

# Ready for high school checklist

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

## 2010

- 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 a map of the school and go on a tour of the school.

### Find out about:

- school uniform
- school start and finish times
- transport to and from school
- programs offered in the school
- any additional school supplies needed and where to get them
- ways to become involved in the school
- the name of the Year 7 adviser.



## 2011

### January

- Buy the school uniform including sports uniform.
- Buy other supplies as needed, such as school bag, drink bottle, house key, etc.
- Label everything.
- Break in school shoes to make them more comfortable.
- Practise travelling to and from school with your child using the transport they will use. Let your child buy travel tickets, if applicable, and ask for a copy of the 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.
- Organise personal hygiene items in school bags.
- Decide what your child will do before and after school.
- Discuss emergency and safety issues with your child.

### The first day

- 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.

Watch videos about high school at:

[www.schools.nsw.edu.au/highschool](http://www.schools.nsw.edu.au/highschool)



For more information:

[www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

[www.myschoolkids.com.au](http://www.myschoolkids.com.au)