

Getting ready for high school

A checklist for parents

This is a general guide to help you get ready for your child's transition to Year 7. For more specific information, please check with your child's school

- ☐ **Buy essentials:**
Uniforms, stationery, books, bag, water bottle, lunchbox, and any required tech like a laptop.
- ☐ **Know the school:**
Learn key locations, start/end times, pickup/drop-off points, and important dates (e.g. orientation, term start, parent-teacher meetings).
- ☐ **Understand rules:**
Check policies on attendance, homework, behaviour, and mobile phone use—usually in the orientation pack or online.
- ☐ **Stay connected:**
Join school social media, the parent portal, and save contact info. Keep your details up to date.
- ☐ **Support needs:**
Tell the school about health issues or disabilities. Ask about available support like learning or mental health services.
- ☐ **Get involved:**
Communicate with teachers, attend events, and review your child's timetable.
- ☐ **Plan travel:**
Organise safe routes and talk through what to do if travel plans change.
- ☐ **Encourage friendships:**
Talk about making and keeping friends—remind them they're not alone.
- ☐ **Online safety:**
Teach responsible internet use. Let them know they can come to you if something feels wrong.
- ☐ **Stay positive:**
Talk about the move positively, listen to their worries and hopes, and celebrate progress.