



## 2018 term dates for NSW public schools

Starting dates for Year 7 vary from school to school. Check these dates with your school.

**Term 1** Year 7 may start school on Monday 29 January.\*

Term 1 ends on Friday 13 April.

**Term 2** Students return to school on Monday 30 April.

Term 2 ends on Friday 6 July.

**Term 3** Students return to school on Monday 23 July.

Term 3 ends on Friday 28 September.

**Term 4** Students return to school on Monday 15 October.

Term 4 ends for students on Friday 21 December.\*\*

\* School starting dates may be later in some schools in Western NSW. Check with your school.

\*\* Finishing days may vary. Check with your school.

Encourage your child to keep a balance in their high school life. They still need time to relax, have fun and spend time with friends and family. They also need healthy food and a good night's sleep.

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Education

# Starting high school

A family guide



# Ready for high school checklist

Tick each item when it has been done (not all tasks will apply to you).

## This year

- Allergies, medical condition or special needs? Talk to the high school principal early.
- Encourage your teen to participate in any transition to high school program offered to them.
- Watch videos about high school at: [education.nsw.gov.au/high-school](http://education.nsw.gov.au/high-school)

### AT HIGH SCHOOL ORIENTATION

#### Find out about:

- school uniforms (including sports uniforms) – where and when to buy them
- map of school
- school start and finish times
- transport to and from school – forms for travel pass or subsidy if applicable
- programs offered in the school
- book packs and school supplies lists
- ways to become involved in the school
- the name of the Year 7 adviser.

## Next year

### JANUARY

- Buy school uniforms, books, stationery, school bag, drink bottle, house key, etc.
- Label everything.
- Break in school shoes to make them more comfortable.
- Practise travelling to and from school with your teen using the transport they will use. Let your child buy travel tickets, if applicable.
- Teach them how to read the timetable for the bus, train or ferry as appropriate.

### AT HOME

- Talk positively to your teen about the move to high school.
- Ask them what's exciting about high school. Does anything worry them?
- Make sure your teen has a quiet work area and extra stationery supplies.
- Organise personal hygiene items in school bags.
- Decide what your teen will do before and after school, and what time they need to be home.
- Discuss emergency and safety issues with them.

## Tips for the first week of high school

- Photocopy school timetables for school diaries, the inside of locker doors and on the fridge.
- Remind your teen to note all assignments, homework and events in their diary.
- Check through the timetable each night while your child packs their bag. Encourage your teen to eat healthy food and get a good night's sleep.
- Give the school your current contact details.

### THE FIRST DAY

- Help set your teen's alarm. Encourage them to get themselves ready on time.
- Provide your teen with money and your contact numbers in case of emergencies.
- Make sure you have the school's phone number with you.