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Be positive and enthusiastic and get your child looking forward to high school

6

Talk to your child about their timetable, subjects and classrooms. Keep a few copies handy

2

Organise school uniform

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Develop good study habits and create an environment where all interests – sports, tv, music – are managed

3

Arrange books, stationery and bag – label all belongings

8

Remind your child that nerves are normal. Keep communication open about any concerns they have

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Learn about school routines – these might be very different from primary school

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Encourage your child to keep in touch with their primary school friends and to make new ones

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Help your child become familiar with travel to and from school including a plan for public transport if required

10

Have an emergency safety plan – be clear about who your child should contact