

Ruben the Great Top Tips for Surviving Year 7



A note from the Authors

“We were inspired to write this book through our personal experiences of starting high school and wanted to share our experiences to help other students facing similar challenges. Many of us were anxious about all the changes we were suddenly faced with, life became very different from what we were used to in Primary school. Many of us found the presence of Ruben, QHHS Therapy Dog, a great help in finding the courage to navigate the obstacle course of high school. This book is designed as a survival guide for new students. We hope you enjoy Ruben’s Top Tips!



Getting your gear together

When you're at home and on
your own,
get your school gear and put
it in here!



Wen yew iz howm an on yew
owne git yew skool geer an
poot itz in here!





Finding your way around this place

*Get to know the back ways
around school.
Avoid the crowd, the back
ways are cool!*

Git tew no da bakways ov da
skool. Ayvoyd da cwowd da bak
weighs ah kool!



Chow time!

Try to bring your chow from
home -

Chowtime is short and
canteen lines are
l o n g

And gobbling your food on
the run is just wrong.



Twy tew bwink yew chow fwom howm
chewtyme iz short and canteeyn llynz ah lonk
an gobblink yew food on da run iz juss rong.



Find some turf



Fynd sum shpays iv yew
downt lyk peepulz in yew faysh!



Quiet time
in the house
of books

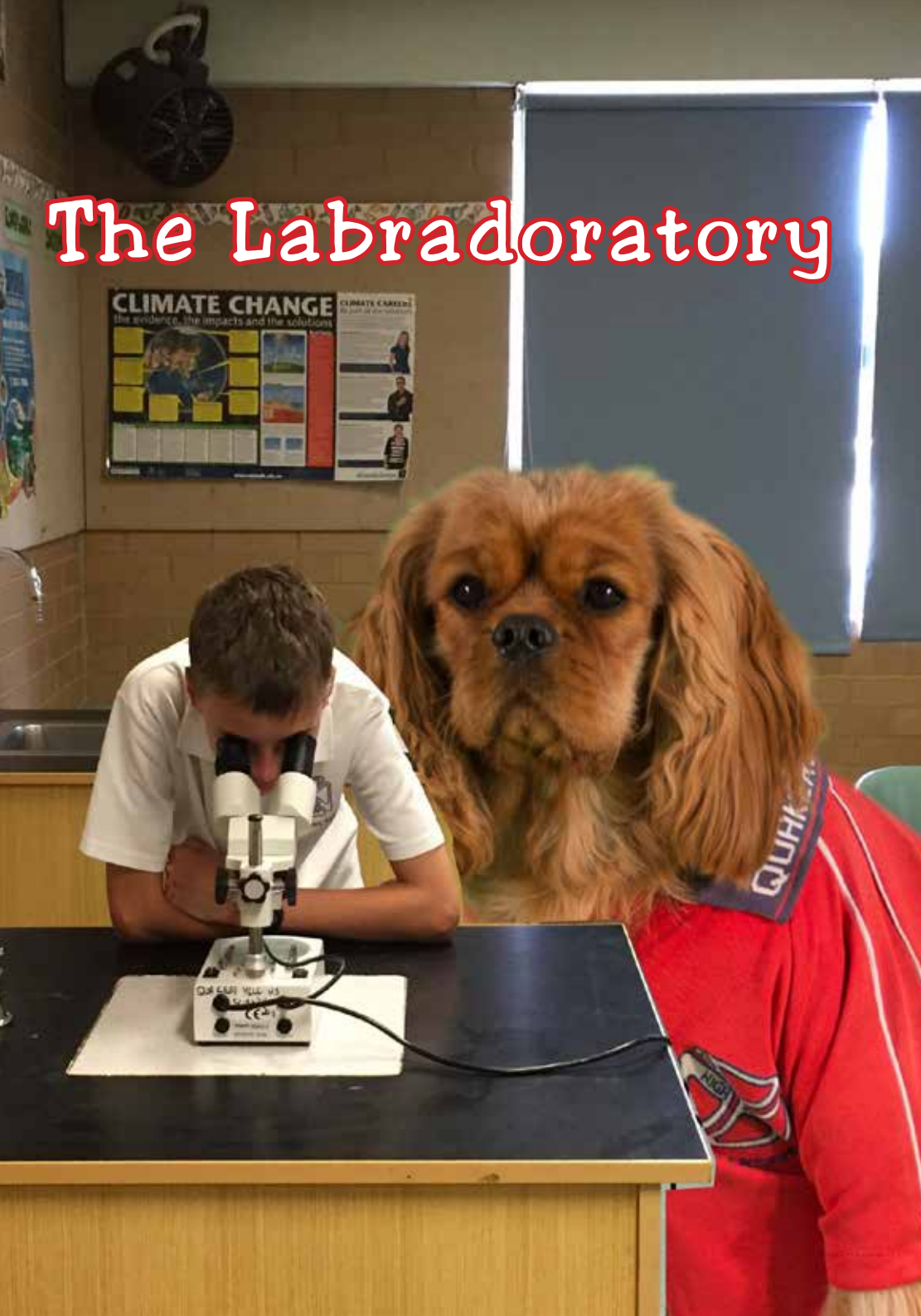
Visit the Library during breaks
if you like lower sound.
There're books and activities
and you might see ME around!



vizit da lybree dewink bwaykz iv gew lyke
lohwa sownd darz booke an aktivitees an
yew myte sea mes awownd.



The Labradoratory



Explore the world in a whole new way, look into a microscope, you'll want to stay, doing experiments makes us say "YAY". Science in the Labradoratory makes a great day.

Exshplor da world in a hol noo weigh look in da mykrowskowp
yewl won tew shtay dooink expewimenz maykz uz shay yay
Sienz in da labradooratoree maykz fur a gware day.



The Engine Room



Without this place the school
can't run. It's a serious place -
It's NOT for fun
- The Office workers, Principal
and Deputies live here, it's
where you get information
and if you're SMART there's
nothing to fear.



Wivowt dis plays da skool carnt runn itz a seeweeuss playss itz knot
fur funn da offiss werkas pwinsipporl an depyewteez liif heer itz ware
yew git innfurmayshun an iff yew shmart darz nuffink tew feer.



Cooking up some chow in the Kitchen

It's fun to cook up some chow,
That'll have everyone saying
'WOW'

So it's best to straight-up
learn HOW
To handle heat, germs and
knives...OW!

Itz funn tew kook upp sum chow dat haff
ebbywun sayink wow sew its besht tew stwayt
upp lern how tew handill heet jermz an nyffs ow!



Go Fetch

There's a special uniform for
Wednesday,
And, yes, you must participate
that day,
But you get to say which
sport, or game, you play!



darz a speshul yoonseform fwr wensdae an
yez yew muss partishipwt dat day butt yew
git tew say witch spawt oar gaym yew pway.



Screen Time

No matter the screen; large,
little or in between, keep it
safe, silent and out of sight in
class
you can use it in breaks 😊 but
if it's an emergency... ASK!



The Great Outdoors

Take a Leap of Faith at Camp,
face your fears,
Build confidence & meet
new peers,
Camp's a great place to
socialise,
Experience all the lows and
highs!

Taykay leep ov fayf at kamp fayz yew feerz billd
confeedenz an meat noo pierz kampz ay grate plays
tew sowshulize ekspeareenz ori da hyz an lowz.



Life on the Farm

In Agriculture you visit the
farm
There are plants and animals,
it's wonderfully calm...



School's Out!

The Servo is cool for snacks
after school, but you're still in
your uniform so don't act the
fool!



Da shervo iz kool fur shnaks arvta skool
butt yew shtill in yew yoonseform sew
downt akt da full!



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