



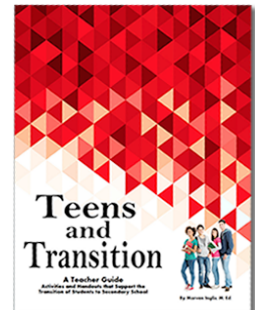
**“CONNECT THE DOTS” BETWEEN HEALTH AND LEARNING**  
**...align health and education as partners in the school community...**

**What can schools do to help students with •Bullying? •Suicide Prevention?  
•Disordered Eating? •Depression? •Loneliness? •Stress?  
•Lack of Physical Fitness? •Substance Abuse? •Technology Addiction?**

**GRADE 8/9 TRANSITION GUIDES FOR TEACHERS AND PARENTS  
TO ASSIST STUDENTS IN THE MOVE TO SECONDARY SCHOOL**

The Guides include goals, group size, time frame, materials needed, and step-by-step instructions, with additional resource material. The timeline and location for activities is flexible to meet the needs of the group. The Parent Guide is made available for parent(s)/guardian(s) at an orientation session.

**A. Teens and Transition: A Teacher Guide** – Activities and Handouts that Support the Transition of Students to Secondary School

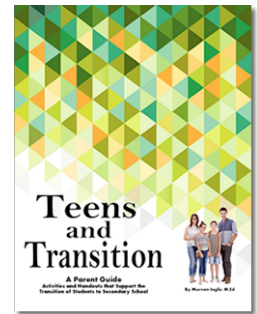


- 1. Introduction** – Purpose, How to Use the Guide, Outline for Sections - 15 mins.
- 2. Section One: High School Visit Preparation**
  - Timeline 1 hour+. An adaptable "Time Line Suggestion Sheet" is provided.
  - Storyboarding Workshop, 1 hour at the feeder school
  - Return visit to feeder school to review activities and outline course selection process - 1 hour
- 3. Section Two: High School Visit**
  - Transition Team Activities: Orientation Day Preparation and Outline - 1 hour+
  - Secondary School Orientation: ½ day visit with a variety of activities e.g. Hot Topics, Icebreakers, Scavenger Hunt...
- 4. Section Three: Settling In** (all activities to be completed in the first six months at the new school)
  - **First two weeks:** Ground Rules, Norms, Reflections, Wellness Journal (activities for students) -1.5 hours
  - **First four months:** Introduction to the **Wellness Wheel Model** - 1 hour+ Related Wellness Wheel exercises: Circuit Overload and Stress Buffer Shield, 30 minutes each
  - S.M.A.R.T. Goals, Self-Directed Learning Contract and Your Weekly Schedule are additional handouts for work in-class/homework. **N.B.** The Wellness Wheel Model is further developed in secondary school using the Educator Resource "**Wellness: A Question of Balance.**"
  - **Four to six months:** Survey Questionnaire - Samples chosen by teacher to determine the success/shortcomings of the Transition Program - 30 minutes
- 5. Appendix:** Additional information for teachers e.g. Self-efficacy, Clarifying the Vision of a Healthy School Community, Parent Activities, 10 Tips for Mental Health, etc.

N.B. All Sections have flexibility with the Time Frames and will also depend on the educator choices from the Variations and Activities additions.

**B. *Teens and Transition: A Parent Guide*** – Activities and Handouts that Support the Transition of Students to Secondary School.

The format for an orientation evening is outlined in the Teacher Guide. The purpose is to help participants cope with change, feel connected to the school community and know that there are people who care and can help with a variety of issues.



1. **Introduction: Key Ingredients for a Successful Transition** – reading material for parent(s)/guardian(s) is introduced at an assembly or workshop that is offered prior to the teen starting at their new school. The Parent Guide is made available and could be accompanied by a slide show presentation. Humor helps with this activity. - 15 minutes
2. **Section One: High School Visit Preparation**
  - Timeline – 1 hour+. An adaptable “Time Line Suggestion Sheet” is provided
  - Storyboarding Workshop – 1 hour at the feeder school
  - Return visit to feeder school – 1 hour
3. **Section Two: Activities**
  - Handouts are introduced to prepare parent(s)/guardians(s) for some home-based activities using the 40 Developmental Assets Outline and Checklist from the Parent Guide.
  - Building Blocks For Our Youth (Developmental Assets – External and Internal), Behavioral Research “It’s All About Self-Control” (Ref: <https://dunedinstudy.otago.ac.nz>) - 15 minutes
  - Family Activity: Directions for educator on the use of Developmental Assets Checklist for parents and teens at their times of choice e.g. after dinner
  - 40 Developmental Assets for Adolescents – 30 minutes
  - Parent Checklist and Youth Checklist – 1 hour
  - 40 Ways To Build Assets Challenge – 30+ minutes

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