

# Preparing for High School

## Top 5 Tips

The transition from primary school to high school is significant for many reasons. For students, it means a new environment and a new uniform; not to mention new friendship groups, new routines and new ways of thinking and learning within this new environment. As a parent/carer, it's only natural to want to help prepare your kids for this change. We value this at Snug and what we can do to help support the transition process for all our students and their families. Our program includes activities and focuses on the following aspects across our students' and your child's final year at Snug PS. We hope this helps you on this journey to High School.

### 1. Organisation

Throughout Year 6 at Snug, students learn to move between classrooms and subject areas for every session. This encourages them to organise their own materials and work on being on time to their next session. They have their own timetable to read too. We have seen the benefits of avoiding students experiencing stress about heading to the right class and having the right books, in the right place and at the right time. You can assist your child, by supporting them to monitor and reflect on the time it takes to get themselves ready for varying daily tasks and ensuring they can do this independently.

### 2. Independence

Independence is closely tied to organisation. While we can support your child's early high school experiences by creating timetables and visual prompts for learning, it's best to do so with the aim of independence. Taking time to help your child create a dedicated place at home to do high school homework and assignments encourages self-reliance and responsibility. This is also important during learning times at school. Your child will learn across this year, to work towards monitoring and regulating themselves when it's especially important to do so for completing set tasks. Discussing strategies to help them when they may become distracted easily, is an excellent way to support independence. Your child needs to become aware of their strengths and weaknesses that surround them in various learning environments and act on these appropriately for their own learning successes.

### 3. Logistics

Your high school child will need support in areas other than their "new" academic experiences too. We encourage you to take some time to think about how your child's day may physically differ from what they have been used to in primary school. Other than Year 6 Snug students having new experiences in moving from class to class for subject areas, consider ways you can help to prepare your child for these, including: increasing familiarity with spending nights in preparation for school camps and practising using public transport. This often includes new pathways to and from high school. Scenarios are beneficial discussions to have with your child. What if.. I miss the bus? What if.. I can't find this? Will help your child to problem solve and promote independent decision making whilst relieving any anxieties.

### 4. Opportunities

We encourage you to make the most of any opportunities you have to find out more about all aspects of your child's new school, including other high school experiences if available. We at Snug PS, understand this time is usually a huge change for our students socially and are always considering new ways to familiarise them with the high school environment. This can make a big difference in terms of their confidence in the first few weeks of school. We offer transition days (student visits before they start the new school year) or school tours, as any time your child can spend on their new campus and with others, usually helps to ease some nerves. Consider this as an option in your own time (Kingston High offer parent/student tours Tuesday mornings). Other considerations to support this include: Looking through the school's website, gallery and newsletters, attending school events and discussions about the positives and new opportunities for participating in for example; sports teams, arts clubs or other extra curricular activities that are new or familiar to them.

### 5. Communication

Building on our awareness of the academic and social changes your child will need to manage, we believe that taking some time to think about how to maintain positive communication with all others, as they begin high school is important; especially in our ever changing and demanding digital world. How we listen to our students/child speaking about school and others is crucial. We encourage the awareness of:

- Avoiding jumping in to save them by offering suggestions; instead asking them what they could do to help themselves feel better or deal with a problem
- Listening to their ideas and asking if you can help in any way
- Giving them the opportunity to problem solve, showing that you value what they have to say, and demonstrate trust that they can solve their own problems in an appropriate manner including in an eSmart safe way