

Hey Sweetie,

I hope you're doing well and settling into school this year! I was just thinking about you and wanted to write a little note to check in and share some of my own school experiences-just in case you need a few tips or a big sister's encouragement.

Honestly, I was so nervous when I started a new grade too. But trust me, it gets easier once you learn your way around the school and make a few friends. Don't be afraid to say *hi* to new people! Sometimes, even just a smile can help break the ice. Remember, everyone else is probably just as nervous-even if they don't show it!

I know classes can feel overwhelming at times (we've all been there!), but take it one step at a time. I always found it helpful to keep a simple planner, so I wouldn't forget due dates or homework assignments. If you're struggling with a subject, don't hesitate to ask your teachers for help. They really do want you to succeed, and it's totally okay to have questions.

Also, try to get involved in school clubs or sports. Not only will you pick up new hobbies, but you'll find people who share your interests, and that makes school a lot more fun. I remember joining the art club, and it turned out to be one of my favorite things ever!

Most importantly, be kind to yourself. No one gets everything right all the time. Celebrate your little victories and learn from the mistakes-it's all part of growing up. And of course, I'm always just a message away if you need to talk or vent about your day.

Take care, keep smiling, and know that I'm cheering you on every step of the way! Miss you lots and can't wait to hear all about your new adventures.

Love,  
Your Big Sis