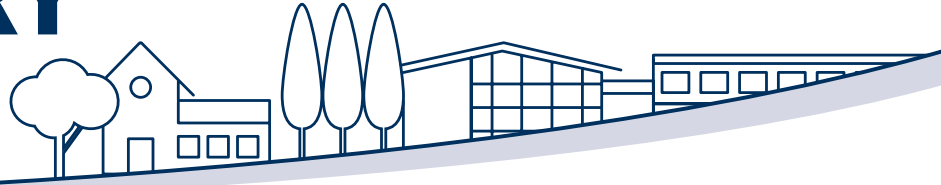


# STARTING SECONDARY SCHOOL



Government of South Australia  
Department for Education



## Parent Checklist: day one and beyond

### Countdown to high school

This checklist provides tips on how you can support your child on the first day of high school and beyond, to help them settle in.

### School drop off and pick up

Every family needs to make decisions about school drop off and pick up that are right for their child.

As secondary schools are more mature environments, most families choose not to walk their child into the classroom on their first day.

#### To do:

- Make sure your child knows where to assemble on the first morning of term 1.
- If possible, encourage them to arrange to meet a friend at a certain time and place in the school yard on their first morning.
- If you are driving, be mindful of speed and parking restrictions around the school and be prepared for large numbers of pedestrians.
- Pre-plan where you might park or drop your child off on that busy first morning.

### Recess and lunch

Many of our secondary schools have canteens and lunch order options. Even if you don't usually do so, preparing a packed recess and lunch for your child might just give them one less thing to think about on those first few days.

#### To do:

- If possible, consider preparing a packed recess and lunch for your child for their first week of school.
- You might like to invite your child to pack their own school lunch, encouraging their independence and self-management skills.

### Extra-curricular opportunities

One of the great things about high school is the opportunities it offers for extra-curricular learning through sports, special projects, music groups and clubs.

#### To do:

- Talk to your child about activities and sports on offer and encourage them to get involved.
- Remind them that joining clubs and groups is a great way to meet like-minded people and make friends.

### Focus on wellbeing

Your child's wellbeing is just as important in secondary school as it is in primary school. The first few weeks of secondary school will be a time of adjustment for you and your child.

#### To do:

- Remind your child that settling in and making friends takes time.
- Explain that it is normal to feel bit nervous and excited when starting secondary school, and these nerves may last beyond day 1.
- Ask the school who you should contact if you want to discuss your child's learning or social and emotional needs.
- Consider helping your child to work out a weekly timetable that includes study, extra-curricular activities, time with friends and time to relax.
- Talk to your them about their sleep needs – they may be extra tired in the first few weeks of school.

### Get involved in your school community

Secondary school students may be more independent, but our schools still need family volunteers.

#### To do:

- Consider nominating for the school's Governing Council or get involved with working bees - ask your school where you can volunteer.
- Ask your school if they will be using any apps, such as Daymap or SkoolBag, to communicate with parents. Download the apps or talk to the school if you will have difficulty accessing them.

### Common questions

Every high school manages its daily routines individually. Your school will let you know what to expect, but if in doubt you or your child can ask their teachers or front office staff about the following:

- Time the school day starts and ends.
- When lunch and recess breaks are held.
- Whether or not there are facilities to store bikes and helmets.
- What do if your child needs to leave school early.
- What to do if your child is absent or late.
- What to do if your child feels unwell at school.
- Whether or not your child can bring a mobile phone into class.