8 Tips for starting high school.

#1 Make healthy choices.
Making healthy eating choices can improve your concentration levels, your overall health and your mood. For optimal health, make sure you eat five portions of fruit and vegetables every day and limit junk food and sugary drinks. The NHS Live Well website has lots of advice to help you make informed, healthy food choices.

#2 Get enough sleep.
Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. The NHS recommends that you should get between 8 and 10 hours sleep each night. For tips to improve your sleep visit the NHS website.

#3 Get active.
Regular exercise is important because it helps maintain your physical and mental health. Did you know regular exercise can help you manage stress? You should strive for at least 60 minutes of moderate to vigorous physical activity daily. Why not join a sports club at your new high school to keep yourself active?

#4 Get safely to and from school.
You may walk to school or use public transport, here are some tips for making your journey as safe as possible: Walk with a friend, ask your parents/carer to help you pick a safe route to school, stick to your chosen route, don’t let friends talk you into shortcuts. Always remember what you have learnt about road safety.
Check your eyesight.

Did you know you can get a free eye check if you are under the age of 16? The NHS recommends that teenagers have an eye check at least every 2 years. Many young people need glasses as they enter their teenage years. If you have noticed a change in your vision, make sure you book an eye test. Visit the NHS website to find an eye test centre near you.

Use your mobile phone safely.

Having a mobile phone is a great way to keep in contact with friends and family, however it is important to use it safely. Always have a pass code, if you are walking to and from school keep your mobile phone in a safe place like your pocket or your bag. Remember, only give your mobile number to people you know and trust and you can say no if someone asks you to do something you don’t want to do.

Keep safe online.

There is lots of online safety advice available for young people. Remember, you should never share your personal details online, make sure you report any messages, images or websites that worry or upset you. If you would like to know more about keeping safe online, visit the ThinkUKnow website or ChildNet International for lots of useful advice.

Keep yourself clean and fresh.

During your teenage years, your body goes through some very important changes, increasing the need for a regular regime for maintaining personal hygiene. It is important to brush your teeth twice a day and floss daily to prevent tooth decay. You may start to sweat more now, so using a deodorant and showering regularly is important.

Emergency contacts

As you become more independent in high school it is important to remember there are lots of people that can help if you are worried or scared about anything. Below are some of the people who can help:

- Your parents/carers
- Your school counsellor
- A teacher or head of year
- Your school’s Safer Schools Officer
- ChildLine: 0800 1111