



Starting high school

A family guide



Ready for high school checklist

Tick each item when it has been done (not all tasks will apply to you).

This year

- ☐ Does your teen have allergies, a health condition or additional needs? If so, talk to the high school principal as soon as possible.
- ☐ Encourage your teen to participate in any transition to high school program offered to them.
- ☐ Watch videos about high school at education.nsw.gov.au/high-school.

At high school orientation

- ☐ Find out about school uniforms (including sports uniforms) – where and when to buy them.
- ☐ Get a map of the school to identify buildings, entry points and bike racks.
- ☐ Note school start and finish times.
- ☐ Discuss safe travel routes to and from school, and find out about forms for your teen's travel pass or subsidy if applicable.
- ☐ Get details on programs the school offers.
- ☐ Make a list of book packs and school supplies.
- ☐ Learn how you can become involved in the school.
- ☐ Meet the Year 7 adviser.
- ☐ Connect with other parents on Facebook and Twitter.



Next year

January

- ☐ Buy school uniforms, books, stationery, school bag, drink bottle, house key, and any other supplies.
- ☐ Label everything.
- ☐ Break in school shoes to make them more comfortable.
- ☐ Practise travelling to and from school with your teen using their new transport or travel route. Let your teen buy travel tickets, if applicable.
- ☐ Teach them how to read the timetable for the bus, train or ferry as appropriate.
- ☐ Join your school and the department on social media to get all the updates.

At home

- ☐ Talk positively to your teen about the move to high school.
- ☐ Ask them what's exciting about high school. Does anything worry them?
- ☐ Make sure your teen has a quiet work area and extra stationery supplies.
- ☐ Organise personal hygiene items in school bags.
- ☐ Decide what your teen will do before and after school, and what time they need to be home.
- ☐ Discuss emergency and safety issues with them.

The first day

- ☐ Help set your teen's alarm. Encourage them to get themselves ready on time.
- ☐ Provide your teen with money and your contact numbers in case of emergencies.
- ☐ Make sure you have the school's phone number with you.

The first week

- ☐ Photocopy school timetables to place in school diaries, inside locker doors and on the fridge.
- ☐ Remind your teen to note all assignments, homework and events in their diary.
- ☐ Check through the timetable each night while your teen packs their bag. Encourage your teen to eat healthy food and get a good night's sleep.
- ☐ Give the school your current contact details.