

# 10 Transition Tips to Support Your Child



The excitement and anticipation of starting high school is often mixed with an array of emotions and for some students this is a difficult and challenging time. At the College our aim is to ensure our students have the best possible start to life in the secondary setting.

Below are 10 tips that you, as parents/carers, can do to help your child in their transition to secondary school.

1.



## Realise your Attitude

This is an inevitable change of routine; your attitude and how you handle this time of change will influence how your child approaches and experiences this transition.

2.



## Put in Place Good Planning + Home Routines

Starting secondary school is significant and having consistent and predictable practices in place are key to making the transition smooth.

3.



## Allow your Child Time to Settle In

Giving your child time to settle into secondary school is key. Your child's concerns may resolve after they become familiar and comfortable with their new environment.

4.



## Encourage Independence

Encourage and create opportunities for your child to complete complex tasks independently. Your child will navigate new challenges easier when capacity has been built to do this.

5.



## Know Your Child

It is important to know your child, what they are capable of and how to get the best out of them to ensure they put their best foot forward on their new journey.

6.



## Get to Know the College

Get to know the College by attending orientation sessions, parent information evenings and parent teacher interviews as well as encouraging your child to participate in "get to know you" experiences.

Access the TCC website regularly. Remain informed with news and events publicised by the College. TCC TV News and the weekly newsletter is emailed to parents/carers every Wednesday.



7.



### Continue to develop a 'growth mindset' in your child

Contribute positively to your child's mental health and wellbeing. Encourage them to ask questions, take reasonable risks, to be resilient and to keep trying. Learning from mistakes fosters more confident judgements overtime.

**Friday 23 Feb:** Transition Resilience Program commences for Years 7-9

**Monday 5 Aug:** Resilience Shield Workshop for Teachers

**Tuesday 6 Aug:** Resilience Shield Parent Engagement Evening

8.



### Understand the Change in Expectations + Workload

Your child may have to work harder to achieve or maintain the results they were awarded in primary school. It is also important to familiarise yourself with your child's timetable and PC Notices (accessed through Student Cafe) and Assessment Calendar. It is also important to engage with your child's Academic Reports (accessed through Parent Lounge).

9.



### Be Mindful of Costs

Be mindful of the educational costs associated with your child's learning and reinforce your child's responsibility for their belongings. The cost of the transition from primary to secondary school can be significant without have to replace lost items. Please communicate with the College regarding any financial concerns pertaining to your child's education.

10.



### Engagement is Key

Engage in your child's education. Engage with your child's educators. Engage with your child's new experience. Find useful books on Parent Engagement [here](#).

