



# High School Transition!

*It's exciting and can feel a little scary...  
for students and families alike.*

(updated June 2025)

[A Healthy Lynnfield](#) has assembled helpful info, tips, and resources to support you and your student's transition into Lynnfield High School. We hope these resources and articles will help ease concerns for your student (and you!) as you both move from middle school to high school. This collection of tips and resources may be helpful to have on hand throughout the transition and during the first year of high school. Remember, if you have any questions or concerns – [A Healthy Lynnfield](#) is here for you!

Class of 2029 -welcome to the exciting journey that lies ahead! As you step into this new chapter of your academic life, we extend a warm and enthusiastic welcome to you. Transitions can be both exhilarating and challenging but rest assured that you are not alone. We are here to support and guide you every step of the way. As you transition to LHS, remember that it is okay to ask questions, seek help, and take risks, we are here to support you. We look forward to meeting you this coming fall.

Patricia Puglisi, Principal



LHS Students taking part in a Public Speaking training with the 84 Movement.

## LHS Resources:

Caregivers - [Frequently Asked Questions \(FAQ\)](#)

Students - [Frequently Asked Questions \(FAQ\)](#)

[High School Counseling Page](#)

[LPS District Calendar \(click "add calendar" to add the LMS calendar to your Google, Apple, etc.\)](#)

## Tips for Success:

[Tips for Getting a Good Start in High School](#)

[10 High School Tips from Recent Grads](#)

[Lynn Lyons Podcast to High School Students](#)

[What to Expect Freshman Year in High School](#)

## Supporting the HS Transition:

[How to Help Your Student Make a Smooth Transition to High School](#)

[Starting High School \(for Teens\)](#)

[7 Ideas for Handling the Transition from Middle School to High School](#)

[10 Ways Parents and Caregivers Can Help Prepare a Middle Schooler for 9th Grade](#)

## General Resources on Healthy Development, Mental Health, and More:

[Building Youth Assets](#)

[A Healthy Lynnfield's Current Events!](#)