

YEAR 6 INTO 7 2016 MANAGING THE CHANGE

For many Year 6 students and their parents, the prospect of moving into Year 7, the first year of high school, brings a mixture of reactions and concerns - excitement, anticipation, uncertainty and often, some degree of anxiety. Such feelings and concerns are certainly quite normal and expected especially if the student is the first in the family to take the step into high school or if the new school is in an unfamiliar location. Moving to high school may present some challenges for families, please read the information below, hopefully this will assist you in managing this change.

Many issues to deal with

Students and their families will be faced with a range of possible issues to contend with - issues such as making new travel arrangements, buying stationery, uniforms and other materials, as well as coping with a strange environment usually characterised by a bewildering array of buildings, a large student population, many more teachers, a wider selection of subjects, and different rules and expectations. In addition, students will find it necessary to make new friends and will suddenly be one of the youngest, rather than one of the oldest in the school.

How can parents help?

Parents can play a major role in helping their students settle into high school, especially in the period before enrolment and in the vital first weeks of Year 7.

Parents can facilitate the adjustment to High School life by reassuring their students that they, the parents, have been there before, and do understand the genuine concerns that the students may have. Parents should also make clear to their students that they will be working closely with school staff to ensure that the students have a positive and happy start to their High School experience.

In specific terms, experience suggests that both students adjustment to their new school and parents/caregivers understanding, benefit greatly if parents/caregivers are able to make the following commitment:

- Be involved as much as possible in the transition and induction programs organised by the school - especially in visiting the new school, attending the information evenings as well as parent/caregiver/teacher/student meetings as they occur and then discussing these events and the information with your student. (If your child(ren) has particular needs or disabilities, it is especially important to identify the types of support that will be available/accessible to your child(ren).
- Ensure that you find out as much as possible in the first few weeks of school about 'how the system works' for Year 7 students. It is important to reconfirm at this stage the names of the key contact people for your student(s) – staff such as:

Mr Stephen Murray – Year 7 Coordinator

Mr Dean Hose – Junior Schooling HOD

Mr Stan Larkin – Guidance Officer

Ms Heather Hancock – School Based Nurse

Mrs Catherine Morris – HOSES

Ms Caroline McCarty – Deputy Principal – Junior School

If difficulties do arise, early discussions with the appropriate person may well resolve any problems before they become critical.

This of course, is only the start of high school, and all School personnel are keen for this early contact and involvement by parents/caregivers to continue and develop further as their students' progress through various year levels. One way of maintaining this involvement is by becoming a member of the Parents and Citizens' Association (meetings are held in the Administration building on the third Monday of each month, commencing at 7:30pm).

If you have any queries please do not hesitate to contact Ms Caroline McCarty, Deputy Principal Junior Schooling or Mr Dean Hose, HOD Junior Schooling. Bowen State High School is excited and ready for the 2016 Year 7 Cohort.