

A boy's guide to school

Sharon Witt

Wiseguys® – A Boy's Guide to School
Book 2 in the Wise Guys series

© Sharon Witt
September 2020

Published by Collective Wisdom Publications Pty Ltd
PO Box 150
Mt Evelyn Victoria 3796
www.sharonwitt.com.au

ISBN: 978-0-6483732-3-0



A catalogue record for this
work is available from the
National Library of Australia

Scripture taken from The Message. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002.
Used by permission of NavPress Publishing Group.

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation,
copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale
House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system,
or transmitted in any form or by any means — electronic, mechanical, photocopy, recording,
or any other — except for brief quotations in printed reviews, without the prior permission of
the publisher.

THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011
by Biblical, Inc.® Used by permission. All rights reserved worldwide.

Design and cartoons: Ivan Smith, Communiqué Graphics, Lilydale
Printed in Australia by Openbook Howden

This book belongs to an



young man...

SAMPLE



Inside

- vi Hi there!
- viii Introducing my helpful co-author! Meet Ben

STARTING SCHOOL

- 2 Starting school
- 5 Coping with change
- 7 Beginning a new school year
- 11 A brand-new beginning
- 13 Settling into a new school
- 15 Orientation Day
- 16 Celebrate who you are!



LET'S GET ORGANISED

- 18 Getting prepared
What you'll need for school: school bag; lunch box;
water bottle; school books; stationery; sun hat;
uniform; school shoes

GETTING INTO A ROUTINE

- 28 Morning routine
- 30 A typical morning school routine
- 32 What to pack in your school bag
- 34 Things to leave at home



KEEPING WELL

- 36 Eating well
- 37 Eating well at school
- 39 The food pyramid
- 40 Drink lots of water
- 41 Sandwich or wrap filling ideas
- 50 Sleep
- 54 Exercise



MAKING FRIENDS AT SCHOOL

- 58 Making friends



- 61 When a friend moves to another school
- 62 Making new friends
- 63 How do you make new friends?
- 72 What you can do if you are feeling shy
- 74 Learning tolerance

BULLYING

- 76 Dealing with bullies

GETTING TO KNOW YOUR TEACHER

- 82 Getting to know your teacher

SCHOOL DAYS

- 90 A typical school day
- 92 Different subjects at school
- 93 Homework pouch
- 94 A word on tests
- 95 School/Classroom Rules
- 97 Before and After School Care
- 98 Show and tell
- 100 Excursions
- 102 School camp and sleepovers
- 105 Handling wobbly days



HOMEWORK

- 108 Why do we have homework?

WHAT TO DO IF... (Some common questions at school)

- 112 What to do if...

DEVICES AND THE INTERNET

- 122 Being safe online

REST AND PLAY TIME

- 126 Play
- 127 School holidays
- 131 In conclusion...
- 132 Extra special thanks



Hey there

a message from me

WELCOME to **WiseGuys**. I am really happy that you have picked up this book and either having a read yourself, or reading along with a parent or caregiver.

This book has been written especially to help you in 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 tough 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 included a wonderful, amazing co-author in this book. I am very excited to introduce you soon to **BEN**, who will also offer some helpful advice along the way as well. 😊



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 face.

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

You are **AWESOME**.

Happy reading!

Sharon





Introducing my helpful co-author!

Meet Ben

Hey guys! My name is Ben, and I am 9 years old and in Grade 3 this year at school. I am 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 really enjoy riding my bike, and working on adding new things to it. I also like playing billiards downstairs at my house, and playing laser tag with my step-dad. In summer I like going in my pool. I also really enjoy cooking yummy meals like home-made butter chicken, and tacos. I also enjoy baking cinnamon and banana muffins and home-made chocolate mousse with my grandma. I have even included my favourite banana muffin recipe for you in this book. 😊

Best thing I like about school

At school I really enjoy playing with my friends. I like going on the computers in the classroom for the program 'Reading Express.' I enjoy sport the most, and love doing the fitness test (Beep test). I also love it when my teacher plays the Kahoot game during Italian class.

Best memory so far of primary school

My favourite memory so far is going on a school excursion to a brussel sprout farm. We got to taste brussel sprout soup, which was actually very tasty. I don't normally like to eat brussel sprouts on their own.

Favourite food

My favourites foods are butter chicken and bolognaise with penne pasta.

Favourite subject

I enjoy writing, especially narratives. I also like Italian, Sport, and Global Studies which involves us learning about countries, nature and animals.

Best holiday I've been on

I've only travelled to South Australia so far. My favourite memory was visiting the beach and riding on a giant ferris wheel. Mum was screaming the entire time we were on it. Afterwards, I had a triple scoop ice-cream with chocolate, strawberry and pistachio scoops.

Favourite television program

My favourite television show is called *Deadly Dinosaurs*. You learn facts about dinosaurs – how long they lived for, how strong each species was, and what they ate.

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

I would choose to be a bird so that could fly.





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 of the paper. At the bottom right of the paper, there are three drawing tools: a pink pencil with a sharpened lead tip, 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. I couldn't wait to meet my first teacher, 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. I was so excited to be spending five days in a row with a whole bunch of **FRIENDS**. 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 students 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 and 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.



'My Favourite thing about being in school is having lots of friends who aren't mean to you.'

No name or age

'The best thing about school is playing with my friends.'

Ethan, aged 10

'My favourite thing about being in school is recess and lunchtime. Also, lessons that are fun such as literacy, creative writing, science and technology.'

Rocco, aged 11

'That I don't need to worry about lots of homework.'

Ben, aged 9

'I like Primary school because I have lots of friends to play with.'

Oscar, aged 9

'The best thing about Primary school is learning about new things and having fun with my friends.'

Judah, aged 10

'My favourite thing about being in school is getting to see and play with my friends. I am lucky that I have a couple of good friends who are good to talk to and play with. I also love learning new things, especially art and P.E.'

Leo, aged 11

'My favourite thing about school is meeting new friends each year.'

Alex, aged 10

Coping with change

CHANGE sometimes causes us to worry a bit. Perhaps you have already experienced changes in your life already.

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. Your teachers are there to **HELP YOU**, listen to your questions, and will answer any questions you have along the way.

Don't forget! It's more than okay to **ASK QUESTIONS**.





Over your many years at school, you will learn to ask **MANY** questions. That's how you learn new things.

The good news is, you are **NEVER ALONE**.

There are always helpful adults (your parents or caregiver) who will be in your life every step of the way.

Are you ready to find out more about what to expect at school?

Okay, then let's **READ AHEAD!**



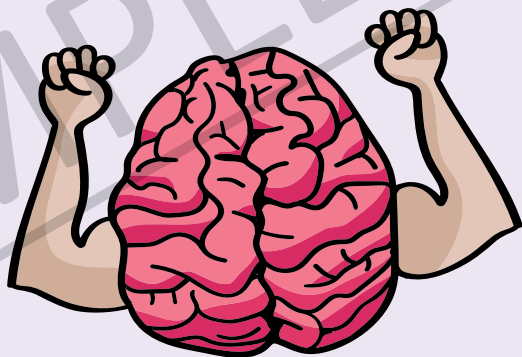
Beginning a new school year

Perhaps you are about to begin your very **FIRST** year at school (sometimes known as Prep, Reception or Foundation) depending on where you live. Or maybe you have already been at school for a year or more.

However, each year is a new beginning at school. Over the summer break, you will have quite a few weeks off school.

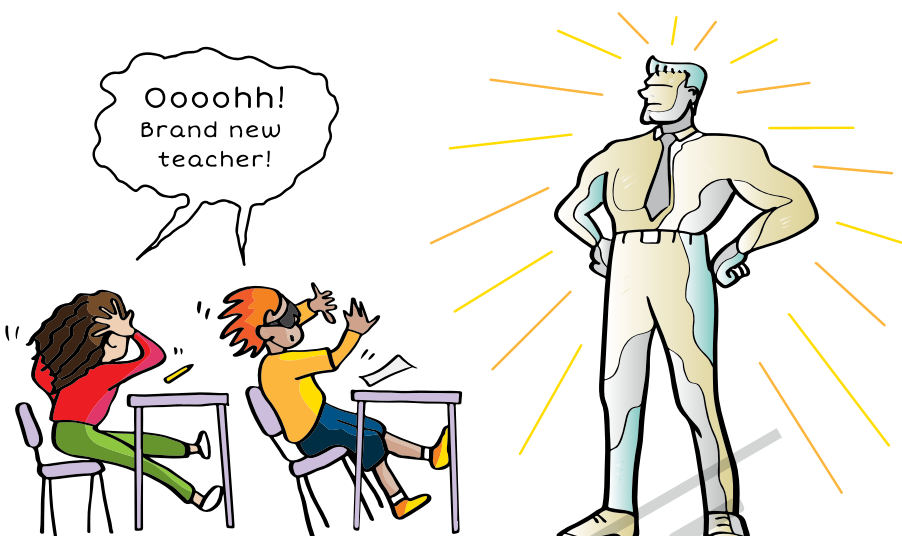
This could be anywhere from five to seven weeks depending on which school you attend.

It is a good thing to have a **BREAK** from school at the end of the year. You have worked hard and used your **BRAIN** a lot to learn many new things.



Each new year, you'll go into a brand-new grade or class. This is because you are a year older now. You may be in a class with some of your friends from last year, and you'll also have new children join your class.

It's a good thing to have new classmates because this is a wonderful opportunity to get to know **NEW FRIENDS**.



You might be feeling a bit excited about beginning a new year at school and seeing your friends again. You'll most likely have a **NEW TEACHER** and are looking forward to being in their class.

Or you may be feeling **NERVOUS**, **WORRIED** or a little bit unsure about what to expect when you go back to school. Perhaps you didn't have the best experience at school last year and didn't find your days easy or enjoyable.

If that is the case, I want you to think about this for a moment.

You have a brand-new, never-to-be-repeated year ahead of you.



Write here about your
first day of school...

