



Settling into school



Some students take transition in their stride and settle into a new class with a new teacher with very few bumps, and others do better than you would ever have expected. Some children however can really struggle. Here are some parent tips to ensure the road into school is as bump-free as possible:

- Ask your child about their new friends and how they feel about school. Listen without judgement so that they feel confident to talk about any issues and ask for help.
- Talk to your child about their routine at school. It will help them feel comfortable in their new environment. It is important they know who to turn to if they need help in the playground, tuckshop line or classroom. Some children can develop fears about school and find excuses to avoid attendance, like feeling ill or incomplete homework. If this becomes a regular occurrence, you should seek assistance from your teacher or school guidance counsellor, as it can become very difficult to get them to school.
- Establish regular early morning routines, create a morning task chart and buy an alarm clock for your child. This will help you both feel organised in the mornings.
- Write an email, or a short, concise letter for your child's message folder to your child's teacher if you have concerns or questions. Alternatively, request an interview. Avoid building up anxieties that can filter onto your child's attitude at school. Many schools have home/school diaries and other forms of communication with teachers that would alleviate your concern.
- Get to know other parents. They can be a great source of support and friendship. Join your Parent year level Facebook group. Meet at drop-off and pick-up points, in the school playground or at school functions. Organise picnic dinners at your local park on Friday afternoons! It provides a rich source of information and reminders; and allows both parents and children to socialise. Get involved in parent committees at your school too!

