GET READY FOR SECONDARY SCHOOL

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

2. Organise their school uniform.

3. Arrange books, stationery and a school bag – remember to label all belongings.

4. Learn about the new school routines – these might be very different from primary school.

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

6. Talk to your child about their timetable, subjects and where their classrooms are. Keep a few copies of the timetable handy.

7. Encourage good study habits and create an environment where all interests – such as sports, tv and music – are balanced.

8. Remind your child that nerves are normal. Encourage them to talk about any concerns they have.

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

10. Have an emergency safety plan – be clear about who your child should contact and how.