

# How is your child feeling about starting high school?

Time to start year 7 – A parent's guide to starting high school



Fitting in is extremely important to Year 7 students. Making new friends is perhaps one of the most important things your child will face when they start Year 7.

Some students will be in a school where they know few people, or they may only know the children from their old primary school. Encourage your child to participate in activities so they get to know other people. It is also important for parents and carers to reassure children who are taking a while to find their place in their new school – it all takes time. Parents and carers can also make a big difference to their child's self confidence by always being available to listen if kids want to talk about their concerns about starting high school and their new school experiences.

#### HANDY HINT:

Before your child starts high school, talk to them about the different situations and people they might meet at school and promote the opportunity to make new friends.

#### Understanding the changes

Going to high school will be a new experience for your child. The school is likely to be much bigger than their primary school, and your child may feel a little bit insecure at first. Instead of being a senior student in a smaller school, they are now a beginner in a big school.

From day one, there will be many changes they will need to get used to – like having a number of different teachers and different classrooms and needing to carry around notes and books from class to class. With the help of family and staff, students usually adapt quickly to their new situation.

#### Getting around

Many of our high schools refer to their classrooms by numbers such as A16, C13 or B12, and some refer to their buildings as 'blocks'. For example, 'A Block' might be the mathematics building and 'B Block' might be the English and History building.

The timetable will refer to specific room numbers, so it is useful for your child to have a rough understanding of the layout of their new school before they start. Make sure they attend the school orientation day (usually held in Term 4 the previous year) and ask the

principal for a map of the school so that your child can look at it before they start Year 7. This map will also help you to find the office, canteen, and parent meeting area when you visit the school.

#### New teachers

In high school, students may have eight or more subject teachers, plus a student adviser to provide help and support. It's common for new Year 7 students to feel concerned that their needs and interests might get lost in the crowd. It is important to let them know that there are always people available to help them and that they should not hesitate to ask questions.

#### Further information

For further information talk to your school principal, contact your regional office or go to [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

For translated information go to [www.det.nsw.edu.au/languagesupport](http://www.det.nsw.edu.au/languagesupport)