



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.



Encourage your teen to keep a balance in their high school life. They still need time to relax, have fun and spend time with friends and family. They also need healthy food, exercise and a good night's sleep.

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2019 term dates for NSW public schools

Starting and finishing dates may vary from school to school. Check these dates with your school.

Term 1

Year 7 may start school on
Tuesday 29 January for eastern division and
Tuesday 5 February for western division.
Term 1 ends on
Friday 12 April.

Term 2

Students return to school on
Monday 29 April.
Term 2 ends on
Friday 5 July.

Term 3

Students return to school on
Monday 22 July.
Term 3 ends on
Friday 27 September.

Term 4

Students return to school on
Monday 14 October.
Term 4 ends on
Friday 20 December.

education.nsw.gov.au/calendars