



## Welcome Back: Tips For the New School Year

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Getting back into the groove of school can be tough, especially for Freshman. Every year is different and you will continue to learn from your current high school experiences. Here are some of my top tips for incoming freshmen, or anyone really!

**Get involved:** High school is a new start and you will constantly be meeting new people, but getting involved in a club or sport will help you meet *your* group of people. Oak Hills has a wide variety of clubs including Spanish Society, Anime Club, Esports, and Book club. It's okay if you don't find a club you're not interested in, you could try a sport or even create your own club. Everyone wants to feel welcomed and finding a group of people that share interests is important. Ella Daeninck, a current Oak Hills exchange student shares her experience joining the girls cross country team, "it's a great way to transition from Belgium to America. The girls have welcomed me with open arms and have been so supportive of me learning how everything works at an American school."

**Meet new people:** Meeting new people and making new friends is an important part of high school and everyday life. Nobody stays the same their entire life, it's okay for your friends to change through your life. Finding people with similar hobbies within a club or a sport is a great way to meet new people and make new friends. Current sophomore Alysse Niewoehner remembers her experience starting at a new school as; "intimidating, I was anxious to find new friends in such a big school."

**Show school spirit:** I know you might think dressing up for spirit days is cheesy, but wait while I tell you it can actually be fun. Whether it's spirit week, football games, or even going to dances, dressing up can be a great way to show school spirit. Spirit day is put into place as a fun way to show off spirit for your school. Even just putting an extra few minutes into your outfits in the morning can get you loads of compliments

throughout the day. Get into it with a group of friends and show people how much fun you're having with it. Many of the common themes for the student section at football games include red out, pink out, hawaiian, USA, and black out. As an added bonus, polls are featured on the @ohhsclassof2023 instagram page to vote for possible spirit days coming up.

**Flex yourself:** Right now you might hate X-bell and think it's a waste of time, but later in the year it will be so helpful. X-bell can be used to your benefit for many different tasks including finishing homework, getting extra help from a teacher, or just taking a break in the day. Any teacher you ask would be more than happy to give extra help, whether that be with homework or classwork. X-bell is there for you to get any extra help you need to be successful.

**Use a planner:** Keeping an updated calendar or planner can save you a lot of time in the evenings. Whether you use it to keep track of homework or events, it's a great resource to look back at. Listing homework assignments and due dates is an important study tool for completing projects on time and limiting missing assignments. This is proven by studyo.co., "A planner helps students better manage their time and increases their productivity." Keeping a calendar or planner is useful to keep track of after school events including sports games and club meetings. Currently the Student Council is hosting a Bingo competition with tasks like attending sports games, concerts, and school events throughout the 1st quarter. Keeping track of these events in a planner will make achieving bingo much easier.

Easing back into the classroom is important for students, and starting the new school year can be intimidating. But Oak Hills believes you belong here and everyone should be welcomed. The tips above can be implemented throughout your school year to help you have the best high school experience. You belong here!