

Transition to High School

Parent & student information evening

30th May 2018

This evening...

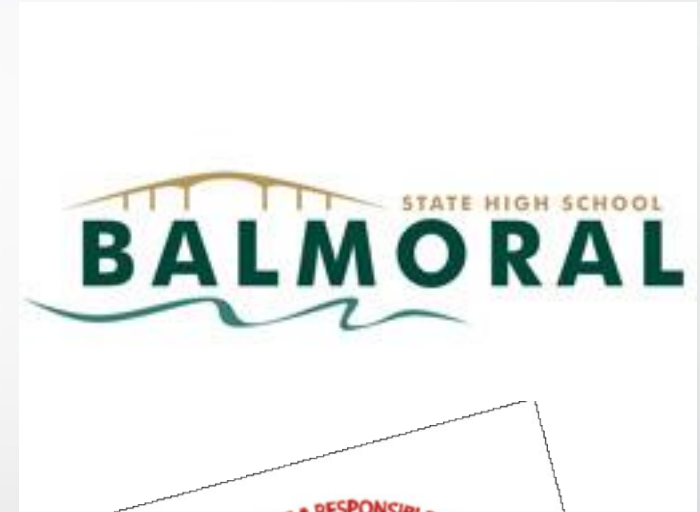
- Tips to make a smooth transition
- What we do at Mayfield to prepare students for high school currently
- Detailed information from local schools
- Past pupil vignettes of the transition to year 7
- Q & A

Tips for a smooth transition!

- **Talk about what to expect** – open days/visit/contact/view website, not every school is the same...
- **Get organised!** Consider how to get to school, how to solve a 'problem', how to stay in contact, school rules regarding preparedness...
- **Set some goals** - Encourage your child to write down some goals before school starts – make sure they think about social and extracurricular goals, as well as academic. This will help to motivate your child through the busy first term, and help them to have a feeling of control in amongst all the change of starting high school. Setting goals also helps your child to take more responsibility for their learning and development.
- **Build a support network**

Become a study planner

WHSC & BSHS



Currently @ MSS

- Upper school team for consistency and development of skills and expectations
- Leadership program from year 4-6
- Health lessons
- Cooperative partnerships with local high schools
- PAWS and PAWSupport
- Camps

Skills & responsibilities to develop...

- Study skills – do just a little bit every day!
- Use of a diary/study planner/calendar
- Timetables – how to read them
- INDEPENDENCE – being prepared and in the right place at the right time, with the right equipment/uniform

A word from...

Current high school students were asked to reflect on these questions/their transition to high school

- What were you most worried about going to year 7? And how do you feel about that now?
- What has been your biggest challenge starting high school?
- What has been your biggest success starting high school?
- What do you think you could have done in primary school to be better prepared for high school?
(if anything)
- Is there anything else really awesome you want year 5/6 students to know about high school?

Nathan, Year 7

What were you most worried about going to year 7? And how do you feel about that now?
homework. Not as much as people made out. But still a lot compared to grade 6. But I just get on with it.

What has been your biggest challenge starting high school?

Leaving friends at Mayfield and the size of the school. It's massive and I have to carry a really heavy bag everywhere.

What has been your biggest success starting high school?

Getting an A in maths. My first A ever. And making lots of friends.

What do you think you could have done in primary school to be better prepared for high school? (if anything)

The homework is a big jump. Probably could do more in year 6. Perhaps I think this because my little sister does year 6 next year. So increase homework for her.

Is there anything else really awesome you want year 5/6 students to know about high school?

Heaps more activities to try for sports day. It's not nearly as scary as everyone makes out. It feels normal now.

Bradley, year 7

- Hi my name is Bradley and I was in year 6 at Mayfield last year. On my first day of High School I was very nervous as I wasn't really sure what to expect. We got to have a whole week of transitioning activities to help us get to know each other and find where every block and staff room was. It was a big change from having only approximately 45 year 6 students to having 370 Year 7 students which is bigger than the whole of Mayfield. Once we were in to our normal classes we were helped by the teachers to follow our timetables and study planners. I found the amount of homework and assessments a lot harder and a big step up from Year 6. It was also very different having more than one teacher and lots of different subjects. Although this was hard to get used to I felt that I could always ask the teachers for help. I am now feeling very settled and enjoying High School.

Maeve, Year 9

What were you most worried about going to year 7? And how do you feel about that now?

Getting lost, not fitting in. I found my way around soon enough, and at first no one else knew what they were doing either, so I made friends finding my way.

What has been your biggest challenge starting high school?

There is a lot more work to do, but you get used to it pretty quickly, and it's necessary.

What has been your biggest success starting high school?

Getting over fears of new things - I feel a lot more comfortable starting new things, like sports or hobbies, and it got a lot easier to make new friends.

What do you think you could have done in primary school to be better prepared for high school?

(if anything)

Let go of the past, it's a fresh start with new people and although you never want to change who you are, you get a pretty clean slate when you change schools and we could all be a little nicer, and try a little harder, so yea, don't hold on too tight to mistakes you made, and embarrassing things that happened

Is there anything else really awesome you want year 5/6 students to know about high school?

It's difficult, but it's totally worth it, great memories and best friends are made in high school, and you don't wanna miss out on them. Also, just be careful on social media. It's a lot more prevalent at high school and it's gotten me in some bad situations a couple of times.

Sophie, year 7

What were you most worried about going to year 7? And how do you feel about that now?
Making new friends. I was worried because no body from my school was going to my high school.

What has been your biggest challenge starting high school?
Carrying around all of my stuff. And remembering my hat everyday.

What has been your biggest success starting high school?
Drama! Doing new subjects. And I made lots of nice friends.

What do you think you could have done in primary school to be better prepared for high school? (if anything)

Work harder on maths because I'm not as good at it as other subjects like English

Is there anything else really awesome you want year 5/6 students to know about high school?

There's no play time, there's no eating time, you can sit wherever, you can do work and visit the library at breaks – you get to make the decisions.


Holsman's top tips for high schoolers

- Relax and embrace the change
- Don't be afraid to ask questions
- Remember teachers are there to help
- Don't use exams to measure your self-worth
- Strike a balance between study and socialising
- Try reaching out to new classmates
- Try different activities and embrace school spirit

<http://www.abc.net.au/news/2017-01-30/how-to-survive-high-school-top-tips-for-teens/8223070>

Handy links...

- <https://www.learningpotential.gov.au/starting-high-school-tips-for-a-smooth-transition>
- <https://whiteshillsc.eq.edu.au/>
- <https://balmoralshs.eq.edu.au/>
- http://raisingchildren.net.au/articles/secondary_school.html/context/1126
- <https://www.headspace.org.au/>
- <https://kidshelpline.com.au/>



Q&A