



12 tips

to help your child be ready for high school

1. Be positive

It will help your child feel better and learn better.

2. Reassure them

Nerves are normal and it helps to talk about it.

3. Get to know the school

Attend orientation and transition programs.

4. Practise getting to and from school

Work out public transport routes and pick-up and drop-off zones.

5. Organise stuff

Get books, stationery, equipment, a school bag and uniform.

6. Understand the school routine

Talk through the timetable and make copies.

7. Create a study space

Set up somewhere quiet away from distractions.

8. Help them make friends

Find out if there's a buddy system your child can join.

9. Build their resilience

Set positive goals to keep things on track.

10. Discuss safety issues

Make plans to manage different situations.

11. Connect with the school

Join school social media channels to stay up to date.

12. Make a fresh start

No matter how hard things have been at primary school, high school can be a fresh start. Let the school know if your child needs extra support.