



# STARTING HIGH SCHOOL

## Tips for Families

### **New transition new environment**

School transitions are complex. It can be challenging and rewarding. A child's wellbeing may be challenged during the transition period. Some children will go to high school with friends from their primary schools, and others will transition alone. This can have a huge impact on your child's wellbeing and confidence. Your child will familiarise themselves with a new style of learning, with many lessons and teachers in each day. There will be new procedures, rules and policies to follow. *Sit down with your child at the beginning of the school year to read through the new rules and procedures.*

### **Change and uncertainty**

Starting high school is a time of change and uncertainty. Students can often feel overwhelmed by the amount of change occurring in such a small period of time. It is important to have open communication with your child so they can come to you when they are overwhelmed or worried. *Check in on them regularly. Be genuinely interested in what they are doing in their day-to-day lives. Let them talk openly without judgement. Don't try to solve every problem – often children just need a non-judgemental ear to listen.*

### **Knowing the warning signs**

If your child is showing the following signs, it is time to get help:

Restlessness, difficulties concentrating,  
Refusal to talk about what is happening at school,  
Low mood, staying in their bedroom all the time,  
difficulties falling asleep and waking up the next morning,  
changes to their eating habits,  
less enjoyment in once preferred activities,  
refusing to participate in social or family events,  
overly angry and/or overly upset all the time.

### **Online Support**

[Bite Back \(resilience and wellbeing\)](#)

[Beyond Blue forums](#)

[Headspace online support](#)

[Kids HelpLine](#)

[Smiling Mind \(meditation & mindfulness\)](#)

[Mindgauge \(measure overall wellbeing\)](#)

### **Making new friends**

High school is a great opportunity for your child to make new friends. They will have opportunities to meet peers during school camp. *Encourage your child to make new friends by asking them questions about who they sat with during the day. You could also encourage weekend catch ups to consolidate these friendships. If you have concerns, encourage your child to speak to the Year Advisor. You can also organise to speak to the Year Advisor about your concerns.*

### **Managing workload**

At high school, students will be expected to manage home work and assessment time frames, including making time to study for any upcoming exams. *Ask your child every day what homework is expected of them. Print off a large calendar of each term and place it above their study area. Show them how to add in when homework and assessments are due, and when exams are scheduled. Show them to how to plan their assessments and when to start studying for upcoming exams. If they are overwhelmed, spend time with them on weekends to assist with their planning. Talk to the school if they need assistance.*

### **Where to get help**

- Your child's Year Advisor
- The School Counsellor
- The school's Head of Wellbeing
- Your child's regular doctor
- A psychologist - ask your GP for a Mental Health Care Plan
- Parent Line 1300 1300 52