

Your questions for our pupils! Year 7 20221

Answers to your questions from our current Year 7 and Year 8 girls.

QUESTION: How did you feel on your first day?

ANSWER: A bit nervous but REALLY excited!

All the girls agreed that they felt both nervous and excited on their first day, and wanted to make a good impression. One commented that she was 'scared as scampi' and another felt like she 'had a spotlight shining on her head' but they all universally agreed that everyone was really friendly, 'it was fun because you got to meet cool new people and make new friends'. They all agreed that as soon as they started talking to people their nerves settled because 'we all realised we felt the same way and we started to make friends, even the shy people'.

QUESTION: How long did it take you to settle in and feel at home?

ANSWER: Not very long, once we were a few weeks in I was settled.

The majority of girls felt like it took a couple of weeks for them to feel really at home, some felt it was a surprisingly short amount of time because they had thought it might take longer. Both years felt that they had to adjust to Lockdown(s), but that they were glad to see each other online.

'If you want the truth, it only took a few days because everyone was so welcoming and kind to me. We always have a laugh. Friendship groups started to form and I have a nickname for everyone in my class!'

QUESTION: What helped you to settle in and what advice do you have for girls joining Year 7?

ANSWER: It wasn't really hard to settle in, the teachers are nice and people are friendly. Making friends really helped - be yourself, be kind and just try new things!

Everyone agreed that making friends was really the thing that had helped them to settle in - there were some practical tips like learning the timetable and getting into a routine but mostly the answers were all about being open to making new friends, talking to lots of people even if you feel a bit shy.

'I would say be confident, and talk to lots of the teachers, class/year members and older years and try to get to know as many people as you can. I would also tell them not to worry as everyone will be super eager to help you and help you settle in.'

'I bet a lot of people say this but be yourself - if you make friends as "another person", you won't relate to them the same way as you would if you found people who liked you for yourself.'

'The teachers were always really understanding and the advice that I can give is don't ever be afraid to ask a teacher something and always be prepared with all pencil case equipment and stuff like that because if you are organised it can really give you a good mindset.'

'Definitely the people. My advice would be even if you're nervous, try to talk to people.'

QUESTION: Did you make friends easily?

ANSWER: 90% answered yes

10% answered no not at first, but they have really good friends now

When we asked the girls about this they told us that everyone was really friendly but it took time to build friendships, so it wasn't so much that it was difficult as such but good friendships take a while to build and this felt more natural over a longer period.

QUESTION: What are your top 3 tips for joining Year 7?

ANSWER: Work hard at things you enjoy and things you don't like, try to talk to people early in the year and don't worry about things like more homework and moving between classes because they are not as bad as they seem.

'My top 3 tips are be yourself when you join, always work your hardest and be kind to everyone.'

There was some brilliant and quite funny advice from our girls - summarised below.

Some practical tips!

Do homework the day it is set.

Contribute to class discussions.

Take part in the extra curricular activities the school has to offer.

Make sure have a good timetable for the whole week so you can schedule in school work, clubs and relaxing time.

Join lots of clubs as this will help you get new opportunities and it's a really great way to make new friends and meet other years too.

Don't worry about tests, they are only checkpoints to make sure you are ok.

Don't worry about asking for help - the teachers seem to like it.

Be confident and don't be afraid to talk to people.

The mantra-like advice

Be yourself.

Smile. Laugh. Embrace.

Stay calm. Make friends. Learn.

Talk to new people. Try your best. Don't be afraid to stand out.

Be confident. Speak to people. Listen to what people are telling you.

Be organised. Take responsibility. Relax!

Something that sounds familiar to all of us here at Brighton Girls

Be kind. Be bold. Be brave.

Other more comical tips!

Don't run to lunch!

Make sure that your backpack isn't bigger than you!

Don't carry around all your books for the day.

Have your vitamin D because you need the energy!

Don't stress loads, it's almost the same as Year 6 but better.

Don't waste lunch time.

Don't spend a long making your work look fancy with highlighters, it's not necessary.

QUESTION: How did you make friends?

ANSWER: I found that everyone was extraordinarily nice and kind and it was really easy to make new friends! I would recommend trying to talk to everyone and then settle down pretty quickly with your new amazing friends as otherwise it is harder if everyone is already in friendship groups later. But I would just say talk to everyone as they are all super nice and you will definitely make some great new friends!

Most of the answers to this involved just talking to people (it was the most popular answer), especially people you haven't met before. Many girls talked about already knowing some people but broadening their group to include new people that they are now closer to as friendships have evolved through Year 7 and Year 8. Kindness was named a lot as a way to make and bond and making the effort to talk first instead of waiting for other people to make the first move, as sometimes people find this difficult. Advice also included trying to sit next to different people a lot, and chatting to them about whatever springs to mind at the time - asking them about what activities they are thinking about doing. Many of the pupils mentioned finding mutual interests was the best way to find new friends.

Some of our favourites

I started talking to random people in my class and eventually we bonded.

I already knew quite a few people but I was just kind and asked to sit with people who I hadn't met before.

Talk first and be yourself.

By talking about random stuff to them and going to clubs after school and at lunch.

By putting myself out there! The best way is to ask lots of questions because then people start to get really interested in you.

I went to quite a few clubs and in lessons I sat next to different people.

Things to remember if you find it hard

I find it quite difficult to talk to people and make friends but going to clubs can help and be who you are.

I started talking to everyone and then just started hanging out with different people to see who I fitted in with.

It was hard at first but remember that you can have other friends outside of a close friendship.