

# Making the change

It is normal and natural for a child (and parents) to feel anxious about starting a new school, and particularly making the transition to high school. It probably only seems like yesterday that you were dropping them off for their first day of Kindy!

To make the change flow as smoothly as possible, here are a few tips on how to work with your child to ensure a comfortable progression from primary school to high school.

## • Prepare

Start thinking about which high school your child should attend when they are in Year Five.

Allow your child to help you select which school they would like to attend. They will be

more comfortable about their 'fresh start' if they have some say in where they are going.

Many schools hold orientation days when your child is in Year Five or Six, so being prepared early is essential.

It is useful to not allow your child to fall into a disrupted sleeping pattern during the summer holidays before beginning High School. There is nothing worse than waking up at 7:00am after weeks of waking mid-morning.

## • Listen

Try not to instruct your child.

If your child is concerned about something, listen and reassure them. Ask them how they think they can work through the

concern, this will build confidence and reduce anxiety.

## • Plan

High School is much more independent than Primary School, so your child may feel a little flustered by everything that is required.

Discuss a homework and study routine with your child, to prepare them for the responsibilities of high school study.

Help get your child organised for high school with uniforms, proper equipment and textbooks if applicable.

## • Voice your concerns

Meet with your child's Year Seven supervisor to discuss any concerns you may have regarding the transition.

Most children are

excited and a little nervous about making the transition from primary school to high school. They already have a reasonable idea of what to expect thanks to the hard work done by high schools, as well as the varied stories that filter down into the primary schools.

As parents, your job is to support, guide and understand your children as they make the transition. With your support, most children will make the adjustment to the bigger environment, an expanded circle of friends, an enlarged workload and new opportunities in a relatively short period of time.

Source:  
[www.kidspot.com.au](http://www.kidspot.com.au)



## Ss Peter and Paul's Primary School

*'A wonderful Place to Learn,  
Feel Safe and Have Fun'*

### Enrolling Now for 2013 Kindergarten to Year 6



#### Ss Peter and Paul's School offers

- Excellent Education in a Rural Setting
- Peer Support and Leadership Opportunities
- Play Equipment Areas for K-6 Students
- Interactive Whiteboards
- Computer Laboratories
- Strong Parent/School Partnership
- Specialist Teachers
- Reading Recovery
- Participation in Sports
- Enrichment/Extra-Curricular Activities
- Before and After School Care Program
- Enrolments to All Children

For more information or to arrange a guided tour contact:

Mrs Maree Wilsmore (Principal)

Phone: 02 4821 3304

10 Knox Street Goulburn 2580

Fax: 02 4821 9934

Email: [office.sppg@cg.catholic.edu.au](mailto:office.sppg@cg.catholic.edu.au)