

Ready for high school checklist

TICK EACH ITEM WHEN IT HAS BEEN DONE.

To do in Year 6

- If your child has any allergy, medical condition or special needs, talk to the high school principal early.
- Encourage your child to participate in any appropriate transition to high school program offered to them.

At high school orientation

- Organise documents for a travel pass if applicable.
- Meet other students, parents and school staff.
- Get all the information you need about the school uniform.
- Find out school starting and finishing times.
- Get a map of the school and tour the school. Help your child to get to rooms on the map.
- Find out what programs the school offers.
- Find out what other school supplies are needed and where to get them.
- Find out ways to become involved in the school.

To do in the school holidays before Year 7

- Buy the school uniform including sports uniform.
- Buy other supplies as needed, such as school bag, drink bottle, house key, etc.
- Label everything.
- Practise wearing school shoes to make them more comfortable.

2010 term dates for NSW public schools

NSW public schools have four terms running over two semesters. Year 7 students usually start the day before the rest of the school so that they can settle in.

Term 1 Year 7 students start school on Thursday, 28th January, 2010*

Term 1 ends on Thursday, 1st April

Term 2 Students return to school on Tuesday, 20th April

Term 2 ends on Friday, 2nd July

Term 3 Students return to school on Tuesday, 20th July

Term 3 ends on Friday, 24th September

Term 4 Students return to school on Monday, 11th October

Term 4 ends on Friday, 17th December**

* School starting dates may be later in some schools in Western NSW. Check with your school.

** Finishing days may vary. Check with your school.

To do in the school holidays before Year 7

- Practise travelling to and from school with your child using the transport they will use. Let your child buy the tickets and ask for a copy of the bus, train or ferry timetable.
- Teach your child how to read the timetable for the bus, train or ferry as appropriate.
- Provide guidelines to your child about returning times and communication after school.

At home

- Talk positively to your child about the move to high school.
- Let your child tell you what excites them about high school and what worries them. Let your child know there is always someone at high school they can go to for help.
- Make sure your child has a desk or an area where they can work quietly and have things they need close by.
- Make sure your child has a dictionary.
- Organise personal hygiene items in school bags, such as deodorant and pads or tampons for girls as needed.
- Decide what your child will do before and after school. (There is no before or after school care for high school students).
- Discuss emergency and safety issues with your child. Talk in a calm way about things that may happen, such as being approached by a stranger or catching the wrong train. Allow your child to suggest what they could do in such a situation.

On the first day of Year 7

- Get your child to wake up to an alarm clock and to get themselves ready on time.
- Perhaps give them some money for emergencies.
- Make sure you have the school's phone number with you each day in case of emergencies.
- Make sure your child has your phone numbers and any other numbers they need in an emergency.
- Make sure the school has your current contact details.

In the first week of high school

- Make photocopies of their timetable in case it gets lost. Copies of the timetable can be put in their school diary, the front of their school books, on the inside of their locker door and on the fridge.
- Check through the timetable each night to make sure everything that is needed for the next day is packed, such as sports uniform.

Encourage your child to keep a balance in their high school life. They still need time to relax, have fun and spend time with friends and family. They also need healthy food and a good night's sleep.