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Be positive and enthusiastic to help get your child looking forward to high school

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Talk to your child about their timetable, subjects and where their classrooms are. Keep a few copies of the timetable handy

2

Organise their school uniform

7

Encourage good study habits and create an environment where all interests – such as sports, tv and music – are balanced

3

Arrange books, stationery and a school bag – remember to label all belongings

8

Remind your child that nerves are normal. Encourage them to talk about any concerns they have

4

Learn about the new school routines – these might be very different from primary school

9

Encourage your child to keep in touch with their primary school friends and to make new ones

5

Help your child become familiar with travel to and from school, including a plan for public transport if required

10

Have an emergency safety plan – be clear about who your child should contact and how