

A message to you from our pupils



Welcome to Lesmahagow High School

Letters and illustrations from our current pupils
especially for you!



Lesmahagow High School



Hello primary 7's



Blackwood Primary

Dear Primary 7's

This time last year I was in the same position as you are now. Here are some of the things that were on my mind; How will I remember my timetable, how does the canteen work, will I make new friends.

I'm writing to tell you to try not to worry and let you know how I overcame this. Firstly, when you get your timetable, take a picture on your phone and set it as your wallpaper. This means you will have a quick way to look at it. With the canteen, you don't order it in the class every morning, you just ask for what you want when you get there. You can also go at morning break to buy something. I love the waffles. They take cash and you can also use your Young Scot Card. This is linked to parent pay and your parent/carer can top up the way they do now. But! After a short time, you will be allowed to leave school and go down the street.

One of the things everybody worries about is making new friends. You are not alone in thinking this. Just be yourself and you will be fine.

Let me tell you some things about S1 that I like. Firstly, you are allowed your phone at breaks and lunch. There are lots of other activities you can do. Recently I went to see Man UTD play at home in the Europa League. There are Merit events where I have been ice skating, to different workshops, and even had a movie morning. The best thing is the half day Friday so you can start your weekend early.

There are seven periods per day so you might wonder how you will organise what you need. I have a plastic folder labelled with each subject (check picture below). I organise my bag the night before with what I need (this means an extra 5 minutes in bed).

This is unprecedented times; we're all finding it hard. Just remember you are not the only one feeling this way. Don't be shy to ask questions or seek help. I have come from Blackwood Primary so if you know me, say hi, ask my advice or guidance. Most importantly, have fun and be yourself.

Mitchell



My Letter to the New First Years

Dear New First Years,

I'm sure that a few of you are worried about moving up to LHS considering the situation that the country is in right now and I'm writing to you give you some tips about coming up to high school. First thing first, it's not as bad as you might have heard it is. I personally was very worried about high school, but after a few days and I had settled into the routines, all my worries settled. Secondly, to help you find your way through the school building, remember that there are two wings: A wing, which can be identified by the red markings on one side of the lunch hall, and B wing which can be identified by the blue markings on the other side of the lunch hall. On the first floor of A wing you can find the pupil support base and the technical and woodwork department. On the second floor of A wing you can find the English department and Home Economics. On the third floor of A wing you can find RME, French, German, Modern Studies, Geography and History. On the first floor of B wing, you can find PE, the dance/drama studio, the office, Music and the Head Teacher's Office. On the second floor of B wing, you can find Maths, Drama, Art, IT and Graphics. On the third floor of B wing, you can find Science and IT.

Good luck for 1st year, hope it's a good one.
Dylan



Dear P7's

I'm writing a letter to you to tell you that High School is a really good place and that there is nothing you have to worry about. You get to do so much more in High School and I really enjoy doing all the different subjects.

Don't worry about the school being big, there are signs to show you where to go and you get help from senior pupils in the first weeks to find your classroom.

In S1 you get a lot of merit events. Some merit events that have happened last year were ice skating at Christmas and Ten Pin bowling. Unfortunately, we missed our Easter cinema morning.

You can also get to go on trips at High School like the Pantomime, but my favourite was a trip to Manchester to watch Manchester Utd v Club Brugge in a European match (and I'm not even a Man U fan!).

It's also a lot of fun getting the freedom to go down the Street for lunch time.

I hope you enjoy High School. I have so far.

Daniel 1M1



Dear Primary 7's,

before I started High School I was worried incase I got lost in the school as it's much bigger than primary. We had a buddy that showed us where to go & the timetable showed what class was on what floor which really helped me.

My favourite subjects are P.E. and History. I have made loads of new friends. The merit events are always something to look forward to - they have been a lot of fun!

It's great to get different subjects each day instead of sitting in the same class all day long. I'm sure you will love it.

Christopher
(From Blackwood Primary)



Dear P7,

I am sorry that you do not get the greatest transition ever, but I am here to help...kind of. So first, do not be worried about new people sooner or later you will have new friends. The teachers are nice, and math's seems to get easier. If you are worried about changing subject don't be it will be easy as there is a very simple way to get around you have the A wing and the B wing beside the letter is a three digit number the first number is the floor and the next two are how long across the floor.

If you get sudden shock on the first day just try and find one of your friends and sit near them it helps massively.

My personal favorite subjects are Math's, Technical and PE. In First year, you get to go to the pantomime with English and its fun because you can go on your phone on the bus and you get to watch the panto again after P7.

From,

Rhys from Blackwood



Dear primary 7,

I went to Milton Primary and I am going into second year and in 1L just now.

I am writing to tell you about High School and what it is like.

How are you all? I hope you are excited about going into first year and meeting new people as well.

I was worried about getting lost, getting bullied and about making new friends. But when I got started it was fine. Making new friends can be difficult but I chose the ones who are kind, liked the same stuff as me and that made it easier.

The school day can seem long, but it feels shorter when you are doing your favourite subjects. Some of my favourite subjects are PE, geography, and science.

Sometimes it might be tough at High School, but you can go to your support teacher, friends, other staff and teachers if you need help.

It's not all about work at High School. You can join clubs like rugby, football and netball. There are the merits as well. You can do fun things and go to exciting places if you have enough merits.

I hope hearing from me helps a bit about coming to High School. Treat everyone with respect and good luck with starting.

All the best

Aiden 1L Milton



Dear, Primary 7

My Name is Kyle I went to Milton primary school and now I am in S1 which has been an amazing, short and eventful year. When I first came to the high school most people knew me from YouTube, so I would have people giving me compliments. On my first day I missed the first period because I had to go to the hospital. When I got to school people said "hi!" and I went to the office which is right by the entrance. They gave me my young scots card and gave me my timetable and then a lady called Mrs Hall came up to me and asked me "How are you feeling" and then she took me up to the class.

When the transitions started, I started to feel like I would be late for classes or if I would get my lunch in time or if my gluten allergies would affect my lunches. One thing you can do is you can pre order so you can skip the queues and get your lunch first and even if you don't have any money on your card or you don't have any change then you can still get your lunch because they will take the money they are owed from the next time your parents fill up your card. Even if you do have any worries there are people that can help you and show you the way to do things.

The school day is a lot different from primary school because you get 50 minutes for every subject but sometimes you get two periods for one practical classes/ the fun stuff. I enjoy PE because you get two periods and they do units so you can get a variety of activities. They use levels for the units so the first two times you do pe you will be on level one/ easy level and you will progress. The other one I like especially is home economics which is fun because some classes get to do 2 periods of it, and you get a lot of responsibility. The adults help you a bit but only a tiny bit but the rest you basically do yourself.

The first couple of days you make friends very quickly because it means you can share experience of school and details. I made friends by starting a conversation and chatting and helping each other and having lunch and going to the shops with them. I talked to people even though people doubted them, and the other people missed out on having friends like them and so it makes your high school experience better.

There are lots of people to help you like pupil support or your teachers and your friends and other pupils will help you .They try to make it not happen again but if it is really serious they sometimes do something like giving a demerits or having to talk to a member of the senior staff.

At lunch time there is a club that you can choose to be in called the nurture club which is a club that lets you sit in a fun area and chill and talk instead of being crowded in the street. I went to that club because it's usually very quiet but people care about you in the nurture club so if you have any worries you can talk to anyone in there they won't tell anyone else only if it's not serious. Then there are merit events which can get you on trips like going to bowling or ice skating at the end of the year. You can get merit points by working well and finishing in the right time and if you have behaved well then your teacher may give you extra merit points which means you can have an extra boost. The events are fun and memorable.

I hope this has covered most things about high school but if it isn't then you can go see pupil support on the red side (A) and one top tip is never be nervous and all ways express your opinions. I will be around the school if you would like to chat and I hope you have the best experience at Lesmahagow High School.

Yours Sincerely

Kyle 1M



Dear Primary 7's,

How are you all? This is Brooke Dunsmore here from Lesmahagow High School, I'm going to explain to you how I felt moving up to high school last year. I moved to Lesmahagow high school last year, making me an S1 going into S2 after August. I know with the coronavirus going around you don't get your visits as normal, that's why we are all trying our best to comfort you during this time. This letter should help you as to what high school is actually like, in my opinion high school is nothing like I thought when I first moved up. When I was moving up to high school I knew no-one because I recently moved house to Lesmahagow from Blantyre, I went a primary school in Blantyre and had a lot of concerns about moving forward from all my friends to make new ones. Here they are.

I remember when I moved up, I had a lot of concerns about not knowing anyone at high school and how I was going to make new friends. I was concerned about what it was like outside of where I was used to. Turns out it's not so bad after all, now I have no concerns because everyone was so nice just like they will be to you. So, you should not be worried about any concerns you have for S1.

In high school your day is much different because in primary school you usually have 1 to 2 teachers but in high school you have one for every subject, it's great to get to know every single one of them. On a daily basis you will have 7 periods a day that all last 45 minutes, some classes like English, maths, PE, geography, RMPS, PSE, history etc... You will join with another class that the school will have planned out for you. You will get a timetable that will show you all your classes and what order they are in. When I got my timetable there were a few subjects that I didn't like from primary school, but now I love most of those subjects like drama is now one of my favourite subjects and used to be one of the ones I hated. I like this subject now because it is so different to what it was like in primary school and is so much more fun. The work that we get to do is mostly fun and you will find high school so fun when you get used to it.

Since coming to high school I have met many people from many primary schools. You will find it very easy to make friends in high school because every new S1 is trying to make friends as well as you, everyone is making friends as they move up to high school, although you might be nervous about it you will be great at making friends. It is so interesting meeting people from all the primary schools, because they will be feeling the same way as you, excited to meet everyone one else. The friends I have made in high school are from all over Lesmahagow, then the friends they made were from different schools too.

There may be times in school where you need someone to help you with someone or something and there are lots of people who can help you around the school. You will have your PSE teacher aka your guidance teacher who keeps tabs on how you and your class behave in or around classes. He/she will also help you with anything you need, any questions you have or someone to talk to. You will also have your teacher, head teacher and deputies for the same reason who you can talk to at lunch break or home time, whenever you want about whatever you want.

It's not all about work at school though, there are lots of other things to take part in at Lesmahagow high school like netball, football, dance, science club and lots more. You will get the chance to try these all out in S1. You also get the chance to go on merit events like I was a part of the ice-skating trip last year. I'm also a part of the netball and football team and it's so fun to work as a team with so many people and meet so many more people each time. All these activities will be at interval, lunch or after school hours.

I hope that hearing from me has set you at ease for going into S1, my top tip for going into S1 is to always be friendly and nice to everyone no matter what. Good luck in S1!



All the best. Brooke

Dear New S1s,

How are you? I'm Carrie Slater from Lesmahagow High School, I went to Woodpark Primary School in Lesmahagow. I'm currently in S1, going into S2. Today, I'm writing to you to clear up some of the worries and concerns you may have and give you a better understanding of what it's like here at Lesmahagow High School, due to the fact you couldn't come to visit.

Coming up to High School was quite a big worry for me, but now I've been here for quite a while a few months, I look back and wonder what I was worried about. My main worry was finding my way around the school without getting lost and making it to classes on time, surprisingly I still haven't been late to any of my classes or got lost. I think what helped calm my worry was that on our first couple days we had someone show us around and help us out with our timetable, and in my opinion that was a great help. So, if you are worried about finding your way around or being lost, don't be, as you will have someone to help you out. Another one of my worries was that everyone was older than me, and I was scared they would possibly be nasty or rude, but almost everyone is very friendly and when you are only S1 everyone understands that everything is all very new to you. You may also be worried about the work, and I know before I came up I was worried it was going to be terribly difficult and that I wouldn't know what I was doing, but you are eased into the harder work, at the beginning of the year the work is very similar to the what you would've been doing in P, then gradually it will get more difficult, there is no big dramatic changes.

The school day in High School, I would say, much better than in primary school because I think it's better that you're not stuck with the exact same people and teacher for the full day, because you are always switching between practical and non-practical sets, with different teachers almost every period. When you think about having 7 periods in a day it sounds a lot, but it goes in quite fast. My favourite subjects in High School are History, Home Economics and English. I enjoy History because I

find it really interesting learning about the past and how people of previous generations lived their lives. Home Economics is fun because I like learning skills that are good to know, like cooking, sewing and nutritional facts. English is really good because most periods you're learning new skills or improving your reading, writing or understanding skills. High School also introduces you to some new subjects the primary school didn't cover very well or didn't do, such as History, Home Economics, Modern Studies, Geography, Science and Drama. Although we covered English in primary school, I enjoyed it much more in High School because we covered more skills. The work at High School is much enjoyable because it's almost a balance between practical and non-practical classes, so you get to do more things like performances in Drama, experiments in Science, play instruments in Music and do things like cooking, baking and sewing in Home Economics.

Since coming High School, my friendship group has completely changed. I came up to High School thinking that me and the girls from my primary school would be friends forever and that we wouldn't make any new friends, but when you all go into different classes you end up making friends in your classes. In my friendship group there is Brook from Coalburn, Emma and Abigail from Blackwood, Ellie from Milton and me from Woodpark. I think one of the best things about being friends with girls who didn't go to my primary school is that we can all tell different stories because all our experiences were different. Although it may sound scary, I'm sure you won't struggle to make new friends because everyone is in the same situation so making friends isn't too difficult.

At Lesmahagow High School there is lots of support, and there is always someone to tell problems to, whether it's that you and a friend have had a fallout or maybe if you're struggling with work. You can go to your pupil support. Within the 3 houses there is a pupil support teacher dedicated to each house, Mrs Wright for Logan, Mr Mallaghan is Kerse, and Mr Robson for Milton. Whoever is your pupil support teacher, will also be your PSE teacher, which also covers subjects like bullying, peer pressure and if you have any problems or worries go and speak to your pupil support teacher and they will help you out.

At Lesmahagow High, it's not all about the work, there's lots of extra-curricular clubs and activities you can get involved in. There are football classes for all years, Netball classes for everyone too, and a rugby club. This year Miss Gardner, a drama teacher, ran a Musical Theatre club for everyone, Drama club and a Dance Club, which I attended, and I'm sure these clubs will be continued next year as well. Through these clubs you get the opportunity to do other things too, with the Dance club, I went to a SLLC competition and Musical Theatre attended a Theatre trip in Edinburgh. I think joining a club is another good way to make friends and also get to know the teacher a bit more too. Since I first joined Dance, we have performed at the Christmas Cabaret which was an amazing experience, as well as going to the competition which I thoroughly enjoyed. I also made some new friends. On top of all of the amazing clubs, Lesmahagow High also runs Merit events, but to attend a merit event you have to have a certain amount of merits, which you can receive by producing good work wearing full school uniform and behaving in general. My favourite merit event was the S1 and S2 Ice skating trip at M&Ds. I enjoyed it because it was really funny on the ice with all of my friends.

With all of the information I have included, and topics I have covered in this letter, I hope that I have helped det your mind at ease, as we only want to make you feel welcome here at Lesmahagow High School. One top tip I will give you for making the best start in S1 is try to always give your best attention to teachers and listen at all times, as making a good first example is the best thing to do. I wish you all the best luck for starting S1 at Lesmahagow High School, I'm sure you will smash it.

All the best, Carrie.



Other year groups wanted to send you a message too

Dear future S1s,

What's up our future S1s? This is Adi here from Lesmahagow high school, to be honest with you, I'm new to a lot of things in this school, and I still am when I first started out at this school. I recently moved from Germany to stay here in Scotland with my family. I went to primary school in Germany, so how we used to do things in my primary school, would be a lot different from how you guys would do things here.

I remember how I felt about leaving primary school. I was quite sad, but everyone has different opinions about different things, some of you may be upset or some of you may be happy that you are leaving primary school. To be honest, I was more worried about seeing new teachers, having new friends because it's hard to leave teachers and friends who have been with you through the days, and as I've said before everyone has different opinions, so it's okay to cry if you're leaving a school that you like. Leaving friends or pals as some of you would say is okay, it's not the end of the world you will make new friends along the way, but always remember to keep those who care about you the most close to you, because you can always count on them to lean on. And what can I say about teachers, well teachers aren't always strict here in this school, it mainly depends on **you**, if you respect these teachers and their boundaries, then they will respect you the same way. Treat others how you would like to be treated, that's a phrase we have shown a lot, some people don't take it seriously but it's time like these we have to be kind, whilst sharing kindness to others.

The school day is different in high school, I mainly like maths now after not liking it at primary school, it's different because of how much you concentrate and put all your effort into it. Usually Literacy is very easy to learn I guess, that's what I thought when I first started out at this school, but then my opinions started changing. Literacy got harder, but as a person who likes to learn the hard way (sometimes) I turn hard learning into easy learning. This is when work life comes in, work life is when you balance work (homework/studying) with your social life. **YES**, it may seem hard, but from time to time, you will have a pile of homework laid right in front of your eyes. That will turn into stacks (just kidding, you only won't have a pile of homework, unless you do them).

Since coming to this school, I have met lots of new people, and it's nice to meet new people and have fun sharing all our ideas when working in groups. Seeing people from different primary schools is actually kind of an exciting feeling because let's face the truth, for girls it means new friends to do their nails and hair with. For boys on the other hand, it means new friends to play football with and have a boy's conversation with (I clearly don't know what they do). I guess you don't have to be friends with everyone in your year, you just have to know them.

There may be times when you need someone to help you with something and there's lots of support available in Lesmahagow High school. We have support teachers coming your way, in your times of worries, at your age it's difficult nowadays to tell someone you trust about something that's worrying you, but it's okay, all these teachers are here, they are free whenever you need to talk to them about something. We all have experienced horrible stuff, and the past that we never want to go back to. And all I want to say to you guys is, you all have done a good job, coming this far in life, you all have succeeded in things you thought you would never have succeeded in. **WELL DONE!**

It's not all about work here though, there's lots of things to get involved in at Lesmahagow High School. There are loads of after school clubs to take part in, especially if you're into sports, there's netball practice, football, rugby, dance, choir etc. I'm not sure if they are going to add more sports games but if you want to really try one out, then what's worse than trying it out, who knows it could boost your confidence. There are also clubs at lunch time in the game hall, where you can enjoy whichever sport you like including dodge ball, badminton, girls football, basketball etc so there's a lot of chances here for you, during lunch and after school.

I hope that hearing from me has changed your opinions on Lesmahagow high, you may have **older siblings** or **older friends** in this school, who may say their opinions about this school is not at all enjoyable, but it all depends on **your** opinion, these teachers they try their best and hardest on supporting this school (and the students as well) they may try **TOO HARD**, but in the end we are all humans. We all make mistakes, and so we should learn from our mistakes and make sure we do the right thing next time. I hope you all enjoy your **QUARANTINE** and I hope you all **stay safe** to you and your **famalama squad**. Also, some people make mistakes and then want to change and not be that person ever again, we gotta help them to change to be the better version of themselves. We all should give people a second chance, I know I've made mistakes in the past before and what can I say not everyone is perfect.

All the best, the owner of Adidas company (my jokes are good I know) - adios - Adi.U



Dear future S1s,

My name is Cait and I went to Milton Primary School. I'm now in S2 at High School. I am writing to you because I know it's likely you won't be able to have transition day at the High School so this letter is to tell you what it's like to start in S1.

One of the many things I was feeling about starting high school was nervous. I actually laugh at how nervous I was feeling before I started High School. I can still understand how that feels though, I remember I was worried about not being able to find my friends on the first day, getting lost and going to the wrong classroom on the first week or not getting a table at lunchtime. If you're anything like me, you will be worrying about the same kind of things. First of all, you really don't need to worry about getting lost, at least not at Lesmahagow High School. There are lots of pupils and teachers who are kind and helpful and will point you in the right direction of your class if you do get lost and you don't need to worry if you walk into the wrong class, chances are the people in the class will look at you and see that you are an S1 and just shrug their shoulders because it happens with quite a few S1s when they have just started High School. Also, you will probably find someone on the first day since all the S1s kind of clump together because they don't know where they are going yet. You will get a timetable that has the classes and room numbers on it, and this helps a lot. Lastly, I think for the first week or possibly the first month the first years are allowed out for lunch 10 minutes early (that always annoys the rest of us) so you will get a table and with a bit of luck you won't need to move I'm sure there's enough tables for everyone.

A day in high school is different to a day in primary and it takes a bit of getting used to, but you will enjoy it. You still get breaktime and lunch and eventually you can go down to the village for lunch if you want. I also remember thinking that I would find it very confusing and annoying to have to switch classes every hour, but it isn't. Once you get into the way of using your timetable, you just start to automatically walk in the direction of your classes. I also found that there's usually that one friend that remembers all of the classes you are in so you can follow them if you have to or you can look for someone who you know is in your next class and follow them. The subjects are definitely better than primary, and each teacher is so enthusiastic about their subject and that helps a lot when you are learning about it. Some of the

subjects that I never really enjoyed or had not done a lot of in primary were Geography, Drama, Science, Home Ec and Music. I never liked Geography or Science because I just wasn't interested but in High School, like I said the teachers are all enthusiastic about their subjects and that has made me really enjoy these. Home Ec, Drama and Music were the subjects we never done much of in primary and I was worried that I wouldn't be good at some of them; but I found out that the people from the other schools that I met hadn't done much of them either. The drama teacher was great the first time we had drama, she was really good at making us all feel relaxed with each other through just playing some games and not forcing any of us to act in front of the class if we didn't want to. I just remember us all laughing and having lots of fun together. In Home Ec, the teacher was really kind and welcoming with us, told us some of the safety rules and what we would be doing in Home Ec. We got to pick who we went partners with and I really enjoyed cooking it made me feel grown up because we'd never been allowed to be responsible for the ovens and things like that in primary it would always be the teacher. Cooking in Home Ec also made me want to cook at home so since then I've been making recipes, I used in Home Ec at home too. Music was one of the subjects I had on the first day and I didn't expect to like it because I'd never played a musical instrument before but, like in Home Ec I started playing ukulele in school and it made me want one of my own to play at home. I can now play it very well and I recently bought a guitar. It is all because I learnt a song on the ukulele that first day of high school. I am taking all of these subjects for third year and I never thought that I would be. You might be surprised by what subjects you enjoy in High School.

I made lots of new friends in High School too. All from different primaries and backgrounds; this was something I found interesting because I had only ever known all the people in my primary and it was interesting to find out about other people's schools and what their life has been like. I forget now who is from which school but at first, I would go to ask one of my friends if they remembered that time in primary and they would say I never went to your primary remember? It's funny how in a matter of months I felt like I'd known some people for years. Everyone is put into a house (I'm in Milton) and you are in classes with other people from that house so that is mainly how you meet new people. There are some people I haven't seen or spoken too since we haven't been in any of each other's classes for High School, but we weren't good friends anyway. I've met people through some of my friends from primary introducing me to people they've met and there are some people I went to nursery with that I have become friends with again.

If you ever need help with anything, don't be afraid to ask. You will have a pupil support teacher for your house that you can go to if you have any problems you want solved. They will keep things private and they handle things different from a teacher or janitor in primary who might just tell you to make up and just be friends or even that they can't help you because it wouldn't be fair on the other pupils. The pupil support teacher is there if there is class issue and they are always kind and understanding. I know some people don't want to talk to a teacher about things though, so you can always ask a close friend to help you out. There's usually someone you can talk to and it doesn't matter if it's someone from another class or even year.

Around about the end of the term, you will be told your merits (like reward points). Teachers can give out merits during classes if you help them with something or help someone else or done good work. There's lots of things you can be given merits for. However, there is the opposite that is given out called demerits and these cancel out your merits. These are given out for things like constantly talking when the teacher's talking, not showing up to class or any bad behaviour. So, when you're told your merits you will know if you have the right amount to get your merit reward. There are prize raffle draws that your name is entered into if you have enough merits and reward trips. The most recent merit trip I went on was the bowling trip where me and my friends all got very competitive with the points and we found out who was really good at bowling. I really enjoyed it because we were allowed to go to the arcade at the bowling and buy our own drinks and snacks. It was just good to hang out with my friends without as much adult supervision. There are also lots of clubs you can join too like the drama, netball, rugby, dodgeball, basketball, dance club and the science club. Most of these are on during lunchtime but some of them are after school.

I hope that reading this letter has made you feel more confident about going to High School. My top tip for going into High School is don't build up to it too much and try to plan it all out just try to relax. It's still kind of a big deal but you don't need it to all go perfectly just because it's your first day of high school. You probably won't even remember exactly what happened a year or even a month later.

Good Luck! Bye for now.

Cait



Dear P7

Hi how are you, I'm Charley from Lesmahagow High. I left primary two years ago now which means I'm in second year. This year there won't be a bump up day because of the lockdown so instead we are writing to you to tell you what our experience was like.

I remember being worried about a lot of things when I was leaving primary and I'm sure you probably are too. The main thing for me was leaving my friends because me and my friends were split up and put into different classes which as you can imagine, made me very anxious because I wasn't going to know anyone in my class. When I got there on my first day there was lots of people in the same position as me and they didn't know anyone there either but before the first week of school was over I had already made a whole new group of friends, two years later and were still the best of friends. I was also really worried about getting lost in between classes. Looking back now I think it's kind of funny because I now know my way around the school better than my own house!

When you first arrive at school at 8:40 you will go to your tutor class for ten minutes where the teacher will take the register, tell you if anything important is happening in school that day and you can talk to your friends. You will then have three classes before break starts. You'll then have another two classes before lunch. You can either stay in school at lunch or you can go down the street. After that you have two more classes and then you go home. The schoolwork in first year isn't that much different to the work you do in p7 except from the fact there an individual class for each subject, some of my favourites are art and music.

As I mentioned before I have made so many new friends since starting high school. You will meet people from Blackwood, Coalburn and Lesmahagow primary schools and you will most likely make friends from all of those places for example I went to wood park primary school and I now have friends from Coalburn, Milton and Blackwood. When you get to high school don't be scared to talk to new people there probably just as scared as you are, and a good friend can make all the difference in such a big place.

There may be times when you feel like you need a little bit of help in high school, whether it be with schoolwork, friendships or something else there's someone to help you with everything. Obviously in every class you will have a teacher and if you have a question don't be afraid to ask, if you don't understand there's almost definitely someone else in the class who doesn't either. Every house also has a pupil support teacher who can help you with any mental health, friendship or schoolwork concerns, don't be afraid to ask for help if you need it.

High school isn't all about work believe it or not, there's also lots of activities to get involved in. There's after school netball, football and rugby. Lunch time basketball and dodge ball and there's also cross-country competitions and sports days every year. Lesmahagow high also do a point system called merits where your teachers can award you with a merit for good behaviour in class or handing in homework. If you achieve a certain amount of merits within a certain amount of time you get to take part in a merit event which could be a cinema morning, a raffle or a trip.

I hope that this letter has helped you put your mind at ease and made you feel more comfortable about starting at Lesmahagow high. I think one of the most important things is to not be scared to talk to new people and make new friends. I wish you all the best.

Good luck, Charley



P7 letter-essay

Hi, my name Is Dean.

High school may be a big change but, in my opinion, it is better than primary, though you get too much work. I used to go to Blackwood Primary. I am attending Lesmahagow High in S2 going into S3. Trust me high school is so much better; you get more freedom and a good thing about it is you are not in with the same teacher all day. Classes are only 50 min's long and you get to stretch your legs when going to the next class.

I remember when I started high school, I was a little worried about starting a new school. One of my worries was the amount of work that I would be given but it turned out fine. There is a lot of work but its manageable. One of my other worries was the new teachers in the new subjects I have never had, but it was fine.

There are some new subjects you will start this year they are Home Economics, Drama, Music and Geography. My favourite subjects are PE, drama and home economics. What do you think you will like?

I made some new friends. It is so good to get a fresh start from everyone you have been with for 7 years. I made like 20 or so new friends in the first couple of weeks. It is better getting to know more people.

There might be sometimes where you need a little help if anything bad has happened. You can go to your pupil support teacher or Ms Lee, Mr Robertson or even your buddy. They are a good help.

There are some groups like breakfast club, football, basketball, and a lunch club. They are good to help make friends. There also things called merits, you get demerits and merits. De merits are like minus merits. If you get enough merits you get treats.

I hope you have enjoyed reading my letter and I hope you have a good time at your new school and enjoy it. There is nothing to fear.

Dean S2



Dear Primary, 7

Hello, my name is Katelyn and I went to Woodpark Primary School. I started Lesmahagow High in 2018 so I am in S2 ready to start S3 after the summer.

I am writing this letter to help to give you an idea of what life is like in High School. I am not sure who exactly this is being sent to, but I hope you enjoy it.

As you all know, you never got to do your P7 leavers and that sucks...

You will be starting high school very soon and a lot of you may be like, 'Yes! New school! This is going to be much better!'. All I will say is that I hoped you cherished your moments with your friends and teachers in P7 because the hardest thing is saying goodbye to the people who you have known for your whole school life.

Before I started High school, I was worried about not doing being able to do the work, especially with so many subjects. I was also worried about not making any new friends. However, I quickly realised that everyone else who was starting high school felt the same so try not to worry. You will be fine.

High School may seem fun at the start because it is all new but trust me you are in for a lot more work than you expect, and you need to be well organised to keep up. There are lots of people who can help you with this. I have struggled a little with some subjects, but the teachers are all very helpful and supportive if you ask for the help. Don't make the mistake I did and not speak up. I have spent so much time worrying about asking for help when I needed it in-case people started to make fun of me that sometimes I struggled to keep up. Once I started asking for help things were much better.

Pay attention in class and do not carry on because, speaking from experience, it gets you nowhere. A quick tip is, do not argue back to a teacher because you will make the situation worse and it can cause detention or staying back five minutes after the bell for talking back.

Next thing! Getting around the school can be hard for the first few weeks especially with all the different classes. Your timetable will tell you what room number your class is and if you do not know where it is try to find out in

advance so that you are not turning up late for class. It can be difficult to remember where all your classes are but do not worry too much if you get lost or are unsure. If you just ask a teacher or the office, they will help you find your way.

I always carry my timetable on my home screen of my phone so that way I always have it to hand straight away in-case I forget which subject I am in next. A good tip is - just follow your classmates.

High school is fun once you get the hang of it and you start to have a good bond with the teachers as you get to know them and how they teach and their expectations. It might seem the first couple of days that they are strict but as you go along, they joke with you and have a laugh.

For the first couple of weeks you will need to stay in at lunchtime and go to “The Street” which is the nickname for the canteen area. You might wonder why you cannot leave the school grounds, but it is for your own safety until you are settled in. After a few weeks pass by you will be allowed to go outside of school grounds and get food at subway, Snak Shak, Rollo’s, Pepe’s. This is good as it allows you to get some relief from being in the school all day.

Overall, the high school is good, and the staff are supportive if you have any questions. Remember the teachers and staff are there to teach you and you should respect them.

Try and not worry about coming to High School. It’s fun and you get to learn a lot of new things and meet lots of new friends.

Bye for now and look forward to seeing you.

From Katelyn :)



Dear Primary 7,

How are you guys? This is Nicole here from Lesmahagow High School. I went to Woodpark Primary School but right now I'm in S2. I am writing to you to let you know what it's like in High School as you are going to be in High School after this summer.

I remember how I felt about leaving primary school, I was very sad but I was more worried about starting high school, I remembered I was worried about meeting new friends in some of my new classes since I would not be with my friends from primary in some classes but I was also worried about trying to fit in since we were new to this school but luckily I was with my friends from primary to support me.

The school day is different in high school, you get 7 periods of classes, we have break after 3rd period and lunch after 5th period. During break and lunch there is a canteen in the school street area where there are lots of yummy hot and cold food and drinks, you can also go out for lunch that's near the school like Snak Shak, Subway etc. The classes we have every week are Science, Maths, Music, Geography, Modern Studies, English, Modern Languages (French and German), IT, PSE, Art, Home Economics, History, PE, Drama, RME, Graphics and Woodwork. I enjoyed doing Home Ec because I like to cook and bake, Drama because I love doing things with my friends and playing Drama games and Modern Languages because I like to learn different types of languages around the world.

Since coming to High School I have met lots of new people like new teachers and new friends. Since I don't have my friends from primary in some of my new classes I wanted to make more friends which I did, I made a lot of new friends and I was so happy because now me, my old friends and my new friends can all be friends and we can be a big friend group. I think it's good to make new friends from different schools because you can meet more people that maybe have the same personality as you and you can introduce them to your old friends so they can become friends too because they might have the same personality.

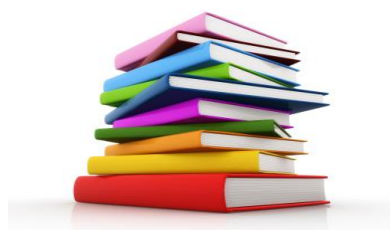
There may be times when you need someone to help you with something and there's lots of support available in Lesmahagow High School. Teachers like your pupil support teachers can always help you if you're going through a bad time, there's something wrong with school like classmates or schoolwork and even things about your future like University or College. You can also get help and support from your friends because they are always there for you no matter what.

It's not all about work here though, there's lots of things to get involved in at Lesmahagow High School. You can join and have fun at lunchtime clubs for sports like football, dodgeball, basketball etc there's also clubs for different kinds of subjects like science, art etc. If you're having too much fun eating or hanging out with your friends at lunch there are also some after school clubs like drama, dance, music etc.

I hope that hearing from me has helped you what high school is like and that you won't be scared or worried anymore and you would be more confident when you attend high school next fall. My top tip for you guys to make a great start in S2 is be happy and confident when you step into that building to meet new people because they would know that you are a confident and great person and if you get worried or

scared always ask a teacher or a friend for help because they will be there if you need them and of course have FUN and GOOD LUCK!

Bye for now,
Nicole :);)



Dear Future, S1's

Hello, my name is Maria. I am in second year going up to 3 year when you will start S1. I went to Milton Primary School which was ok but high school is a lot better.

I am writing to you because I remember being worried about starting high school and I wanted to let you know that although it is different to primary school it is different in a good way. I was worried about meeting other people from other schools, but everyone feels the same so try not to worry.

High School starts at 8:40am, then we go to tutor class which lasts ten minutes. After tutor time we have only three periods, then we have break. After break there are 2 more periods then its lunch. After lunch there are 2 more periods then its home time. My favourite subjects are P.E, French, math's, home economics and woodwork.

There are plenty of opponents to make new friends at high school. The main piece of advice can give you for making friends is to remember to smile and be kind and remember that everyone is in the same situation. The lunch hall is a great place to meet other people and you will be in classes with different people too.

In high school there are lots of people that will help you if you need it. There are older students that help you go to classes the 1st few days so you don't get lost, you can ask them anything and if they don't know they will tell you where you can find out. The people you can go to are, your pupil support teachers, tutor time teachers, deputies and office staff. At the beginning of the year you will be voting for your house captain.

There are lots of different clubs and activities you can do such as Fairtrade club, breakfast club, basketball, Badminton, dance, gurls football, dodgeball, lunch club, Girls rugby, boys rugby, boys' football, netball, musical theatre, drama club and more. I do netball, musical theatre, basketball, dodgeball and occasionally badminton.

During school you can earn merits by behaving in class and doing all your work. If you earn enough merits to go on trips and treats, if you misbehave, do not do your homework and not do your work. We have cinema mornings where the teachers buy snacks and drinks for us. We also get workshops, ice skating, sports day, safari park and Blackpool pleasure beach. I have earned lots of merits over the last two years, but it starts over each year. I have been to all the events and I enjoyed most of them.

I hope this letter makes you feel better thinking about starting high school. Things are a bit different but from my experience high school is good and if you do your best everything will be fine. My top tip for high school is to make a good impression, do your work, don't mess around then if you need help you will get it faster and teachers will spend more time with you if you need it

Good luck and best wishes

Maria



Dear future S1s,

Hey! How are you all? My name is Demi Slater. I went to Woodpark Primary School in Lesmahagow. However, I am now in 3rd year in Lesmahagow High School. I know you won't be getting High School transitions this year due to coronavirus and that's why I'm here to reassure you that High School isn't as scary as you think. You guys will be amazing!

Back to 3 years ago when I was in primary seven. I remember exactly how I felt about coming up to High School. If you are anything like me, you may have some of the same worries. My biggest worry was losing my friends from primary school. I had it in my head that I would never see or talk to my friends from primary again. Although as soon as you get to High School you will realise this isn't the case. I am still best friends with 3 or 4 of my best friends from Primary School. I was also terrified that I would be in classes with no one from my school and me being the extremely shy person that I was, I was really scared to make new friends. However, on the first day of High School I remember going home and telling my mum about all the new friends I had made. One thing to remember, everyone is in the same boat. Everyone feels the same way about starting High School. Everyone will be worried about meeting new people and that's what makes it so much easier because everyone feels the same way.

The school day in High School is very different to the school day in Primary School but this isn't a bad thing. In High School we have 7, 50-minute classes each day, with lunch and break of course. I was so excited for this as in Primary School you have the same teacher all day everyday which can get a little boring after a while. In High School you get to learn more about each subject because the teacher is especially trained in their own subjects. My favourite subjects are History, Modern Studies and Drama. These were subjects we didn't really look into much in Primary School. I didn't even know what Modern Studies was until I went to High School. I enjoy these subjects because I love learning about the world, the past and the present, which is why I love History and Modern Studies. Although Drama has got to be my overall favourite. Drama takes your mind away from everything else. We get to play games, create our own drama scenes, do stage combat and work with our friends. In Primary School we would only do Drama maybe once every two weeks. In Primary School I was super shy and would never participate. Although in first year of High School I began to like Drama, I realised how much better it was in High School. Drama brought out the confidence in me. I began to gain so much more confidence over the years. So much so that my friend and I won the young actor of the year award in 2019. This shows how High School can change you for the better. I was so incredibly shy in Primary School and look at me now.

Since starting High School I have made so many new friends. My classes in first year were made up of people from many different Primary Schools in the area. On the first day of High School I met a girl from Milton Primary School, we made friends instantly and we are still friends to this day. It's very different being in classes with lots of people you don't know. Although you get to know everyone really quickly. I remember back to the first PSE lesson and our teacher created a game where he went around the class and asked everyone to tell two truths and one lie and the rest of the class had to guess the lie. This game was fun as we all began to laugh with each other and make new friends, while also learning things about each other. In first year, some teachers let you choose your seat in classes. Although others place you in alphabetical order by last names. I think this is a good idea because you get to sit beside someone you don't know very well and get to make friends with new people. This is how I made many new friends.

There may be times in High School when you need someone to help you or need someone to talk to. No need to worry because there are lots of different people happy to help. First of all, you will be told which house you are in on your first day. Either, Logan, Milton or Kerse. Each house has a PSE teacher. You can go to your PSE teacher if you need help with anything. Although I'm sure any teacher across the school would be happy to help. For the first few weeks in first year, you will all split into groups and will get to talk to some 6th years once a week. You can ask them any questions or ask for help with anything you may need.

It's not all about work at Lesmahagow High School, there are lots of things to get involved in. There are so many clubs at High School. There's a club to suit everyone. At lunch time there are many clubs, such as football, science club, debate club, rugby, basketball, dodgeball and many more. There are also many clubs run after school, such as, dance club, musical theatre club, drama club, netball and running club. I have previously and still do take part in many clubs. In first year, I joined the netball team as I love netball in primary. This is a great way to make new friends and you get to compete with other schools! I currently go to dance club after school on a Wednesday and Drama club after school on a Tuesday. Although dance has got to be my favourite. Dance club only started

in August 2019, with 3 members, one of which being myself. However, so many people realised how much fun dance is and began to join. We now have around 20 members. In dance we got to take part in the secondary school dance competition in February 2020. It was the most amazing experience. Through dance I have made so many new friends from many different year groups! Although one of the best parts of High School has got to be the merit trips. You are rewarded merits for good behaviour, working to the best of your ability, handing in homework and many more. There will be a set goal of merits to reach and if you meet the goal you will possibly get to go on a trip. I have been on every merit trip since first year. You get to go to cinema mornings, go ice skating at M&Ds, go to Blair Drummond safari park, you get to win Easter eggs and the big one in third year is a visit to Blackpool Pleasure Beach.

I hope that hearing from me has made you more excited about High School and less worried. My top tip for you is, remember everyone is in the same situation as you. Don't be scared to go and make new friends. Everyone wants to meet new people. Good luck for starting High School. You will be amazing!

All the best,

Demi



[This Photo](#) by Unknown

Dear future S1's,

I hope you're all well! My name is Shantelle and I am in 3rd year at Lesmahagow High School. I went to Blackwood Primary and came up to the high school in 2017. I am writing to you to try and help you feel better about your transition from primary to high school.

I remember how I felt about coming up to high school, and if you're anything like I was you could be nervous, anxious and excited all at the same time. I was worried about getting lost the most out of everything. During the first 1-2 weeks, there will be a guide to take you to your classes. There will be signs with your registration class in the street that your guide will stand under; so you know exactly where to go. They will come by at least 5 minutes before the end of your class, so the halls are empty to take you to your next class. Also, on your timetable will be your class, your teachers name and the classroom. Why does this matter? For example, class A205 would be A side (red), 2nd floor, room 5. If you're still not completely sure, all doors have their

classroom on them, and there's signs to direct you in the correct way. (In the worst-case scenario and you still need help, you could ask any teacher/staff member and they will certainly help you.) I hope this makes you feel better, and for what it's worth, you'll grow accustomed to the environment very quickly, and be able to go from A-Z whenever you need to.

The school day from Monday-Thursday is structured with your tutor class, 3 periods, break, 2 periods, lunch, and finally 2 more periods. The school day starts at 8:40am and finishes at 3:35pm. Each period is 50 minutes long, break is 15 minutes long, and lunch is 40 minutes. A Friday however begins at the normal 8:40am, has your tutor class, 2 periods, break (which is 20 minutes!), 2 final classes and the day is finished early at 12:30pm. (Friday's genuinely fly by!) Personally, I enjoy English, maths, biology, chemistry and admin the most. In English, you can work together and also express yourself through your writing technique freely. In maths, you can challenge yourself and feel proud after you solve something difficult. In chemistry and biology (or just science until 3rd year) you learn so many fascinating things and do experiments. Finally, in admin (IT) you learn the basics in computing. In new subjects like geography and history, you will hopefully enjoy the different settings. Maybe the new classes/the more in-depth classes will make you consider another career choice or discover a new talent/interest. I prefer the high school classes because there's always something more challenging/more advanced for you to attempt. The work can be anything from a class discussion for the entire period, to working by yourself and note taking.

Since coming to high school, I've met some of my closest friends. Even people I wasn't close with in primary school I've become close with, mostly due to the classes and seating plans. The group you come up with will either change drastically or it will stay the same with possible additions. It's super easy to get to know people, especially when you first get into a class and the dreaded "We will go around the class, please say your name and something you like doing." is said. (I recommend you plan what to say first, because I practically froze the first time; not fun!) It is very refreshing seeing all the new people, and also quite relaxing to see people you know from primary too. I hate talking to new people, but when everyone is anxious and excited it makes it easier because you are all feeling similarly. I made friends by starting a conversation, like "What are we doing?" or "What have you got next?" then it goes on from there.

There will be a time where you will need help with a class, a friendship or something else. There is a lot of support available, even from your friends at school. If it was learning, you could privately talk to your

teacher, or your year support teacher and see what could be arranged. If it was friendships, you could again talk to your support teacher, or anyone you trust in school. Either way, you'll get as much help as possible for whatever your problem is regarding.

Aside from the work, there are extra-curricular clubs and activities that may interest you, from sports to musical theatre clubs. A few examples are netball, football, musical theatre, dance, drama club, running and more. These clubs can either run at break, lunchtime or afterschool. I personally don't take part in any of these and never have, but there are benefits to doing them; it could help find things in common with other people in your year or improve your skills. Although I've never taken part, I know people who have thoroughly enjoyed them. Also, in classes if you show effort, get involved in class, or hand in homework you will be rewarded with a merit. (Doing the opposite will result in a de-merit, which will take away a merit from your total.) The total merits you have at the end of a certain time could get you a reward letter, a cinema morning or even trips! I've been a part of the ice-skating trip, which is (in my experience) the best.

I hope my letter has helped you either feel a bit less anxious or perhaps answered some questions you have. My top tip is to just be open minded. Whether it's talking to new people to taking in new ideas. I'd say it's extremely important as you meet all these new people and teachers, you should be unbiased and willing to try things. To finish, I'd like to say good luck! Before you know it, it'll be your routine and you'll be used to it. Then, you'll be choosing your subjects for 4th year! Nevertheless, I hope when you come up it's a great experience and a fresh start.

All the best,

Shantelle



Let us know if you have any questions or things you would like to know, based on what you have read in these letters. Send your questions to gw07lairdhazel2@glow.sch.uk

The pupils are really looking forward to welcoming you to the school and so are the teachers.

Thank you to all the pupils who took the time to write these letters. Your help with this is much appreciated.



Lesmahagow High School

