

New Student Guide Book



Have a great year!

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Welcome!

This book belongs to:

HOWARD COUNTY PUBLIC SCHOOL SYSTEM

Dear New Student,

This workbook is designed just for you to help you become more comfortable in your new school. Some of the things in this book may be important to you and others may not. Do the activities that you think are important. Remember, if you have any problems while you are here at your new school, the school counselor can help you. We hope you like your new school. Best wishes for a successful year!



Ways to Make New Friends

When you are a new student, making the first move toward a friendship can be the hardest step. Introducing yourself to someone can be very scary, especially if you are quiet. Just remember to be yourself and you will be making friends in no time at all. Here are some ways that you can start conversations with students in your school. You will probably think of some other ways that will work for you, too.

1. Be on the lookout for opportunities to help other people. Perhaps you can lend a hand with an armload of books, or help someone study for a test.
2. Give a compliment. It's one of the easiest ways to get someone's attention. Does this person have a cute new haircut? Does he/she write great stories?
3. Ask someone to help you do something.
4. Give an invitation. Are you having a weekend sleepover? Looking for a recess playmate or a field trip buddy? Just come out and ask. It's easier than you think.
5. Show interest in someone's hobbies. Everyone likes a chance to talk about their favorite activity, whether it's soccer or card collecting.



My Personal Page

Name _____ Grade _____

Homeroom Teacher _____

Something I want my teacher to know about me is _____

Favorites

School Subjects _____

Food _____

Book _____

Color _____

Sport _____



The Move

We moved to our new home
because _____

I feel _____

_____ about our move.

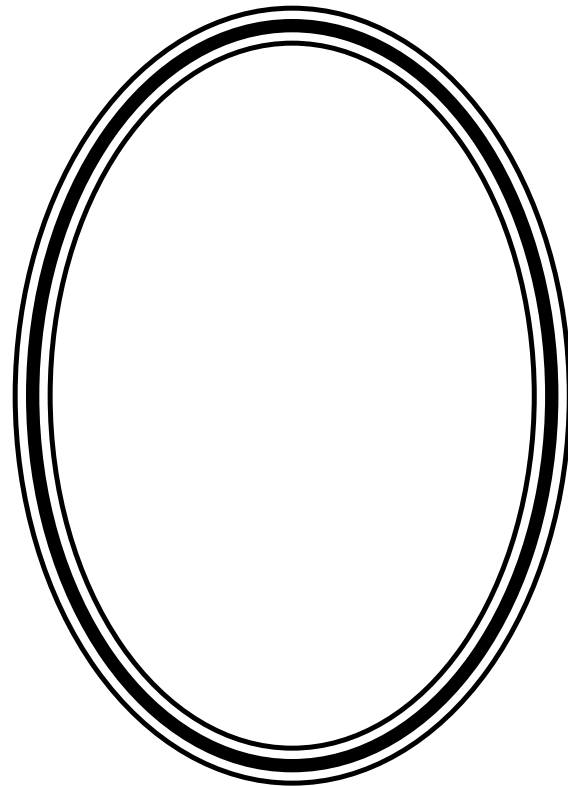
The thing I miss most about
my old home is _____

The best thing about my new

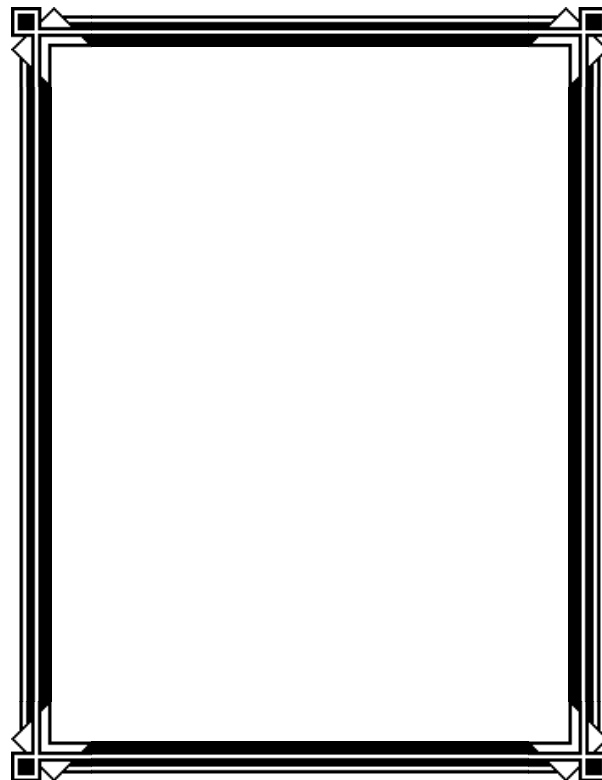
home is _____

In my new home I don't like

*Draw a face that shows how
you feel.*



Draw your new home here:



New Friends

Making friends at your new school will help you feel more comfortable. There is nothing wrong with doing things by yourself, but some things, like recess, are just more fun with a friend. It will take time, patience, and a little luck to find the right people to become your new friends.

What are some ways that you can go about meeting friends?

Where is a good place to make friends at school?

What is a good time during school to make friends?

What kinds of activities at school are you interested in trying?

My Goals for the Year

All of us need to think about what we want to learn and what we want to do in school this year. Some of us might want to improve our math skills, or read a book every week. Others may want to run faster, play an instrument, or learn about the computer.

In the space below, write down three things you want to learn or do at school this year.

1. _____
2. _____
3. _____



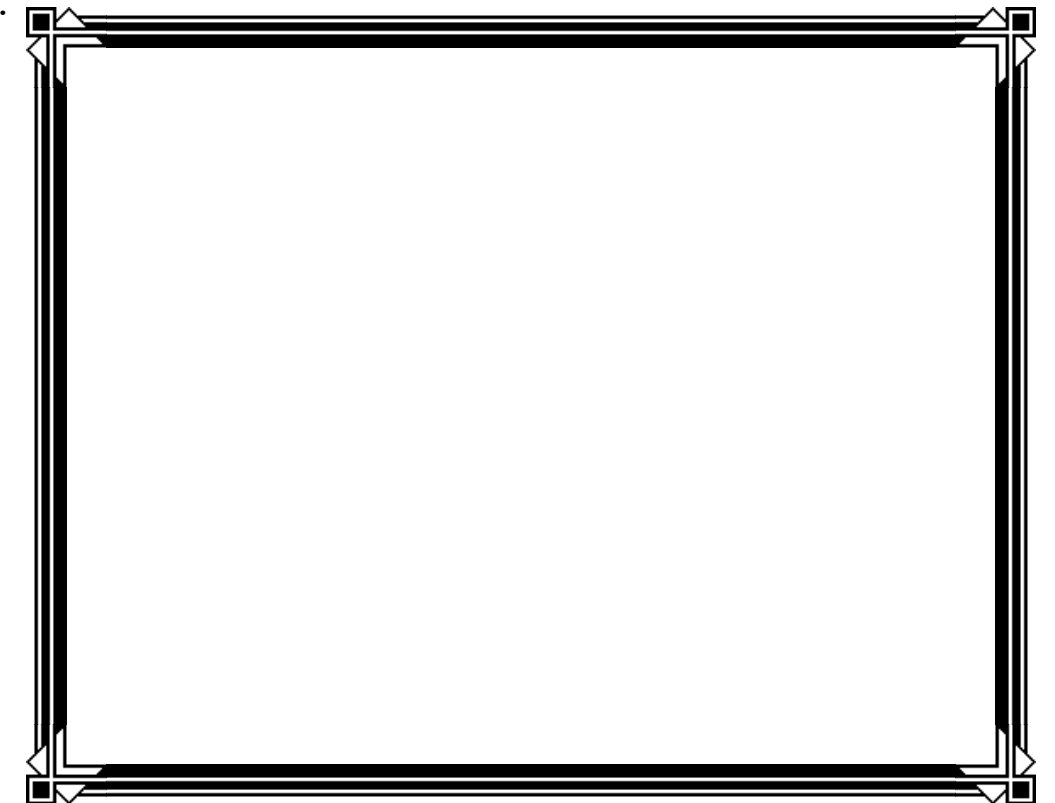
The School Counselor

The school counselor is a special person at your new school. His/Her job is to help students, just like you, feel comfortable in their new school. Your new school counselor's name is _____.
He/She will be your new special friend while you are at this school. You can tell him/her about your problems or your feelings, and he/she will listen to you. You can also talk to your counselor about the good things that are happening in your life.

You may see the school counselor in your classroom, or you might have special meetings with him/her. A teacher might recommend that you visit the school counselor if you are having problems. Don't be nervous about going to his/her office because it can be a really fun place. Some of the things that you might find in a counselor's office are books, games, puppets, and movies.

If you want, you can ask your school counselor if you can have a lunch bunch. You can pick the students in the lunch bunch from people in your class, or the counselor will choose some students that he/she already knows. This might be a good way for you to meet new friends.

*In this box
draw a
picture of
your school
counselor
or the
guidance
office.*



Old Friends

One of the hardest things about moving to a new house or a new school is leaving behind your friends. Being separated from someone you really care about can make you feel sad, angry, and lonely. Even if you didn't move very far, it might still feel like your friendship will never be the same. Just because you don't live close to your friends doesn't mean you have to grow apart. Try these fun ways to keep in touch.

Five Fun Ways to Keep in Touch

1. Write your friend a letter or send him/her an e-mail.
2. Send your friend pictures of your new house and school.
3. Ask your mom or dad if you can call your friend.
4. Ask your parents if you can invite your friend to your house for the weekend or plan a trip to your old neighborhood.
5. Record a special message to your friend on a tape and send it to him/her. They can record a message to you and send it back.

Can you think of any other ways to keep in touch with your old friends?

My First Day of School

The first day in your new school might be a little scary. You are probably worried about meeting your new teacher, getting lost in the hall, and forgetting everybody's name. These are very normal worries. Here are some activities that will help you deal with these problems. *Over the next week, fill out this paper with all of the information below.*

The name of my new school is _____.

I get to school by _____.

My teacher's name is _____.

The principal and assistant principal's names are _____

_____.

The media teacher's name is _____.

The secretaries' names are _____.

The physical education teacher's name is _____.

The custodians' names are _____.

The art teacher's name is _____.

The health assistant's name is _____.

The music teacher's name is _____.

The school counselor's name is _____.

My new school's mascot is a _____.

My new school colors are _____.

Other _____

_____.