

Skills for High School

Parents Can Help Before High School Begins

Academic proficiency is not the only skill needed when starting high school. If children are given practical and social life skills by parents in the years leading up to this time, students will have confidence when they arrive and will not have to master all these extra tasks during this major transition phase.

Practical

- Food preparation (making own breakfast/lunch etc)
- Washing and ironing uniforms (including putting away the ironing board)
- Basic sewing (to repair buttons etc)
- Tidying up (their room, other areas/items used)
- Gift wrapping
- Writing and addressing a letter
- Tying on an apron
- Wiping down areas (kitchen benches/cooking surfaces)
- Sweeping
- Familiarity and confidence in catching public transport and crossing roads

Social

- Appropriate manners (please, thank you, excuse me, pardon me)
- Handshake technique (firm handshake, look people in the eye)
- Awareness of surroundings (e.g. Not swearing in public, knowing when it is and isn't appropriate to use slang, and the difference between this and formal language)
- Taking turns (e.g. Let other passengers off the bus before boarding)
- Be the first to say hello to people you pass. As you approach them,
 - Look them in the eye,
 - Smile...
 - Say hello,
 - And – really importantly - ensure you use their name. (Our names are significant, and using them is really important).

Academic

- Have a proper dedicated spot to study. It doesn't have to be a desk but it is best to have a quiet area. It is best kept as neat as possible.
- Ask your kids what they did today at school everyday.
- Make children aware that they should become familiar with teacher names, so you know as well.

Beginning High School

- Have a copy of the student time table and encourage students to look it up the night before to prepare for the next day.
- Have some ideas of healthy lunch options. Fruit and sandwiches or equivalent will give them energy all day. Try to dictate what they will buy for lunch if possible.
- Parents are encouraged to attend events at the school such as parents nights, recitals and sporting carnivals. Students may say they are embarrassed but will often secretly be quite pleased - especially if you can remain subtly anonymous.