



Alex's First Day

By assid a



I'm Alex, and today is my first day at New Prague Middle School. My stomach is full of butterflies. Walking inside, everything feels bigger—the lockers, the hallways, the buzz of students. I take a deep breath and step in.



At the front office, Mrs. Gray gives me a warm welcome. In my first class, English, Mr. Lopez says, “Let’s get to know each other.” I realize everyone’s friendly—not scary after all.



At break time, a boy named Jack waves me over to join his group. In math class, I sit next to Maya. She helps me find the right worksheet. Her smile means: I'm not alone here.



At lunch I'm nervous again in the big cafeteria. But a kind staff member, Mr. Johnson, says: "Let's find you a seat." My worries shrink a little.



In art class, I hear about the Help Team—students who help new kids. My heart jumps! Later, in the library, Ms. Parker invites me to sign up. “New friends plus helping is a winning combo,” she says.

In P.E., Coach Rivera shows me the team chant. Before I even try, the class cheers me on: "Go Alex! Go!" My smile grows wider.



At the end of the day, I'm tired —but happy. Mrs. Gray waves goodbye and says: "See you tomorrow, Help Team member." My breath comes easier now.



That night I tell my family: “I met kind people. I even signed up to help others tomorrow.” I feel proud and brave.



Tomorrow I'll walk into New Prague Middle School again. This time I know I belong. I'll wear my Help Team badge and encourage another nervous new kid, just like I was.



My first day wasn't perfect. But friendly teachers, helpful staff, and a kind plan made it feel like home. Here's to day two!