

Social

In high school, you will have the opportunity to meet lots of new people. Your high school will include students from many different elementary schools. You may already know some students from your elementary school, while other students may be new to you.

Unlike elementary school, there will be different students in each of your classes. For example, there will be a different group of students in your Math class in comparison to your English class; although, a few of the students may be the same. This means you will have lots of opportunities to make new friends.

It may be scary to talk to students that you don't know. Just remember, they probably feel the same way as you. Take the opportunity in the first couple of weeks to talk to other students in your class. Some students may start a conversation with the person who is seated beside them.

Some questions you may ask to start a conversation are:

- What school did you come from?
- What classes are you taking?
- What class/teacher is your favourite?
- What did you do in the summer? Did you go anywhere?

Can you think of some questions that you can use to start a conversation?

Use the following page to come up with some examples of things you can say with your friends.

NAME _____ DATE _____

COOL COMMENTS FOR COOL FRIENDS

COMMENTS I CAN SAY TO MY FRIENDS:

- 1.
- 2.
- 3.

QUESTIONS I CAN ASK MY FRIENDS:

- 1.
- 2.
- 3.

COMPLIMENTS I CAN GIVE MY FRIENDS:

- 1.
- 2.
- 3.

WHY?????? DO WE DO THESE THINGS WHEN WE TALK TO OTHERS???

- 1.
- 2.
- 3.

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Conversation Starters

We organize our thoughts even in conversations. We start all conversations by thinking about who we are talking to. We also need to consider what they might want to talk about.

Let's consider the many different ways you can start to organize a conversation. What are questions you can ask or comments you can say about the following topics?

Seasonal topics	Where the person spends much of his/her day (school, job, home)	Hobbies	Interests or movies	Family or shared friends	Prior shared experiences	Things you are planning to do or hope to do with this person

Activity: Conversation Coupons

(activity taken from:

Coucovanis, J. & Smith Myles, B. (2005). *Super Skills: A Social Skills Group Program for Children with Asperger Syndrome, High-Functioning Autism and Related Challenges*. Shawnee Mission, KS: Autism Asperger Publishing Co.)

Copy and cut apart the Conversation coupons. prepare four envelopes, each containing all of one type of coupons. For example, one envelope contains the "what topic" coupons; a second contains the "who" coupons, etc. Add and delete coupons as needed to match the student(s). Label each envelope with its contents and give them out to students. (NOTE: often run in group format)

Instructions:

- One member begins the activity by choosing a coupon from his/her envelope. For example, s/he might choose "friend" from the "who" envelope.
- One at a time, the other members select coupons from their envelopes that "Match" the first coupon. The student with "Where" coupons might choose "mall", the student with "when" coupons might choose "shopping" and the final student with "What topic?" coupons might choose "birthday party"
- Copy the choices onto a flipchart or board.
- Students who do not have envelopes act as judges. The judges determine whether or not a chosen coupon matches the other selections.
- If a coupon does not match, the student must make another choice. Briefly discuss why a coupon is not suitable for a given situation.
- Give one point to each member for successful choices. No point is awarded for unaccepted matches.
- Pass the envelopes to the right and start again.

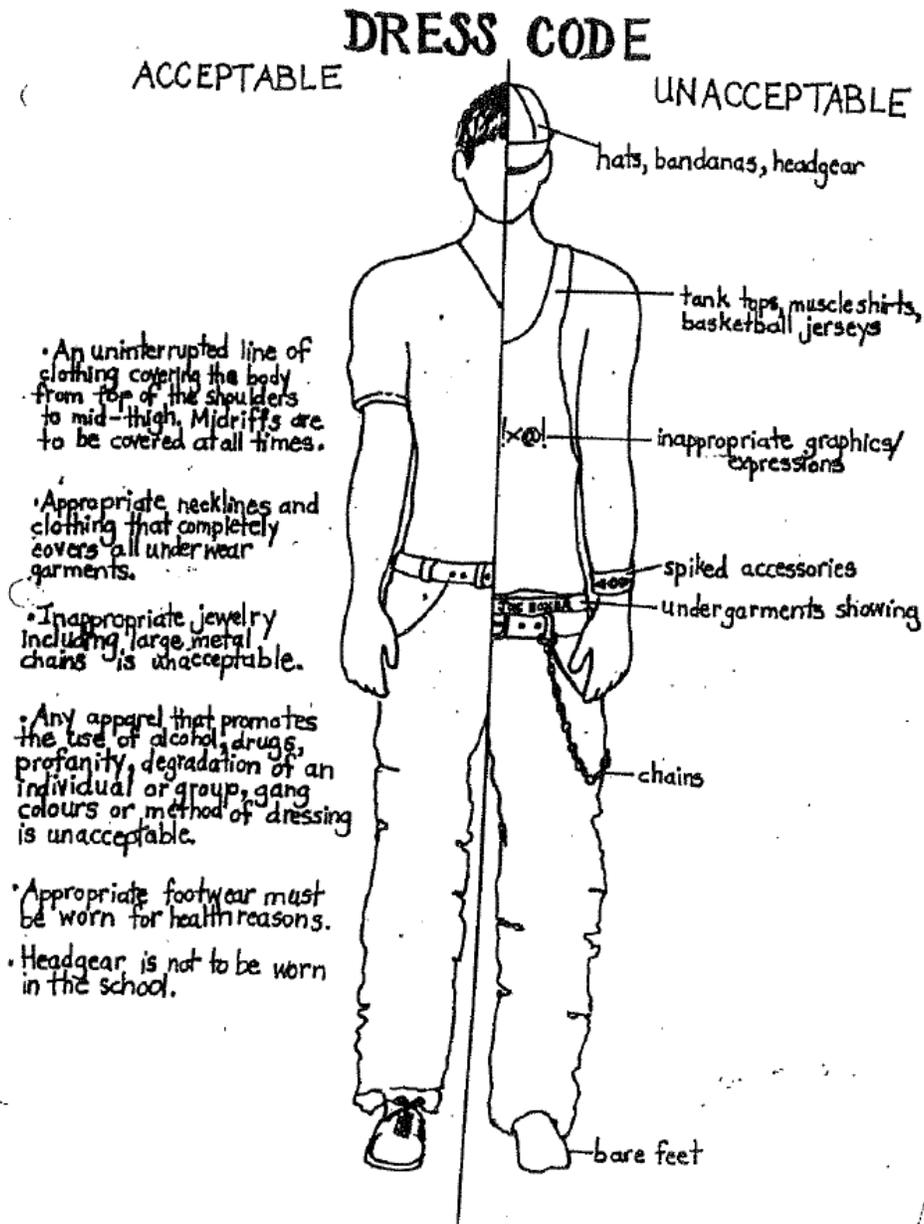
Note: It is possible to run with one student, provide him/her all four envelopes and have him/her make personal selections in all categories. However, one of the functions of this activity is to encourage students to work together, not alone. Therefore, as often as possible, ask students to complete activities with a partner or in a group.

Practice Activity 1: Conversation Coupons

Who	Who	When	When
Teacher	Police Officer	Teacher Talking	Parents Talking
Parent	Friend of Parent	Meal/Snack Time	Doing a Chore
Clergy	Aunt	Free Time	Reading
Friend	Adult Stranger	Parent on Phone	Helping
Cousin	Doctor	Studying	Watching TV
Salesclerk	Cashier	Waiting	Watching a Movie
Classmate	Uncle	Class Time	Shopping
Sibling	Grandparent	Traveling	Doing Homework
Librarian	Nurse	Getting Ready	Visiting
Principal	Adult Leader	Playing	Camping
Office Worker	Child Stranger	Walking	Introducing
Neighbor	Babysitter	Adult Driving	Resting

Appropriate Dress

At Bradford, there is a dress code, or an appropriate way to dress. It is expected that students will dress in an acceptable manner, and follow the guidelines.



DRESS CODE

ACCEPTABLE

UNACCEPTABLE

• An uninterrupted line of clothing covering the body from top of the shoulders to mid-thigh. Midriffs are to be covered at all times.

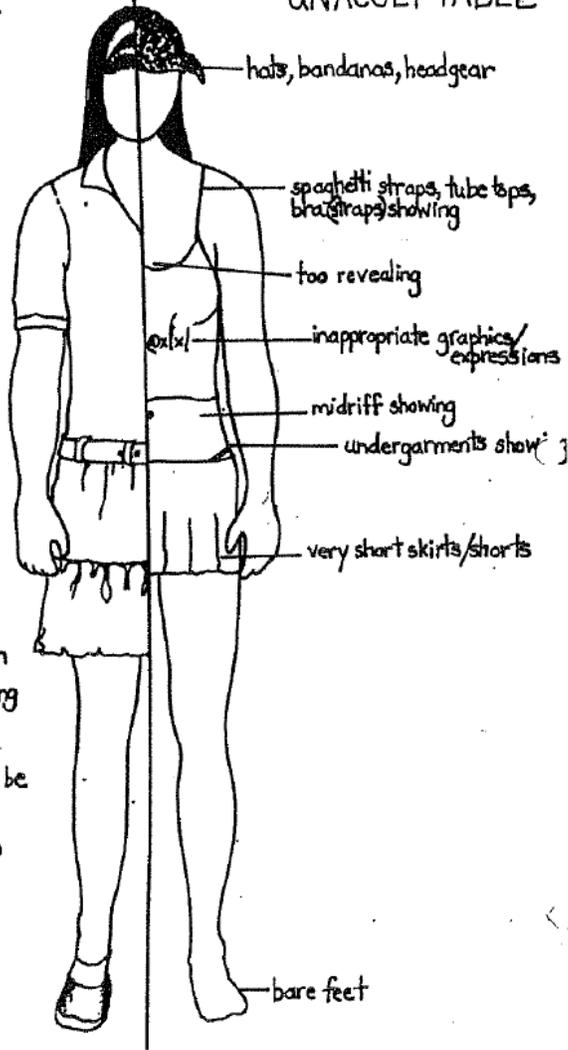
• Appropriate necklines and clothing that completely covers all underwear garments.

• Inappropriate jewelry including large metal chains is unacceptable.

• Any apparel that promotes the use of alcohol, drugs, profanity, degradation of an individual or group, gang colours or method of dressing is unacceptable.

• Appropriate footwear must be worn for health reasons.

• Headgear is not to be worn in the school.



Different Styles of Dressing

In high school, some people dress differently from what I am used to seeing.

These different ways of dressing can include: dressing in only black, mismatched clothes, clothes from different stores or from different cultures.



Some people wear different clothes to show they are part of a group, or have certain beliefs.

For example, wearing a yarmulke shows that the person is part of the Jewish faith.

It's okay that people like to wear different clothes.

It may make some people uncomfortable if I point out that they are dressed differently.

I will try to keep my comments to myself, unless I have something nice to say.



Cool hair!



Peer Harassment and Bully Prevention

Bullying and harassment is not permitted in schools. Bullying and harassment is when someone(s) hurts another person by hitting them, calling them names or doing anything which is intended to be hurtful and unwelcomed.

What to Do ... if you are being bullied, or if you are worried about someone else who is being bullied, the most important thing to remember is to **talk to someone you trust**. Bullying is wrong whatever the age of the person who is doing the bullying.

What Not to Do ... **Don't hide what is happening** from the adults or those you trust. There is nothing wrong with asking for help when you are in trouble.

Language

Slang Language

In high school, many students use different words that you may not understand.

For example, the phrase “get out of here” can have two very different meanings. The first meaning is a simple request to leave. However, it is frequently said between friends to mean “I don’t believe you”. It can be difficult to determine which meaning is intended. The best way to guess the meaning is to think about the situation it was said in. Another example is the word “sick”. It can mean that someone is not feeling well, or it can mean that something is really good. One way ‘sick’ could be used to mean ‘good’ is in the sentence, “Wow, that shirt is sick!”

- If you don’t understand what something means, you can ask a Resource teacher to explain so that you will understand the next time you hear it.

Swearing

- Sometimes you may hear other students swearing.
 - Students may use this language when they are talking to each other and when no teachers are listening.
 - If a teacher hears this, that student may get in trouble.
- If you hear other students swearing, it is not your job to report it to the teacher.
- You can talk to the teacher if someone says something to you that hurts your feelings.

Clubs, Committees, Teams and Programs

Students are encouraged to participate in after school activities. A Student Card is required to participate. If you would like information about joining one of the clubs listed, listen to the announcements for information on clubs or teams. You can also find out the contact teacher, and speak with them.

Clubs:

- Dance club
- Drama club
- Strategy gaming club
- Green team
- Art club
- Space time big bang club
- Band
- Student Council

Music:

- Sax Ensemble
- Concert Band
- Jazz Band

- Music Fest
- Guitar Class

Sports Teams

Bradford offers an extensive extra-curricular athletic program for males and females.

Bradford Girls Sports Teams	Bradford Boys Sports Teams
Basketball	Football
Tennis	Volleyball
Golf	Golf
Cross country	Tennis
Soccer	Cross Country
Volley ball	Rugby
Cheerleading	Soccer