

## MIDDLE PHASE OF LEARNING



### Useful Tips for Parents

Starting high school is a big deal for students. It can be a trying time as they learn the ropes and get accustomed to the high school environment.

These tips can help you help your child make that move into Year 8 as smooth as possible.

#### What can I do while my child is still in Year 7?

- **Do some homework**

Find out information about the high school your child will attend, such as subjects offered and sports played that meet your child's needs and interests. You may also need to give some thought to travel arrangements and care before and after school.

Also take some time to learn about the physical, mental, and emotional changes that all adolescents go through as this can affect how your child will handle the move to Year 8.
- **Build relationships**

Many high schools have orientation programs to help with the transition process. Attending an orientation evening at the school will give you a valuable opportunity to meet with teachers and administrators, as well as check out school facilities and get an idea of the school layout.
- **Increase your child's self-reliance**

So much more is expected of students at high school. By gradually increasing their level of responsibility at home, and communicating your expectations to them, you can help them develop self-reliance and coping skills that will kick-in during those critical first few weeks of Year 8.

Remind them about the transitions they have already gone through and the strategies that helped them in the past. Encourage them to talk to their friends about the changes ahead.
- **Provide encouragement.**

Some adolescents will surprise you with their resourcefulness and strength during stressful times. Others benefit from having someone there to give a cheer or a smile from the sideline.

Encourage your child to develop strong links with social, sporting or community-based groups – this will boost their chances of succeeding in other areas of life.

#### What should I do once my child starts Year 8?

- **Get involved**

Soon after school starts you will be invited to your first parent–teacher meeting. This will be an important opportunity to discuss your child's progress and talk about any concerns you or your child's teachers might have.
- **Help establish and maintain routine**

This is an ongoing process that starts from day one at high school. It is especially important to establish and maintain a regular homework routine as more after school study is expected of high school students.
- **Listen**

Provide your child with opportunities to express their feelings about school, sport, drama, friendships or any other topic, and take a genuine interest in what they say.
- **Play your part**

Parents and guardians play an important role in the life of a school. As well as being your child's biggest fan and supporter, you can play a part in the quality of schooling your child enjoys:

  - Join the parents and citizens association;
  - Put your hand up for school activities like sporting events, trips and camps;
  - Volunteer at the canteen or in the classroom;
  - Offer to pass on your vocational or other skills to students.

