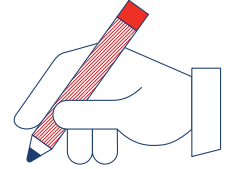


Getting ready for high school

A checklist for parents

This is a general guide to help you get ready for your child's transition to high school. Please check with your child's school for more specific information.



Prepare supplies: Buy what you need, like uniforms, stationery, books, a school bag, a water bottle and a lunchbox. Check if the school requires devices like a laptop.

Get to know the school: Find out where the main office is, drop off and pick up points, start and finish times and important dates, e.g. orientation days, term dates, parent-teacher meetings.

Understand policies: Look at the school's policies on uniforms, attendance, homework, behaviour, and mobile phones. You can usually find these in the orientation information or on the school's website.

Stay connected: Follow the school's social media pages (such as Facebook) and register for the parent portal. Save the school's contact information in your phone and make sure your contact details are up to date with the school.

Explore support options: Let the school know if your child has any allergies, health conditions, or disabilities. Check what support is available, e.g. mental health or learning assistance.

Get involved: Keep in contact with your child's teachers and attend school events and parent-teacher meetings. Look at their class timetable to stay engaged with their education.

Plan travel: Plan the route to and from school. Make sure your child knows what to do in an emergency, e.g. what to do if they miss the bus, or there are changes to their transport routine.

Encourage friendships: Talk about being open to making new friends and keeping old ones. Remind them that a lot of kids are in the same position.

Keep safe online: Talk about responsible internet use and how to stay safe online. Let your child know they can talk to you if they feel unsafe.

Stay positive: Talk about starting high school in a positive way. Ask your child what they're excited or worried about. Be available to listen and support your child, encourage open communication, and celebrate their achievements.