

Preparing your child for secondary school factsheet

Be prepared

- Talk with your child's primary school teacher to find out how they are helping your child prepare for the move to secondary school.
- Attend our parent nights and information sessions. These are good opportunities to find out what is happening, to ask questions and meet other parents.
- Visit our website to see what is happening at our school and read some of the recent newsletters.
- Make sure your child attends our transition activities like our orientation day. If they cannot attend, please contact us to arrange a separate tour for you both.
- At our orientation day your child will receive a handbook. Read it together so you are familiar with our policies (like the mobile phone use or uniform policy) and processes (like whether your child has a locker).
- Let us know if your child has a medical condition, any special needs or you are concerned about something.
- On the first day of school make sure your child is well prepared by:
 - being well rested (a good sleep is important)
 - having a good breakfast
 - wearing the uniform (note: jewellery is restricted in many schools)
 - arriving in plenty of time
 - knowing where to meet friends inside the school grounds
 - knowing where to assemble for day one
 - taking healthy food for morning recess and lunch
 - having all belongings clearly named
 - arranging an agreed pick up time (include a backup plan in case something unexpected happens).

Before your child starts school

- Ask questions such as *What do you think secondary school will be like?* and *What are you looking forward to?*
- Listen to your child's concerns (eg getting lost) and work out a plan to deal with them if they occur.
- Talk about meeting new people, making friends and getting to know the teachers.
- Talk about bullying and peer pressure. Make sure your child knows where to find the year coordinator in case they need help or advice.
- Talk about the school routine and timetables and make sure they know the layout of the school.

- Help your child to be realistic about taking time to settle in to the new environment.
- Be available to listen when your child has questions or wants to talk about school.

The first weeks of school

- Ask how their day at school was and what school is like.
- Talk positively with your child about school and focus on their successes.
- Reinforce strategies such as thinking positively, taking deep breaths, getting enough sleep at night and eating well.
- Listen and provide opportunities for your child to talk.

Prepare for the year

- Have your child's school uniform, books, stationery and any other items before the school year starts.
- Have travel arrangements in place and make sure your child knows the routine. If using public transport, do test runs so they feel comfortable. If they are being picked up after school make sure they know where to meet you.
- Have a plan for their first day (eg meeting up with a friend and knowing where to meet when school starts).
- Place a copy of your child's timetable on the fridge at home.
- Ensure your child has their timetable and a school map in their bag.
- Be organised at home. Encourage your child to use a diary. Set up a daily routine for homework and other activities. Set up a study area at home.
- Have a plan on how to manage home/school communication such as returning notes.
- Develop a weekly plan so your child knows what they need to bring to school each day.