



Preparing your child for secondary school

Only yesterday they were finishing kindergarten and starting big school, now they're getting ready to move on to secondary school. Here are some tips on preparing your child for a smooth transition to secondary schooling. Consider your child's strengths, interests and support needs.

- 1. Set up a study space.** Set up a quiet, distraction-free space at home where they will be able to put a calendar up and do their homework.
- 2. Help establish a weekly routine.** Ensure their weekly routine includes time for study and healthy habits like meditation and exercise, to help them stay on top of their workload.
- 3. Stay social.** Ensure your child has time to stay connected with their friends from primary school who aren't going to the same secondary school. They can share stories about the transition to secondary school.
- 4. Meet new people.** Once at school, encourage your child to join in activities where they will meet people who have similar interests.



- 5. Encourage extracurricular activities.** Look at what extracurricular options are available at your child's secondary school and get them to list the activities they are interested in or want to find out more about.
- 6. Encourage autonomy.** Encourage your child to be involved in decision making about their routines and setting their own goals. For example preparing for the school day and motivating themselves to do homework.
- 7. Be positive.** Promote taking a positive and enthusiastic attitude and embracing the changes and new experiences secondary school brings. Be prepared for there to be ups and downs, adjusting to change takes time but if things don't settle down talk to the school.

