

Dear Year 5 Students,

My name is Dean, and I'm in Year 7 at Caringbah High School. I'm just over halfway through my first ever year of high school, and what an exciting new chapter it has been. Starting high school may seem daunting at first. The change from primary school is always significant. Making new friends and even trying to find your new classrooms can seem terrifying on your first day. However, I can assure you, the students and teachers of Caringbah High are some of the kindest, most supportive people you will ever meet.



On my first day of high school, all that was going through my mind was the thought of making new friends. A few of my friends from Caringbah North Primary School also came here, but none of them were assigned to my class, which concerned me at first. After a few days, this thought changed quickly. My class is filled with some incredibly friendly and like-minded people that I now consider to be some of my best friends.

Here at Caringbah High, the culture is really respectful, encouraging and inclusive. Whether it be the friendly Year 8 kids or the incredibly tall Year 12s, everyone wants to see you feeling safe and inspired to learn. Being in Year 7 is a scary thing, so the entire school is always there, ready to help you when you need it. Along with academic achievement, Caringbah High has a reputation for being one of the best schools in the Shire for this reason.

Now I know what you're thinking: "If I go to a Selective School, will I be absolutely inundated with homework? Will every day be just like the Selective High School Test?" Not at all. At Caringbah High, the work is more challenging, but the workload is set at a manageable pace, and the assessment requirements are laid out very clearly. The teachers are always there to help, if you feel you need it. They don't pressure you to be the best, rather they encourage you to do your best.

Caringbah High School has so many enjoyable programs and opportunities for you to be involved in. Whether you are interested in music, debating, drama or athletics, Caringbah High provides you with every chance to have fun and shine. To help with the transition into high school, we are offered a program called "GIFTed". This is a fortnightly class for students of Year 7-10, where you're taught about the many skills you will need in high school, such as diary management, study techniques, homework organisation and even the



benefits of sleep. The teachers here really do want you to succeed and enjoy yourself along the way.

If there is one thing I want you to keep in mind when considering Caringbah High School, it's that everyone here will help you be your best physically, mentally and emotionally. It's such a fun and inspiring environment to learn in. We all hope to see you here in 2 years' time. Be sure to come and say hi if you do.

Dean, Year 7 2019

