

# MOVING INTO YEAR 7 – INFORMATION TO SUPPORT THE TRANSITION

## Easing the transition

The more informed and involved you are in your child's preparation, the more likely it is that the transition will be positive.

From day one your child will experience many changes, each of which will bring questions and new things to do:

- more subjects and teachers
- more homework
- more challenging school work
- the responsibility of getting to classes in different rooms on time
- the need to manage themselves, their learning and their equipment
- adapting to different teaching styles
- having no 'home' classroom

With the help of family and school staff, students usually adapt quickly to their new environment.

## Your new school – Coming to Maitland Grossmann High School

It's normal to feel excited and a little apprehensive about moving to a new school. Here are some tips to help you to get to school safely and find your way around. Before you know it, Maitland Grossmann High School will feel as familiar as primary school!

### Getting to and from school

**Travelling to school** — if you're travelling by car, be clear about where the drop-off and pick-up areas will be. If you're riding your bike, check with your school before you start about where to store your bike during the school day. If you plan to catch public transport, it's a good idea to do a practice run before you start the school year, as well make application for a School Opal Card. **School hours, arriving late and leaving early** — make sure you know your school's start, finish and break times as they might be different to your primary school.

### Attendance at Maitland Grossmann High School

It is important to attend school all day on every school day unless you have a reasonable excuse, such as illness. Each lesson builds on what you've learned before and missing even one lesson or day can make a big difference. If you are not able to go to school, your parents must notify the school as soon as possible. Absences can be reported via a written note, email, text message or phone call.

## Getting organised

Starting high school often means extra demands on your time. The following tips on getting organised will help you balance your school work, homework, assignments, and your life outside of school.

## **Your diary**

A school diary or diary app can be of great benefit for helping you to stay organised. Some students have found that using a combination of an app or e-diary with a printed planner works well - just be sure to update all of them!

### Tips for using your diary

Write down your assigned homework for each day, as well as the date the homework is due.

Flick ahead and write down the due dates for larger assignments.

Once you have decided how you will approach your major assignments, give yourself some regular deadlines for when you'd like specific elements finalised e.g. have section one drafted by 1 June.

Try colour coding your diary and/or calendar e.g. homework (black), assignment due dates (red), extra-curricular activities (blue).

Writing to-do lists can be helpful. Have different lists for tasks you want to finish today, this week, this month and this term.

## **Getting organised**

Let's get organised! Here are a few tips to help you get and stay organised.

### Tips for getting organised

1. Don't wait until the last minute to do things.
2. Develop good study habits. Try to schedule time to do your homework, plus work on long-term projects, every day.
3. Set up a study space where you can keep, and have easy access to, all of your textbooks, dictionaries, reference guides, computer, folders and other important material. Know where all parts of your uniform are (sports kit, hats etc.).
4. Keep your room, desk and bag clean and tidy so it's easy to find things when you're in a hurry.
5. Don't forget to take a break, eat nutritious food and have fun!

## **Understanding your timetable**

Your timetable tells you how your school day will be divided; It identifies what subjects you have on what day and at what time.

### Tips for using your timetable

1. Colour code subjects on your timetable so you can easily see when you next have English, science or history.
2. Print out multiple copies of your timetable and keep them in your diary, near your study space at home, on the fridge. Alternatively, take a photo of your timetable and keep it on your phone.

3. Before you go to bed, check your timetable and pack your bag with books and materials for tomorrow's classes.

## Online safety

The internet, social media, smart phones and devices provide wonderful opportunities for you to learn, be creative and socialise online. But, just like in the real-world, not everyone is your friend and some may use these tools to send nasty and inappropriate messages to others.

Below is a list of some simple tips and strategies to help you to have a safe and have a positive experience online.

- Only accept friend or follower requests from people you have met in the real world. Don't chat or webcam with people you don't know or trust.
- Check your privacy settings. Make sure your profile is private and accessible only by the people you want looking at your information. Regularly update general privacy settings — social media websites and apps often add and remove security and privacy settings without notifying users.
- Review locations services on your phone and other mobile devices. Turn off the 'location services' or 'location settings' features on your mobile device and turn off GPS for the camera, chat and other social media apps.
- Protect your privacy. Limit the amount of personal details when registering to a social media site/app. Hide key personal details like your date of birth, phone numbers and your address from being openly viewed.
- Create strong passwords. Strong passwords should consist of a variety of upper, lower case letters, numbers and symbols. Avoid having the same password for all your social and education accounts.
- Think before you share. Ask yourself, is it true, useful and positive? You need to remember what you post online, you post to the world and this information can be there forever. This is known as your digital footprint. Consider the outcomes of messages before you share them online. Things you say online could affect your friendships, other relationships and even your prospects for study and a job in the future.
- If you think you're being bullied or encounter negative or offensive content online, find someone you feel safe talking to like a parent, relative, teacher or trusted adult and get them to help ignore, report and block the person. Never bully back.

Find out more about online bullying, protecting your reputation and keeping safe online from the following websites:

- [Cybersmart](#)
- [Bullying. No Way!](#)
- [Kids help line](#)
- [Creep quiz](#)

## Keeping happy and healthy

A healthy lifestyle is not just about eating healthy foods and drinks and exercising, it's also about finding an appropriate balance in your life. Between school and study, extra-curricular activities, friendships, sports and your life at home, there are many things that compete for your time and attention. Setting up some good habits can help you stay in balance.

### Eating healthy

Eating healthy foods and drinks will help you fight off illnesses and help you enjoy life to the fullest. This means choosing foods from the five food groups. Eat regular meals, including breakfast, to set you up for

the day. Drink plenty of water and limit your intake of junk food. Your school may have a tuckshop where you can buy your lunch or you can bring a healthy lunch from home.

### **Physical activity**

Regular physical activity of at least moderate intensity, for at least 60 minutes per day, helps develop a healthy body and mind. Regular physical activity helps your mind by reducing stress, is an effective way to manage your mood, and can be an essential component in enhancing your overall wellbeing. There are many ways you can include physical activity in your life from incidental activities like walking up stairs, walking around the school grounds, getting active during school breaks, and walking or cycling to and from school. There are also focused physical activity opportunities, such as before and after school activity clubs, school-based sports, gym classes, sporting club activities, going for a swim at the pool with your friends or walking your dog to the park.

### **Sleep**

Getting enough sleep is essential for you to relax and recover from your day and allows you to be ready and alert to start a new day. Having a pre-bed routine can help your body unwind. This might mean turning off televisions and computer screens before bed, turning on some relaxing music at a low volume, drinking a warm drink, turning your phone off, and minimising any light sources to your room.

### **Having fun**

Taking time to laugh, be around people who make you feel good, or doing things that are fun or get your creativity going is really important to achieving a sense of wellbeing and balance in your life. Try and include something fun in every day.

### **Support**

There will be specific people at Maitland Grossmann High School who you can turn to for help. These include your Year Advisers Miss Alissa McEntrye and Ms Abby Holtz, your Deputy Principal Mrs Lois Wakem, Head Teacher Welfare Mrs Lyne Matthews (and also Mrs Wendy Stephan). In addition, at Maitland Grossman High School we also have two School Counsellors Mr David Lambert and Mr Simon O'Donnell. Year 7 will also be able to seek support from their Peer Support Leaders.

### **People to turn to outside your school environment**

If you're after support outside your school environment, you can talk to a friend or family member, visit a headspace centre, or you can talk over the phone or chat online to a professional trained to listen and assist young people. A number of these services are listed below. If you're in need of immediate support or medical assistance, you can also contact 000 or one of these services:

#### **Beyond Blue**

**Phone:** 1300 22 4636 (24 hours, 7 days a week)

#### **Chat**

**online:** [www.youthbeyondblue.com](http://www.youthbeyondblue.com) between 3pm-12am 7 days a week

#### **Lifeline**

**Phone:** 13 11 14 (24 hours, 7 days a week)

**Chat online:** between 8pm-4am 7 days a week [www.lifeline.org.au](http://www.lifeline.org.au)

**Information:** for a range of information [www.lifeline.org.au](http://www.lifeline.org.au)

#### **Kids Help Line (for teens)**

**Phone:** 1800 55 1800 (24 hours, 7 days a week)

**Chat online:** web counselling is available in Queensland on Mondays to Friday from 12pm-10pm and on Saturday and

**Email:** get a response within 24 hours, via their [www.youthbeyondblue.com](http://www.youthbeyondblue.com) website.

**Information:** for a range of information [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

## **eheadspace**

**Phone:** 1800 650 890 (7 days a week from 9am to 1am AEST)

**Chat online:**

[www.eheadspace.org.au](http://www.eheadspace.org.au)

7 days a week from 9am to 1am AEST

**Email:** via their

[www.eheadspace.org.au](http://www.eheadspace.org.au) website.

Sundays from 10am-10pm [www.kidshelp.com.au/teens](http://www.kidshelp.com.au/teens)

**Email:** via their [www.kidshelp.com.au/teens](http://www.kidshelp.com.au/teens) website.

## **How you can help to support your child**

The move from primary school to high school is a significant moment in the lives of students and their families. Early adolescence can be a time of rapid change as students become more independent, have additional educational responsibilities and start to feel influenced by their peer groups.

Our primary and high schools will be working closely to support students as they prepare to make the transition to high school and there are also practical things you can do to help your child make a smooth and successful transition.

### **Checklist for getting your child ready for high school**

#### **You can start to:**

- attend parent information events at your chosen high school, so you can get to know the principal, teaching staff and structure of the school
- be enthusiastic about the move to high school and talk positively to your child about the transition
- listen to any concerns or worries and reinforce the positive things your child is excited about. High school will have a wealth of new experiences for them to enjoy.

#### **Later this year you can:**

- view useful resources about the transition to high school on the MGHS website
- encourage your child to use a diary/ediary/diary app to plan events and activities, keeping in mind that once something is scheduled, it becomes more real to them
- support your child to be more independent and responsible by doing jobs at home and preparing themselves for the school day — this might include making their own lunch

#### **Before your child starts high school:**

- Talk to Head Teacher Welfare about any allergies, medical conditions or special needs your child may have. MGHS provides specific programs to support your child.

- Encourage your child to participate in any orientation and transition programs offered by either their primary school, or their new high school. It will help smooth the way
- Ensure you have school requirements, such as the right uniform and books ready for the first day of school.
- Ensure your child has a private and quiet space and the necessary equipment to successfully study out of school hours. Help them to develop a study plan around their other [commitments and activities](#)
- Talk about the extra-curricular activities your child might want to do, this can help to give children opportunities to develop skills in various areas that may not be available in school
- Talk positively to your child about the change. Be realistic with them about the time it will take to settle into new routines. Identify things to look forward to e.g. making new friends, experiencing new subjects. Talk about any concerns you or they have together, it will help reduce any anxiety about starting in a new school.

### **When school starts**

- Help your child wake with plenty of time or show them how to set their alarm. Encourage your child to get ready by themselves
- Make sure you have the school's phone number and advise the school as soon as possible if your child will be absent
- Make copies of the timetable and when assignments are due.
- Help your child establish a study timetable and show them how to use a diary. [encourage](#) your child to have regular breaks, exercise, eat healthy food and drink lots of water, and get plenty of sleep.