



*A Girls Guide
to School*

Sharon Witt
M.Ed.

Girl Wise®
A Girls Guide to School
Book 5 in the Girl Wise series

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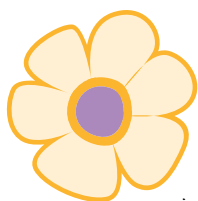
This book belongs
to an amazing girl!

SA
SAMPLE
You are a wonderful, creative, inspiring,
strong, and talented girl!



You are AMAZING!



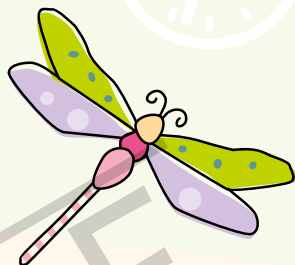


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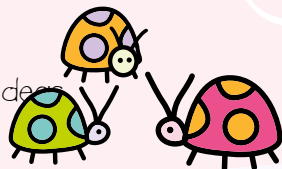
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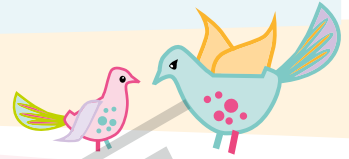
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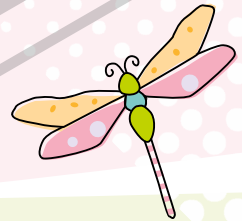
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Hi there!

Welcome to GirlWise: a series of books that have been created especially for **YOU!**

This book has been written, especially to help you through the years that you will be moving through **PRIMARY SCHOOL.**

School can be a great time of learning new things, making friends, getting to know new teachers, playing lots of games, taking on new challenges, and learning to be part of a community.

School can also be tricky sometimes. Perhaps you feel a bit **NERVOUS** when you are faced with new situations. Or maybe, making new friends is hard for you. You may find it a little bit **SCARY** to be away from home during the day and you find yourself missing your parents.



You may notice that I have added a couple of amazing co-authors in this book. Who better than a couple of **EXPERT GIRLS** who are right in the middle of their own primary school journey?

MILLIE and **MACKENZIE** will be adding their own helpful advice along the way too, so look out for their notes along the way (thanks Millie and Mac 😊).

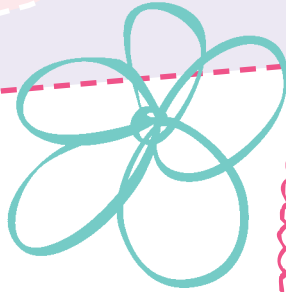
Hopefully you will feel a **LOT** better after reading through this book. You may read it many times over as you move through primary school. Sometimes, you might simply pick up a chapter in the book to help you through a particular problem or challenge you may face.

Just remember, there are **MANY** people that are here to help you through your primary school years. You are never alone!

You are **AMAZING** 😊

Love **Sharon** x

Introducing my helpful co-authors!



Meet **Millie**

Hi girls! My name is Millie, and I am 8 years old and in Grade 3 this year at school. I'm excited to be a part of this book and give you some helpful advice for school. Here is a little more about me.



Favourite hobbies

I like to dance, have movie marathons with the author of this book (Sharon 😊), work in my slime lab (which used to be my kitchen cubby house, and which I have just renovated and made MUCH better). I enjoy cooking and making crazy things like edible slime. I also enjoy playing in the pool, singing, and playing with my friends.

Best thing I like about school

I enjoy having fun with my friends and eating lunch.

Best memory so far of primary school

Probably being with my best friend Grace in the same class. (She's my ultimate best friend!)



Favourite food

Definitely popcorn! I also love mango, edible slime 😊, avocado, tacos, pasta carbonara and cheese toasties.

Favourite subject at school

My favourite subject at school is art. I have won some school awards with my art.



Best holiday I've been on

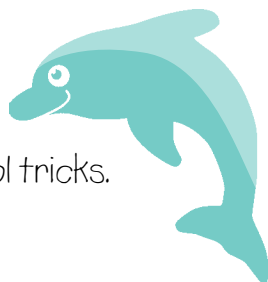
I've been on lots of holidays with my family. Every single one was fun so I can't decide. Some favourites have been travelling to New Zealand and America.

Favourite movies

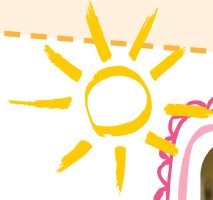
Ooooh! That's a tough one because I LOVE movies so much. Some favourites would have to be *Maleficent 2*, the *Pitch Perfect* movies and *Paddington 2*.

If I were an animal, I'd like to be a...

Dolphin. I'd like to be a trained dolphin (like the ones at Sea World) so I can do cool tricks.



Introducing my helpful co-authors!



Meet Mackenzie

My name is Mackenzie. I am 11 years old and in Grade 5 this year. I have been in primary school for a few years now, so I hope some of my advice will help you out. I am at my second school having changed in Grade 3.

Favourite hobbies

My favourite hobbies are cheerleading, art, and dance. I also enjoy photography.

Best thing I like about school

The best thing about primary school is getting to see and play with my friends and my teachers. I also enjoy going on school camps. I have been on two already, and I'm about to go on my third.

Best memory so far of primary school

My favourite memories of primary school so far would be making new friends after I changed primary schools.

I also really enjoy the school discos.
We have them every year.



Favourite food

I would have to say that my favourite foods are anything sugary. 😊 If I have to choose healthy foods, I would say that I love my mum's homemade pesto pasta.



Favourite subject at school

My favourite subjects at school are maths and Italian because I really enjoy learning different languages. In maths, I enjoy solving problems.

Best holiday I've been on

My favourite holiday was travelling to California in America. My mum and dad used to live there so I travelled back there for a visit.

Favourite television show

My favourite is definitely *Friends*. I like to watch an episode (or sometimes three 😊) every night.

If I were an animal, I'd like to be a...

Butterfly, because they can fly anywhere they want, and they look beautiful too.





A new adventure begins

The school year awaits you

A great place to be

Who will you meet?

Who will you see?

Whatever you make of it

You get to decide

To learn and discover

You're in for a ride!

Make sure you ask questions

Be adventurous and seek

To discover new things

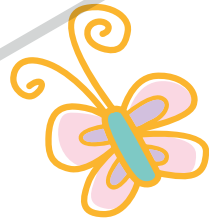
Every day, every week

This is your new adventure

Yes it is true

To learn all you can

This year is for you





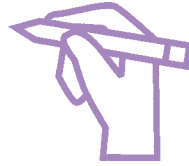
What are you most looking forward to at school this year?

A large, tilted sheet of yellow lined paper with orange horizontal lines. A large, light gray watermark reading 'SAMPLE' is written diagonally across the center. At the bottom right of the paper, there are three drawing tools: a pink pencil with a yellow eraser, a green marker, and a yellow highlighter.

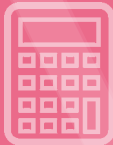


I am excited to learn
new things.





STARTING SCHOOL



Starting school

I still remember my very first day of primary school.

I was exactly four years and nine months old and I was **VERY** ready to begin the new adventure of school.

I couldn't wait to meet my first teacher and go and buy my first ever school bag, lunch box and pencil case. I also knew that some of my friends from kindergarten would also be joining me at my new school. Imagine spending five days in a row with a whole bunch of friends. That sounded exciting to me!

And it was. For the most part, my seven years at primary school were very **HAPPY**, full of **LAUGHTER**, lots of **LEARNING** and new **ADVENTURES**. My best memories were of playing with friends outside at recess, wearing my favourite stripy coloured tights (I was **VERY** cool!), making many artistic creations, including a panelled window made from different coloured cellophane, and of course, day trips to many places, including the zoo and the museum.

If you are about to start school for the very first time, you may be feeling excited, or a bit **NERVOUS** (like you have one thousand butterflies in your tummy!) maybe **WORRIED** about what it will be like, or very **HAPPY** and prepared

because you have been waiting for this moment for what seems like a **LONG** time.

Perhaps you are worried about getting to know lots of new people, scared that other girls might not talk to you, or who will you play with at recess.

But **TRY NOT TO WORRY**. Everyone has to begin school at some stage; your mum, dad, grandma, grandpa, aunts, uncles, or your big sister or brother have **ALL** started school at some point.

And guess what?

They got through it!

And you know another thing about school?

The more you go to school, the more **FAMILIAR** it becomes, and the more comfortable you will be.



Millie says ...

When I started school for the first time, I was very, very **NERVOUS!**

I was already at the school at 'Littlies', which is pre-school. But I hadn't met my prep teacher until just before Christmas, before the school holidays. I wasn't very excited about starting school because I didn't know what it would be like, so I cried and cried for about two hours the day before.

Once I got there on my first day, I cried for about half an hour because I was **WORRIED** and **NERVOUS**, but then I had so much fun during the day, that when my parents came to pick me up at the end of the day, I didn't want to go home.

It really only took me about three days to settle in and get to know my teacher. I loved her. She is still one of my favourite teachers.

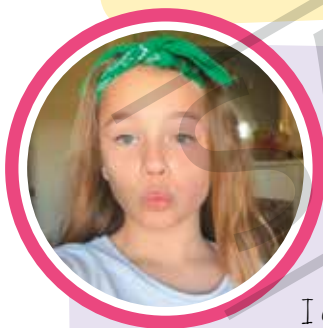


Mackenzie says ...

When I was first starting school, I was really **EXCITED**, and I absolutely loved the name badges that we were given to wear because we would know everyone's name.

I also had lots of friends from kindergarten that moved across to the same primary school as me, so that was great. I wasn't scared or upset on my first day. In fact, I was very excited to begin school.

I was comfortable because I had some very good friends starting with me, so that made it much easier.



Ideas from...



'The best thing about primary school for me is getting homework.'

Sophie, aged 7

'My favourite thing about primary school is that I'm happy that the work isn't too hard and the teachers aren't too strict. My favourite subjects are maths, physical education and art.'

Tara, aged 8

'What I enjoy most about school is spending time with my friends. I also enjoy art and performing arts because I love to use my imagination.'

Isla, aged 9

'I love not having to change classrooms everyday like they do in high school, and I have a great group of friends.'

Lacey, aged 9

'I like learning new things and doing fun activities with my classmates.'

Hannah, aged 10

'One of my favourite things about school is art lessons.'

Matilda, aged 10

'The best thing about school is having good friends, and I enjoy learning.'

Abi, aged 10



Ideas from...



'My favourite thing about being in primary school is you get to do lots of different classes. My favourite is art.'

Jasmine, aged 7

'What I enjoy most about school is that you get to make friends.'

Karlee, aged 9

My favourite thing about primary school is probably that it is not so strict as a high school, and you don't have as many rules. It's fun.

Nevie, aged 10

My favourite thing about school is going to the library because I like reading. I also enjoy playing with my friends and practising spelling.

Charlie, aged 7

'The best thing about school is seeing my friends every day and playing on the equipment outside.'

Shiloh, aged 6

'One of my favourite things about school is getting to do art.'

Isabelle, aged 6

Coping with change



Change sometimes causes us to **WORRY** a bit. Perhaps you have already experienced changes in your life.

You might have:

- Moved house
- Changed schools
- Had a new baby join your family
- A change in your family circumstances
- Moved interstate
- Lost a pet 😞

However you are feeling right now, remember that you have lots of **SUPPORT** to help you start school well and **SETTLE IN** comfortably. You don't have to worry about learning everything straight away either! You will have plenty of **TIME** to learn things like where the toilets are, where the playground is, what time playtime and lunch are, and what your day will look like.

