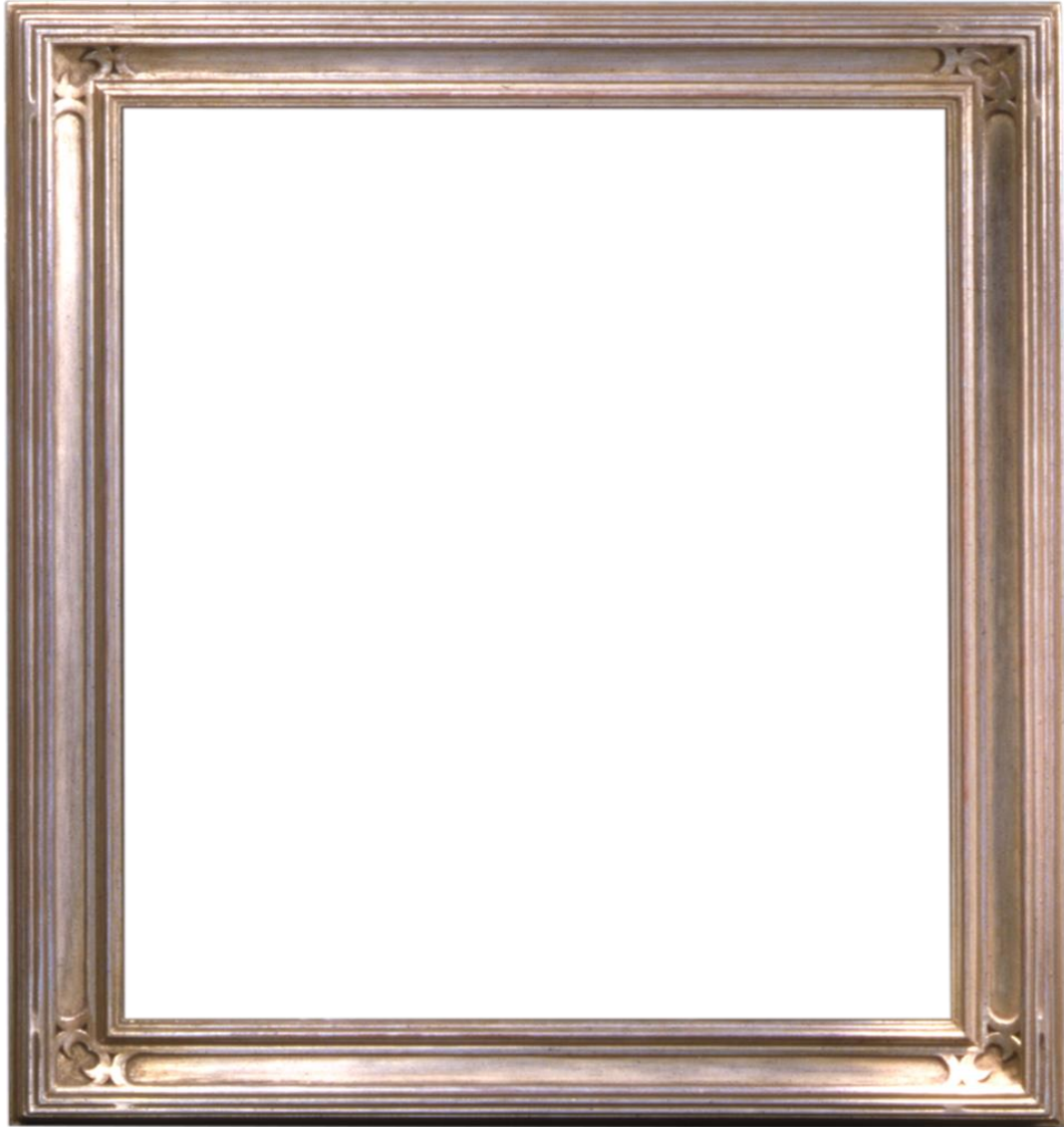
Begin this new school year with the good habits you want to keep for your entire high school life!

1. Be strong and positive.
2. Use the first term to get organized.
3. Set your goals (make your goals as simple as doing your best in and out of the classroom).
4. Make a schedule of your activities at school, everything you do otherwise and stick to it.
5. Get into the habit of using your time wisely through timetabling and time management.
6. Familiarize yourself with Oberlin High School by knowing the rules: dress code, school and teacher behaviour code.
7. Join a club that you are interested in.
8. Get a **MENTOR**. It's time now to get yourself a mentor, if you don't already have one. A mentor is someone who can advise and assist you in making the best decisions for you. Talk to your parent or guardian or someone you look up to. Tell them about the difficulties you are having adjusting.
9. Visit the school's website (oberlinhighja.com) and learn all about your school.
10. Get to know your teachers and class prefect.
11. Be mindful of your health and the things which you eat.
12. Get to know yourself as well.

Activity 1: Paste a recent picture of yourself in the frame below.

Activity 2: Complete the poem I AM and turn in your work on your Google classroom.

I AM SPECIAL!!!!



A POEM

I AM _____ by _____

I am _____

I wonder _____

I see _____

I feel _____

I am _____

I understand _____

I dream _____

I try _____

I hope _____

I am _____