

Ready for high school checklist

Tick each item when it has been done (not all tasks will apply to you).

This year

- Allergies, medical condition or special needs?
Talk to the high school principal early.
- Encourage your child to participate in any transition to high school program offered to them.
- Watch videos about high school at:
www.schools.nsw.edu.au/highschool

AT HIGH SCHOOL ORIENTATION

Find out about:

- school uniforms (including sports uniform), where and when to buy them
- map of school
- school start and finish times
- transport to and from school – forms for travel pass or subsidy if applicable
- programs offered in the school
- book packs and school supplies lists
- ways to become involved in the school
- the name of the Year 7 adviser.

Tips for the first week of high school

- Photocopy school timetables for school diaries, the inside of locker doors and on the fridge.
- Remind your child to note all assignments, homework and events in their diary.
- Check through the timetable each night while your child packs their bag – including sports uniform. Encourage your teen to eat healthy food and get a good night's sleep.
- Give the school your current contact details.

Next year

JANUARY

- Buy school uniforms, books, stationery, school bag, drink bottle, house key, etc.
- Label everything.
- Break in school shoes to make them more comfortable.
- Practise travelling to and from school with your child using the transport they will use. Let your child buy travel tickets, if applicable.
- Teach your child how to read the timetable for the bus, train or ferry as appropriate.

AT HOME

- Talk positively to your child about the move to high school.
- Ask them what's exciting about high school. Does anything worry them?
- Make sure your child has a quiet work area and extra stationery supplies.
- Organise personal hygiene items in school bags.
- Decide what your child will do before and after school, and what time they need to be home.
- Discuss emergency and safety issues with your child.

THE FIRST DAY

- Help set your child's alarm. Encourage them to get themselves ready on time.
- Provide your child with money in case of emergencies and your contact numbers.
- Make sure you have the school's phone number with you.

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