



## PREPARING FOR HIGH SCHOOL:

### TIPS FOR PARENTS / CAREGIVERS OF YEAR 6 STUDENTS

The transition from primary to secondary school is an important one in the lives of children. A positive transition can help young people feel more confident in their ability to adapt to a new situation, and has a great impact on their mental health and wellbeing.

Having the ongoing support of parents or caregivers significantly impacts their transition. Below are some tips for parents and caregivers to support a positive transition for their child:

#### INCLUDE THEM IN DECISION-MAKING

Include your child when making decisions; this might include chatting with them about transport options to and from school, buying stationery/clothes and subject selections.

#### FIND OUT HOW THEY ARE FEELING

Discuss with your child what they are looking forward to the most about transitioning to high school, as well as what they are worried about. This way you can support them to find positives and address any worries they may have. Common concerns for young people can include navigating new systems and environment, making new friends, fitting in, peer pressure, and developmental and physical changes. Remind your child that it's normal to feel nervous about starting something new and that they have internal strengths that they can use. Remind them that they will always have support at the school from teachers and counsellors on a daily basis.

#### HEALTHY FOOD & SLEEP

Healthy, nutritious food helps them with developmental growth, both physically and mentally. A proper diet and nutrition can help boost their attention span, energy levels, concentration, and overall performance. It is recommended that 11 & 12 year olds get 9-11 hours of sleep each night. Parents and caregivers should try encouraging a positive sleep routine which doesn't involve kids staying up late at night spending time on digital devices.

#### HELP THEM BE ORGANISED

Support your child to get organised. Sit down and help them put a list together of what they need for school. Teach them to start getting their own bag ready for school and get themselves ready for school. Look at school information and class timetables, and make a weekly schedule that both you and your child agree on. Support and coach them to get to school on time and be ready to leave the house at the right time.

#### GET TO KNOW THE SCHOOL

Attend school orientation with your child to help familiarise them with the new environment. Take them to school during the first days and weeks. Talk to new teachers and school staff and get to know them. That way you have clear open communication lines with the school whenever you might need it..

#### STAY ENGAGED

The transition to high school can last days, weeks, or months. Ask your child daily how was school, ask if they need homework help, and be actively involved in their experience. Monitor your child's learning, and regularly attend parent-teacher meetings and school events. This will all help them to settle in better. Reach out to the school whenever you have questions or to discuss anything about your child.

#### REACH OUT FOR HELP IF NEEDED

Keep an eye out for signs or changes that your child is not coping. If they seem down, anxious, irritated, impulsive, or don't want to go to school, speak to the school about it, or seek professional help. Addressing the early warning signs allows small worries to be managed so they don't become major issues.

#### AVAILABLE SUPPORT SERVICES

2Connect offers free support services for young people and their families in the Bayside, Georges River or Sutherland Council regions. Phone us on 95561769 or read how we can help [here](#). Other support services include Parentline 1300 1300 52 or Kids Helpline 24hrs on 1800 55 1800