

## How To Help Your Child

# GET SET FOR HIGH SCHOOL

Whilst it's an exciting time, transitioning to high school can also be stressful because of the number of changes children have to deal with in such a short time. Now is the perfect time to help your child adjust to some of the new routines and responsibilities they will face next year. It will help to reduce the pressure of starting high school.

## 2 GET TO KNOW THE HIGH SCHOOL

Remove some of the unknown in moving to high school by getting to know the new school. Visit open days and orientation days to take part in a tour. Your child can listen to students talk about highlights of the school and join in activities. Browse the school's website and attend any performances (eg drama/musicals) to become familiar with the school. This will help them to feel more comfortable when they start Year 7.

## 4 LEARN TO MANAGE TIME

Because the workload increases in high school, it's important for your child to get better at managing their time. Any skills your child develops in this area prior to starting Year 7 will give them an advantage as they will need to cope with homework and assessments for multiple subjects, whilst juggling sport, activities and family time. And remember that managing time is a skill ... the more practice we get, the easier it is to do.

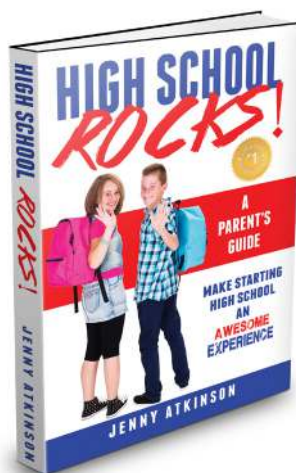
## 7 KEEP COMMUNICATING

Sometimes this is hard when life gets busy, but try to keep the lines of communication open with your child. If they are struggling with friendships, schoolwork or just settling in you'll want to be able to talk with them about it. You'll also want them to share all the good stuff that goes on in high school too. Spend time together to keep your connection strong.



## 5 ENCOURAGE INDEPENDENCE

In high school children are expected to be more responsible and independent. This is a big change for most so you can start helping them to adjust now. What can your child be responsible for around the home? Are they taking charge of school related responsibilities? If your child will catch a school bus next year, consider trialling this routine sometime in Year 6 as it will be one less new activity they will face when they start Year 7.



Want to know more? Get your copy of the bestselling book for parents, 'High School Rocks: Make Starting High School An Awesome Experience'. It tells you everything you need to know for your child to thrive and have an awesome high school experience.

Available from:  
[www.sparkseducation.com.au](http://www.sparkseducation.com.au)

## 1 BE AWARE OF THE CHANGES

At 11 to 12 years old your child is heading into an exciting but tricky time. They are dealing with all the emotional, physical and psychological changes that puberty brings at the same time that they face their transition to high school. That's a lot of change! Try to keep some familiar routines at home as it helps your child to feel secure in the midst of all that is changing around them.

## 3 DEVELOP COPING SKILLS

You can't always be there to help your child, but you can help them build coping skills for the challenges that are a normal part of starting high school. Helping them to develop a flexible attitude, work through problems, ask for help when needed and find ways to calm themselves when they are upset all help to build up their resilience.

## 6 GET ORGANISED

Being organised will help your child cope with getting more homework and assessments in Year 7. In high school they will need a need a system for organising computer files, paperwork, their diary and home study area. Easing them into these routines now will help take some pressure off next year. Encourage them to be organised with everything they need for school each day.