

Getting ready for high school

NSW Department of Education

NSW GOVERNMENT



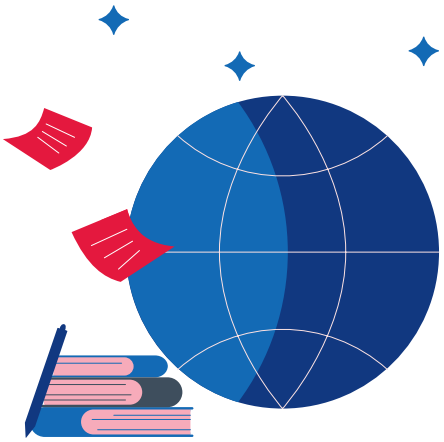
We acknowledge the Land, Country and Waterways of all Aboriginal Language Groups, Clans and Nations across NSW.

We acknowledge Elders past and present for their leadership, guidance and strength.

Do you need information in a language other than English?

1. Phone **131 450** to call the Telephone Interpreter Service for free.
2. Ask for an interpreter in your language.
3. Tell the operator the phone number of the school you would like to call. They will get an interpreter on the phone to assist you.

What to expect in high school



Starting high school is an exciting time for students as well as their parents and carers.

Going to high school will be a new experience for your child. The school is likely to be much bigger than their primary school, and your child may experience a slight sense of unfamiliarity at first. Instead of being a senior in a small school, they are now a beginner in a big school. However, it is also an exciting time with many opportunities and a broader curriculum.

New experiences

From day one, there will be many changes to get used to including having a number of different teachers in different classrooms, often spread across a larger campus.

Set classes, or 'periods', focus on particular subjects and may be longer than what your child experienced in primary school. Students may carry around notes and books, which can be heavy, from class to class.

New ways of learning

Year 7 students are encouraged to become more independent learners. They will learn to self-manage their learning with help from teachers and school staff

New teachers

In high school, students usually have eight or more teachers, each using a range of teaching strategies tailored to the student's needs and lesson objectives. They may also have a student or year adviser to coordinate their activities. Additionally, there are head teachers for different key learning areas and classmates can vary from class to class.

Timetables

Students are given timetables with subjects, times and room locations listed. They need to check their timetables each night to make sure they have the correct books, equipment and homework completed for the next day's classes. If they have sport or personal development, health and physical education (PDHPE), they may need to pack their sports uniform and shoes. Reading and understanding timetables is a new skill that students develop over time as they adjust to the routines of high school.


NSW Department of Education

Technology

Your child will have access to a wide range of technology tools and services. Teachers expertly integrate these approved tools, including online platforms and apps, to enhance the teaching and learning experience of students. Students may also engage with science, technology, engineering and mathematics (STEM) and digital technology tools to develop skills for their future.

New friends

Making new friends can be an exciting but also challenging part of starting high school. Students often come from a variety of primary schools, and they may find themselves in classes filled with children they don't know. Making new friends and connections over time will help motivate them and increase their self-esteem and sense of belonging.

Peer pressure

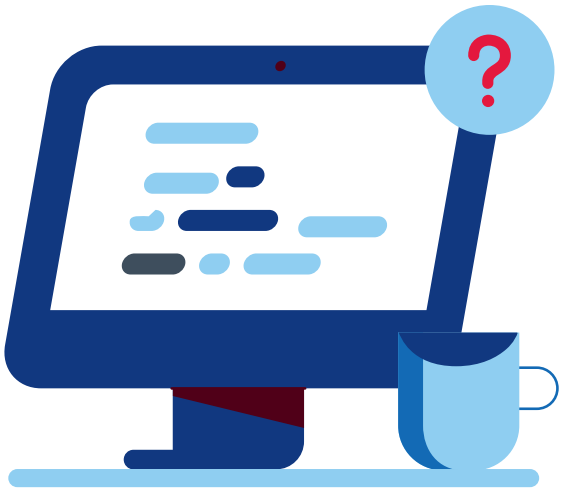
Making new friends and a desire to fit in sometimes means students do things they might not normally do – just so they can be liked or be one of the crowd. Let your child know they don't have to do everything their peers do. Make sure the friendships they make are genuine and positive, not based on pressure or conformity. A valuable message is that a real friend is someone who likes them for who they are.

Mobile phones

Your child is not allowed to use their mobile phone or any personal digital device while they're at school. This ban applies during class, recess and lunch. However, principals and teachers have the authority to allow the use of personal digital devices for educational purposes or if it is necessary for a student's learning, health, or wellbeing.

If you need to contact your child during school hours or if they need to contact you, the school can help organise communication. Check with your school about their specific procedures regarding mobile phone use on school grounds, at school related activities and outside of school.





Voluntary school contributions

All NSW public schools can request contributions to enhance educational and sporting programs. School contributions are voluntary, so you can choose whether to pay them.

Financial assistance for elective subjects

Schools may charge for elective subjects that go beyond the minimum needs of the curriculum. Parents who are unable to pay for elective subjects because of financial hardship may be eligible for assistance from the school.

The principal will ensure no student or family suffers any discrimination or embarrassment if they don't make a voluntary or subject contribution.



Transition to high school

Transition to high school programs

Many schools begin a transition to high school or orientation program from as early as Year 4. Make sure your child attends these events so they become familiar with the school and know what to expect when they start Year 7. Often, schools will hold 'meet the teacher' events for both you and your child, giving you important information about how the school works and who to talk to if you have any questions.

Support and additional needs

If your child has additional learning and wellbeing needs, talk to your primary school about how they support children to transition to high school. They will work with you to have conversations with the high school about what extra support your child may require during this time.

education.nsw.gov.au/schooling/parents-and-carers/inclusive-learning-support/high-school

Aboriginal and/or Torres Strait Islander Students

Many school communities have tailored programs to improve school outcomes for Aboriginal and/or Torres Strait Islander Students. Aboriginal and/or Torres Strait Islander families and carers are highly encouraged to help support the development of their child's Personalised Learning Pathway (PLP). This ongoing process involves students, families, and teachers working together. Contact your school for information about these programs, PLPs, or support from staff like an Aboriginal Educational Officer (AEO) or the Aboriginal Education Committee.

Support for students who are learning English as an additional language or dialect

Schools support students who need extra help to learn English as an additional language or dialect (EAL/D). This also covers Aboriginal and/or Torres Strait Islander Students whose first language is an Aboriginal language, including students who are speakers of Aboriginal English. Contact your school for more information.

High school age students in the early phases of learning English may be eligible to receive intensive English language tuition in an Intensive English Centre or Intensive English Class.

Contact your school to discuss how they support the needs of EAL/D learners.

Inclusive education in schools

Inclusive education ensures that all students, regardless of background, ability or learning needs, can fully participate in learning alongside their peers.

The NSW Department of Education values diverse school communities and is dedicated to creating an inclusive education system that includes every student, regardless of disability, ethnicity, socioeconomic status, nationality, language, gender, sexual orientation, or faith. We do this by making adjustments to teaching and learning methods that address the specific needs of each student.

Our culture, policies, and everyday practices support the integration of inclusion throughout school life.



Useful tips

At high school orientation

- Inform the school if your child has allergies, a health condition or needs to take medication
- Find out whether your child will need a device such as a laptop. If you are buying a device, check the recommended minimum needs with your school.
- Learn how you can become involved in the school.
- Find out the school start and finish times.
- Ask about the specialist staff your child can talk to if needed – such as the Year 7 adviser or the Aboriginal Educational Officer.

Before Term 1 starts

- Buy school uniforms, appropriate shoes and socks, books, stationery, school bag, drink bottle, house key and any other supplies.
- Label everything with your child's name.
- Follow your school and the department on social media to get relevant updates.
- Provide your current contact details to the school.
- Talk positively to your child about the move to high school. Ask them what's exciting about high school. Does anything worry them?
- Provide your child with money and your contact numbers in case of emergencies.
- Save the school's phone number.

Getting to and from school safely

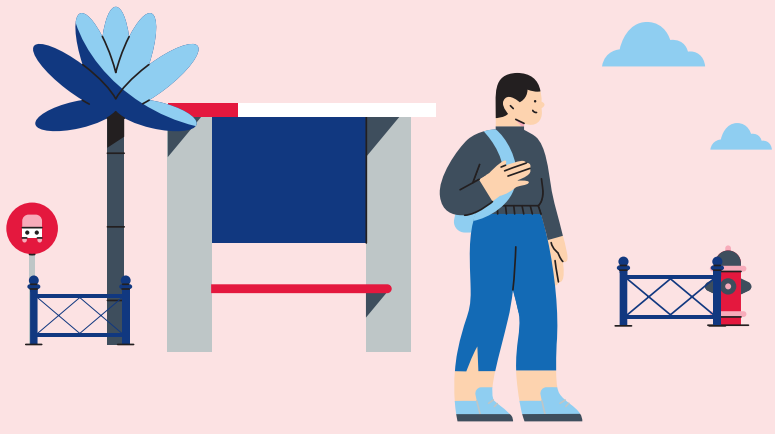
Pick the safest way to school and practise travelling the route with your child, talking about and showing them how to be a safe road user.

- Plan and practise walking and riding routes with your child. Discuss what they will do before and after school, and when they need to be home.
- Talk about what to do when they're running late, feel unsafe travelling to or from school, miss the bus or train, lose their travel pass, or it's wet weather.
- Discuss how distractions such as talking on the phone, texting or using headphones can affect their safety when travelling.
- If your child will be travelling by public transport, help them plan the route. Use the trip planner at transportnsw.info/trip

Help your child organise a school Opal card or bus pass if travelling by public transport. Call 131 500 or visit

transportnsw.info/tickets-opal/ticket-eligibility-concessions/school-student-travel

education.nsw.gov.au/safe-travel







Studying in high school



Once your child is in high school, regular study becomes important. Study time is completely different to doing set homework.

Homework will vary in amount and type because of the number of teachers and subjects each day. Most students will need to do some homework every night. It might be a review of the day's lesson, completion of exercises or starting an assignment that is due later.

During study time, students should go over the day's work, read their textbooks or notes, create summaries and try to increase their understanding of concepts covered in class.

Students in high school should regularly review work covered in class, summarise key ideas and do additional reading and research on topics, as well as practise tasks such as essays and mathematics problems.

Suggestions for effective studies

There is no one 'best' way to study. Students often find different methods and times to study to suit themselves. The key is regular study, not cramming before a test or exam. Does your child have a study planner or diary? Some will prefer scheduling homework and setting reminders on their phone or device, but you should still check they are keeping up with their homework and study each week.

Curriculum

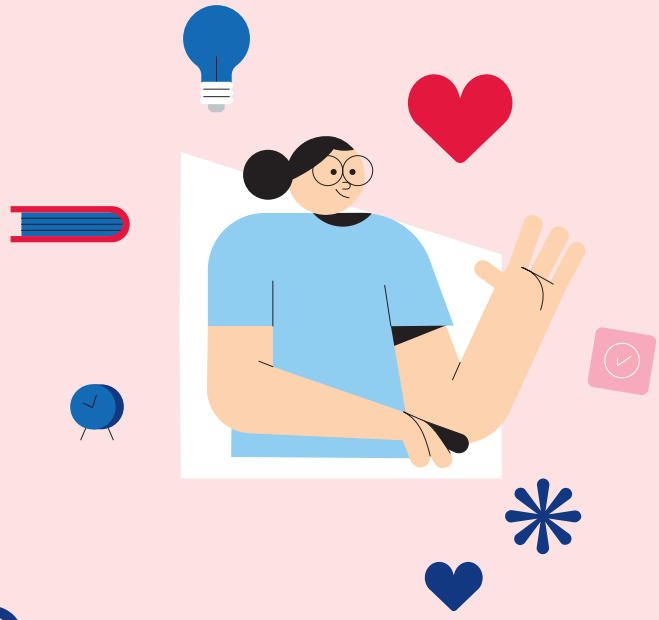
Each year, students are taught from syllabuses developed by the NSW Education Standards Authority. Schools and teachers use these syllabuses to create lessons. These syllabuses explain what knowledge, skills, values, and attitudes students should gain at each learning stage.

edu.nsw.link/curriculum


CAMMERAYGAL HIGH SCHOOL
EMPOWERED TO ACHIEVE







Every Day Matters

A day away from school here or there doesn't seem like much, but absences add up.

Why is attendance important?

Attending school every day gives your child the best opportunity and access to a wide range of learning, wellbeing and social connections.

Each day of school builds on what was learned the day before.

Your school is here to support you in getting your child ready and motivated for school every day.

When your child is absent, inform the school and provide a reason within 7 days. Notify the school in advance if you know your child will be absent. This helps make sure schools know where their students are and offer support for you and your family if needed.

Please contact the school if your child needs to miss school for any reason, so they can plan continued support for your child's learning and wellbeing.

education.nsw.gov.au/every-day-matters

Did you know?

If your child misses as little as

1 **day per week**

they will miss

8 **weeks of school per year**

which adds up to over

2.5 **years missed over their school life**

Literacy and numeracy learning in high school

In high school, students will develop and use literacy and numeracy skills in all their subjects. Developing strong skills, including good vocabulary and sound number knowledge can influence success throughout high school.

Literacy

Literacy is essential for your child's learning and success in society. It involves skills like listening, reading, speaking, writing, and creating various types of written and digital texts. Students use and adapt language for different purposes in different situations.

Communicating

Developing speaking and listening skills is important for children to socialise, make friends and actively participate in learning activities.

- Encourage your child to share what they are learning at school. Listen, ask questions and discuss these topics with them.
- Share stories from your world. Sharing memories, family traditions and history can support students in understanding their place in the broader world.
- Encourage them to tell stories, retell favourite events or create new stories based on their surroundings – creating new 'characters', situations and events.

Reading and viewing

Encourage your child to read and view widely on subjects that interest them – both fiction and non-fiction – and share their reading and viewing with others.

- Encourage your child to read and view a range of materials, including books, magazines, films, television shows and online texts.
- Ask your child for reading and viewing recommendations. Afterwards, talk about and compare your favourite parts, characters, events, images and/or writing.
- Encourage your child to read print versions of their favourite film or TV shows. Talk about how the story or character may differ and which they prefer.

Writing

Encourage your child to communicate about topics that interest them in different ways.

- Look at the writing tasks your child is doing in different subjects at school. Discuss and encourage your child to share what they see as their strengths and areas for improvement.
- Have a booklet, journal or diary your child can write or draw in daily.
- Ask your child to write or draw about things they like, such as about a book, film or game recommendation.

Numeracy

Numeracy means understanding and using maths skills and knowledge in different situations.

Numeracy skills will help prepare your child for study, life, work and beyond.

Have family conversations about the importance and usefulness of numerical skills in everyday life.



Number and algebra

Encourage exploring, calculating and applying number skills in everyday situations.

- Play board games that involve numerical and money skills such as Monopoly or Pay Day.
- Share information about household bills, such as electricity and phone. Question how your child would budget to pay the bills.

Measurement and geometry

Explore and discuss the different ways to identify shapes and measure objects in everyday situations.

- Cook together following a recipe. Ask your child to measure and calculate the right amounts required from the recipe.
- Work with your child to create a timetable on managing their time between school, relaxing, meeting with their friends and completing their jobs.

Statistics and probability

Question and think critically about data represented from different sources such as newspaper and television reports.

- Use a fitness tracker and compare steps per day over a week and average over a month.
- Play a dice game and weigh up the likelihood of the number that will be rolled next using one dice, or two dice, and the probability of winning the game.

Always encourage your child and use activities and topics they are interested in. If you speak a language other than English, it is important that you support your child to use their home language when interacting.

Most importantly, have fun with your child and make use of opportunities in everyday activities. It is important to establish a lifelong love of learning.

education.nsw.gov.au/teaching-and-learning/curriculum/literacy-and-numeracy/resources-for-parents-and-carers

NAPLAN

Students in Years 3, 5, 7 and 9 in Australian schools sit the National Assessment Program – Literacy and Numeracy (NAPLAN).

NAPLAN is held in March and involves 4 different tests:

- language conventions (spelling, punctuation and grammar)
- writing
- reading
- numeracy.

They are not English or Mathematics tests. Rather, NAPLAN assesses students' general literacy and numeracy skills, which are required in all subject areas. Texts used in NAPLAN come from a variety of key learning areas.

Students with disability may qualify for disability adjustments. Contact your school to discuss further.



Wellbeing

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

How your child may be feeling

Your child may feel excited or happy about starting high school. Or perhaps they may feel nervous or frustrated about all the changes. Remember that all of these feelings are normal and your child may react differently to others. It's important to have some strategies to manage their worries, re-focus their thinking and ensure they're looking after themselves.

What you can do to help support your child

- Monitor the media your child is watching.
- Talk to your child about their understanding of the situation and correct misunderstandings or confusion.
- Include your child in making plans for the future.
- Support your child to stay connected to friends.
- Keep to your regular routines and activities as much as possible.

Share these tips with your child and remind them that you're here to help:

- Be balanced and compassionate in your thinking – It's important to be kind and realistic in your thinking. Speak to yourself as you would if you were talking with a good friend.
- Keep connected – In challenging times, we're better together. Stay in touch with friends and family, look out for those around you and keep connected. Make time to reach out to people who make you feel good and are there to help.
- Take back some control – Identify things in your life that you are in control of, make a 'to-do' list of what you are going to complete and check them off when you're done.
- Accept what you're unable to change – Accepting there are things beyond your control and choosing to be comfortable with that is likely to bring greater peace of mind and use less energy than fighting something you can't change.
- Make healthy choices – Stay active and sun safe, make sure you're getting enough sleep, eat well and keep hydrated. Remember that you're still in control of your own body and your own path.



Anti-bullying

All NSW public schools work to prevent bullying and encourage appropriate behaviour by building students' social skills and respect for others. Each school has a behaviour support and management plan with strategies to address bullying, cyberbullying, and harassment. Contact your school for a copy of the plan or to report a concern.

education.nsw.gov.au/anti-bullying

School counselling and support services

NSW public high schools also have access to Student Support Officers (SSOs), who have professional experience in supporting young people's wellbeing and mental health. You can make an appointment by contacting the school. Some high schools also have additional staff, such as a wellbeing nurse, dedicated to student health and wellbeing

Connection to Country

Aboriginal and Torres Strait Islander Peoples the oldest living Culture in the World and have been here for tens of thousands of years and are the Ongoing Custodians of our land. Each unique group has its own culture, language and lores.

During their time at school, your child will learn about the histories, cultures, and contributions Aboriginal and/or Torres Strait Islander Peoples, as well as how they can work towards reconciliation.

Learning about this these rich history histories and cultures can help to assist students understand cultural differences and show respect for diversity.

What is Country?

Aboriginal and/or Torres Strait Islander Peoples have a strong and lasting connection with their land and water, known as Country. This profoundly spiritual connection links them to their Country and Ancestors and creates a sense of belonging and identity. Despite the challenges of colonisation and forced removal, Aboriginal and/or Torres Strait Islander Peoples have managed to maintain this sacred connection.

Your child can learn about Aboriginal and/or Torres Strait Islander history and cultures by:

- finding out whose Country their home is on
- finding out whose Country their school is on
- learn an Acknowledgement of Country
- writing down an Acknowledgement of Country
- learning some words of the local Aboriginal language by consulting with the local Aboriginal community and the local Aboriginal Education Consultative Group Inc. (AECG) and where possible, having conversations with your school's Aboriginal Educational Officer (AEO).

What is an Acknowledgement of Country?

Acknowledging Country is a way for us to remind ourselves that we live and go to school on Aboriginal lands and take the time to pay our respects to Aboriginal and/or Torres Strait Islander people of generations past and present for continuing to take care of our land, earth, skies and seas. It is a statement of recognition of the Traditional Owners of the land. It is a way to show respect for Aboriginal peoples, cultures and heritage and the ongoing relationship the Traditional Custodians have with the land.



Activity

Help your child complete their Acknowledgement of Country for their school's land. Scan the QR code or visit edu.nsw.link/indigenous-australia-map

I would like to acknowledge the

_____

people who are the ongoing custodians of the land where we are meeting today and to their Elders, both past and present. I show that same respect to the Aboriginal and/or Torres Strait Islander peoples who are here with us today.

Useful websites

education.nsw.gov.au/useful-websites

Aboriginal Education and Communities

education.nsw.gov.au/teaching-and-learning/aec

Complaints, compliments and suggestions

education.nsw.gov.au/your-feedback

Disability, learning and support

education.nsw.gov.au/schooling/parents-and-carers/inclusive-learning-support/high-school

Enrolment

education.nsw.gov.au/enrolment

English as an Additional Language/Dialect teachers (EAL/D)

education.nsw.gov.au/teach-nsw/explore-teaching/types-of-teachers/specialist-teachers/english-as-a-second-language

Health and physical care

education.nsw.gov.au/schooling/parents-and-carers/health-and-physical-care

Mental health and wellbeing

education.nsw.gov.au/mental-health-programs

NSW Aboriginal Education Consultative Group

aecg.nsw.edu.au

NSW Health

health.nsw.gov.au

Parents and carers resources

education.nsw.gov.au/parents-and-carers

Road safety

education.nsw.gov.au/safe-travel

School Community Charter

education.nsw.gov.au/school-community-charter

School Finder

education.nsw.gov.au/schooling/school-finder

Translated school information

education.nsw.gov.au/translated-documents

Other useful websites

education.nsw.gov.au/useful-websites

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