

## **SCHOOL TRANSITIONS**



Key transition times for children and young people mark a new chapter in their lives. Transition brings change and new experiences. Research tells us this can be a time of stress, disengagement and increased mental health presentations but it can often be a time of excitement, growth and new responsibility. As educators and parents we have an important role in getting students ready for the transition. By placing protective factors (practice or rehearsal of routines, awareness of feelings) in place for children and young people we can negate risk factors (loss of identity or peer groups, increased expectations/responsibility) which may be present during these key times.

This year we will see a change in how transition programs will be run in schools due to COVID restrictions (less emphasis on face to face interactions and onsite tours). It is different to what we were expecting, however there is still great opportunity for schools to work collaboratively (sharing information that is important for individuals learning, communication regarding expectations and parents providing insight to their child's learning). There are also an abundance of resources for parents/carers to access, to create clear pathways, encourage conversations, start exploring problem solving and check in with how your child/children is/are feeling.

### **Check In Questions**

- **How am I getting my child/children ready for transition? What conversations are we having about change, coping and flourishing?**
- **What communication have we had with our school about transition?**
- **What information does my child/children need to know about the new routine, teachers and learning hub? Where do I get it?**
- **Have we been practicing the trips to school or more independence (using a lunch box or catching public transport solo)?**
- **What if ? These conversations help children practice problem solving and be ready for all types of scenarios!**

## FREE INFORMATION AND RESOURCES FOR PARENTS/CARERS



The **NSW Department of Education** has resources for parents/carers to support children transitioning in to school.

[Getting Ready for Primary School Booklet](#) : checklists and helpful activities to prepare your child for school

[A children's book](#) about Daisy the koala on her first day at primary school

[Let's Go to School](#): useful preparation activities and information about what to expect at school

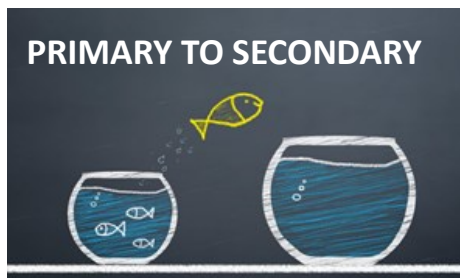
Also available:

[A guide for Parents](#) to understand key transition points.

Click on icon below:



[Website](#) with practical tips and advice for parents. Click icon:



[Website](#) with practical tips and advice for parents. Click icon below:



Website with specific practical tips and advice for parents with children who have a [DISABILITY OR CHRONIC CONDITION](#). Click icon below:



Website with specific practical tips and advice for parents with children who have [ASD \(Autism Spectrum Disorder\)](#). Click icon below:





[School Leavers Information Kit—Your Career. What's next for you?](#)

An informative guide for students put out by the Australia Government / National Careers Institute to explore education, training and work for 2021.

A [WEB RESOURCE](#) about how to support student's mental health in the transition from school to work. Click icon below to learn more:

