



Eagle Ambassador Helpful Hints

The most helpful advice we received before our first days at Episcopal was given to us by students already at Episcopal. We compiled the following list of tips, and we hope you find them as helpful as we did! - Your Eagle Ambassadors

NAVIGATING CAMPUS

- Try to walk your schedule before school starts, but do not worry about getting lost the first few days. Eagle Ambassadors and all students and teachers will help you find your way!
- When asking where one of your classes is, ask with the name of the teacher not the building number - no one knows where F-8 is, but they can direct you to Mr. Ritter's room.
- Every student, teacher, and faculty member has tripped and fallen down on the mulch path at one time or another, so don't be embarrassed if you do, just laugh it off.
- Do not run to class, or ever.
- Explore the campus in your free time. There are some truly beautiful spots that most students have not explored like the labyrinth by the Munnerlyn, the quiet study space in the senior locker bay, and the Davis Chapel.

GET INVOLVED

- Middle School Athletics: You have no cuts! Try a crazy sport or something that you would never have thought of trying and take advantage of the no cuts. You might find a hidden talent!
- Take advantage of the various clubs and arts Episcopal has to offer. Try new and different things. This is the best way to meet new people!
- Get involved in activities for your personal enjoyment and not to build your college resume!

UNIFORMS + CAMPUS STORE

- It is unnecessary to purchase a whole school year's worth of uniforms prior to school beginning. Instead, purchase a few items and test them out to find your preferences.
- Your parents can see how many packs of mints and jelly beans you are purchasing at the campus store.
- Girls, you can hem your skirts if they are extremely long. Just make sure they are fingertip length or longer (with a little growing length to spare).

LOCKERS + WHAT TO BRING

- Keep an umbrella in your locker because random rain showers occur all the time.
- Keep snacks in your backpack, gym bag, and locker. This is a busy time in our lives, and food is essential for growth and performance.
- Bring a water bottle.
- For PE, you have a locker. Bring a stick of deodorant for your locker and dry shampoo for girls.
- Always keep your locker locked! The Dean Team is on the lookout.
- Upper schoolers, there is no official school supply list. Teachers will go over syllabi, and materials for each class are not necessary those first few days.
- Make sure that on the last day of school you clean out your locker. The Dean Team shows no mercy with a locker full of books.

HONOR PLEDGE

- Learn the Honor Pledge because you will use it a lot: *"I pledge my honor as a student that I have neither given nor received any unauthorized aid on this assignment."*
- Learn how to spell receive. It is deceiving!
- Practice your signature - you have to sign it with the Honor Pledge as well. Just a note, a messy signature isn't a must have kind of thing!

LUNCH

- All students sit by advisory during lunch for the first few days of school - no need to wonder where to sit or who to sit with.
- Eagle Ambassadors are great lunch hosts and on the lookout for new students to sit with.
- On New Student Orientation day everyone practices how to get lunch in the Buck. Upper schoolers, seniors have not yet received their senior lunch privileges the first few weeks of school, so seating in the Buck can be challenging - be patient and ask Eagle Ambassadors for help finding a spot!
- Most new students are extremely excited, especially in middle school, to try the food at the Buck. The lines may be a little slower the first couple of weeks. Be patient as everyone learns the flow of the Buck. We would recommend bringing a snack to eat during tutorial the first few days.

TEACHERS + EXTRA HELP + HARKNESS

- Get to know your teachers. They do more than just teach. They also are great resources for recommendations and advice.
- Go see your teachers and ASK questions! One-on-one time is extremely beneficial, especially if you have trouble in a certain subject.
- Stay on top of your work and do not procrastinate.
- Harknessing is a big part of the Episcopal curriculum. Do not be afraid to speak up because it will show in your grade. If you have trouble speaking in class, are shy, or don't know what to say, ask your teacher before or after class for advice. They want to help!

TECHNOLOGY

- Devices are easily breakable. The constant pressure from textbooks alone can easily shatter a screen. You can prepare for this by purchasing a protective case or a sleeve.
- Every year the tech office reassigns passwords. They are a very confusing mix of capital and lowercase letters and numbers. Don't worry, you will memorize it eventually.
- Utilize your school email to contact any students, teachers, or staff members.
- All new students will have Tech Orientation as part of New Student Orientation on August 10.

GENERAL QUESTIONS AND ADVICE

- Talk to kids you know who attend ESJ for uniform advice, tips for certain teachers/classes when your schedule comes out, and overall advice. Don't know anyone? Reach out to an Eagle Ambassador!
- Email us! We're here to help!

Questions?

Contact Eagle Ambassadors at eagleambassadors@esj.org