

# Holbrook Public School

Quality education for all in a secure and caring environment

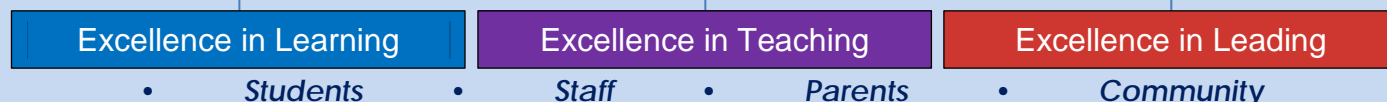
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ISSUE 20: Term 4, Week 7

Monday, 26 November 2018

## Our 2018 to 2020 School Plan Strategic Directions



### FROM THE PRINCIPAL'S DESK



**Welcome to Term 4, Week 7!** – The school grounds have been relatively quiet for a couple of weeks, as K-2 (Wagga Wagga), 3-4 (Canberra) and 5-6 (Melbourne) have embarked on their excursions. Many thanks to all of the teachers who have organised and accompanied the students during these great learning experiences. All students are to be commended for their outstanding behaviour, engagement and manners. We regularly receive praise at events and on excursions for the way our students conduct themselves. This is largely due to the high expectations held by each individually student, their families and the school. Great work, team! See below a complimentary letter from the MCG tour coordinators who wrote to us after 5/6 visited last week.

"Hi, Team. Fred and I had a tour this afternoon with students from Holbrook Public School. We were both so impressed by these young people that we thought it would be good to pass our impressions on to the school. The students were polite, fully engaged and always interested. Indeed, they were a credit to their families, to their school and to themselves. We both thoroughly enjoyed introducing them to the 'G.'"



**2019 Kindergarten Enrolments** – Our Kindergarten transition sessions have been full of learning, fun and excitement, thanks to Miss Hemphill, Miss Parker and Miss Lavis. We currently have 15 Kindergarten enrolments for 2019; however, we are expecting approximately 20, once everyone has enrolled. As our staffing for 2019

TERM 4, WEEK 7 DIARY		TERM 4, WEEK 8 DIARY	
Mon 26 Nov	• Kinder Orientation PE activities on the oval • 2019 Captain nominations due • Swimming and Water Safety Program 1:30 pm to 3:20 pm	Mon 3 Dec	• School Captain elections and speeches at 12:00 pm • Swimming and Water Safety Program 1:30 pm to 3:20 pm
Tue 27 Nov	• Swimming and Water Safety Program 1:30 pm to 3:20 pm	Tue 4 Dec	• Kinder Orientation – Meet your buddy • Swimming and Water Safety Program 1:30 pm to 3:20 pm
Wed 28 Nov	• Swimming and Water Safety Program 1:30 pm to 3:20 pm	Wed 5 Dec	• Swimming and Water Safety Program 1:30 pm to 3:20 pm
Thu 29 Nov	• Swimming and Water Safety Program 1:30 pm to 3:20 pm	Thu 6 Dec	• House Captain elections • Swimming and Water Safety Program 1:30 pm to 3:20 pm
Fri 30 Nov	• Swimming and Water Safety Program 1:30 pm to 3:20 pm • Pool for Sport 1:30 to 3:20 pm • Assembly at 12:45 pm run by Year 5/6	Fri 7 Dec	• Sports Assembly at 12:30 pm run by the House Captains • Swimming and Water Safety Program 1:30 pm to 3:20 pm • Pool for Sport 1:30 to 3:20 pm
P&C NEWS			
Wed 5 Dec	P&C Meeting at 7:30 pm in the school library		
CANTEEN ROSTER			
Fri 30 Nov	Prue Pincott	Fri 7 Dec	Prue Pincott
Mon 3 Dec	Anna Marsden	Mon 10 Dec	Georgie Millard

relies on student numbers, it is important to enrol as early as possible to enable us to organise our teaching and support staff positions. We currently have 149 enrolments, and at 151 and 156, we become eligible for extra staffing at the school. If you know your children will be attending Holbrook Public School in 2019, but you have not yet enrolled them, or alternatively, if your children are enrolled, but won't be attending HPS in 2019, please let the office know at your earliest convenience, so we can arrange for a successful start to 2019.

**School Uniform** – As we approach the end of the year, it is important to maintain our high expectations for the wearing of school uniforms. According to our School Uniform Policy, shoes need to be black, socks for boys should be navy blue and socks for girls should be white. Scrunchies and hair bands should be in the school colours. Please see the below table for all uniform requirements. All uniform purchases are available at school (preferably on Mondays and Tuesdays), including the second-hand clothing pool. If you are having financial difficulty, please arrange to speak with the Principal to see if support may be available.

UNIFORM	BOYS	GIRLS
<b>SUMMER</b>	<ul style="list-style-type: none"> <li>Navy-blue cotton shorts</li> <li>Gold short-sleeved polo shirt with logo</li> <li>Navy-blue wind cheater or fleece with logo</li> <li>Navy-blue socks</li> <li>Black shoes</li> <li>Navy-blue bush hat with logo</li> </ul>	<ul style="list-style-type: none"> <li>Blue and white check dress</li> <li>Navy-blue wind cheater or fleece with logo</li> <li>White socks</li> <li>Black Shoes</li> <li>Navy-blue bush hat with logo</li> <li>Scrunchies/headbands in summer uniform material or ribbons etc. in school colours (navy blue and gold)</li> </ul>
<b>WINTER</b>	<ul style="list-style-type: none"> <li>Navy-blue drill trousers</li> <li>Navy-blue wind cheater or fleece with logo</li> <li>Gold long-sleeved polo shirt with logo</li> <li>Navy-blue socks</li> <li>Black shoes</li> </ul>	<ul style="list-style-type: none"> <li>Tartan pants, tunic or skirt</li> <li>Gold long-sleeved polo shirt with logo</li> <li>Navy blue winter joe or fleece with logo</li> <li>Navy-blue socks or stockings</li> <li>Black shoes</li> <li>Scrunchies/headbands in winter uniform material or ribbons etc. in school colours (navy blue and gold)</li> </ul>
<b>SPORTS</b>	<ul style="list-style-type: none"> <li>Navy-blue track pants or sports shorts</li> <li>Navy-blue sloppy-joe with logo</li> <li>Sports polo shirt (navy/gold) with logo</li> <li>Navy-blue socks</li> <li>Sport shoes</li> </ul>	<ul style="list-style-type: none"> <li>Navy-blue track pants or sports shorts</li> <li>Navy-blue sloppy-joe with logo</li> <li>Sports polo shirt (navy/gold) with logo</li> <li>Navy-blue socks</li> <li>Sport shoes</li> </ul>

The wearing of the correct school uniform at all times at Holbrook Public School has been endorsed by the School Council and the School P&C Association and will be enforced by the school principal. It is expected that students will bring a note to explain their reason for being out of school uniform. Students continually out of school uniform will be spoken to by the principal and their parents contacted, and may eventually be withdrawn from representing the school, including sport, and participating in school activities. The school stocks all of the required school uniforms at the lowest available prices. It is hoped that parents will endeavour to dress their children in the school's uniform and that children will wear it with pride.

**Semester 2 Reports** – In Semester 2, our report template will remain the same, however, for English and mathematics, the way we comment will be different. Previously, teachers have written paragraphs explaining what students can do and what they are still working towards in line with syllabus outcomes. In the end of year reports this year, we will still provide this information, however, it will be written in point form. We believe this will be easier to read and understand exactly what students are proficient in (4 - 5 points) and what areas they still need further improvement in (2 points). Reports will go home on Friday, 14 December, after which, teachers will be available for interviews at the parent and carers request.

**Sports Assembly** – The sports assembly will be held on Friday, 7 December at 12:30 pm. During this assembly, students will be recognised for their sporting achievements throughout 2018. Parents are very welcome to attend this assembly which will be run by the sporting house captains and vice captains.

**School Captain Elections and Speeches** – Nominations were held this morning for our School Captain selections. Nine students were nominated and seconded for this very important role next year. Those nominated

will be presenting their speeches to the school on Monday, 3 December at 12:00 pm in the hall. All children in the school vote for who they think will make excellent leaders. All are welcome to attend! Results will be announced at our Presentation Night.

**Presentation Night** – We cordially invite all parents and friends of our students to attend our annual presentation evening on Thursday, 13 December in the school hall. During the evening, we award students who have achieved excellence, consistent improvement, citizenship and sporting achievements. Each year, the local community sponsors the awards. If you would like to make a donation towards the book prizes this year, it would be greatly appreciated and your name will be listed in our presentation night program as recognition of your valuable contribution to our school.

**House Captain Elections** – House Captain elections will be held on Thursday, 6 December during house meetings. All Year 5 students stand for these elections. Results will be announced at our Presentation Night.

**ICAS Results** – Congratulations to all students who participated in the ICAS UNSW Tests in 2019. Our students achieved some excellent results! See below the list of all students who received a Merit, Credit, Distinction or High Distinction this year. All participating students will receive their test booklets and results tomorrow.

Student	Subject	Result
Molly Barr-Smith	English	Credit
	Science	Merit
Sam de Steiger	Maths	Credit
	Science	Credit
	Spelling	Credit
	English	Merit
Cooper Glass	Science	Distinction
	English	Credit
	Maths	Credit
Hannah Lennon	English	Distinction
	Science	Credit
Audrey Lieschke	Digital Technologies	Credit
	English	Credit
	Science	Merit
Jasmine Lieschke	Digital Technologies	Credit
	Maths	Credit
	Science	Credit
Molly Pitzen	Maths	Credit
	Digital Technologies	Merit
Aiden Walmsley	Maths	Distinction
	Spelling	Credit

**5/6 Wirraminna Excursion** – On Wednesday, 5 December, selected students in Years 5 and 6 have been invited to participate in a pilot education program involving Petaurus Education Group Inc., the Biodiversity Conservation Trust and Holbrook Public School. One of their key goals is to promote public knowledge, appreciation and understanding of biodiversity, and the importance of conserving biodiversity. This program aims to connect students to a champion landholder that is promoting biodiversity conservation and sustainable agricultural practices, and the process will engage with the students to develop a better understanding of sustainable agriculture and the concept of Biodiversity Conservation.

**Robotics with Vicki Kempton** – Thanks to all of the P&C barbecues, cake stalls, catering events and raffles this year, the P&C has been able to support the school with some exciting new resources. The P&C's major contribution this year was some Lego Mindstorms EV3 robotics equipment. Holbrook, Henty, Culcairn, Pleasant Hills and Yerong Creek Public Schools pooled funds to pay for this equipment that will be shared amongst each school for one semester each year. Vicki Kempton will be at Holbrook Public School on Tuesday, 4 December to run some demonstration lessons with the equipment.

**Kindergarten Orientation: Meet Your Buddy** – On Tuesday, 4 December, from 11:00 am to 11:30 am, our 2019 Kindergarten students will get to meet their Year 5 buddy in a special orientation session in the hall. The Year 5 buddies will support the Kindergarten students in their first year of school. At this event, parents and carers will have the opportunity to listen to talks from the Principal, P&C President and Scripture Coordinator.

Nathan Fisher, **Relieving Principal**





### K, 1, 2 WAGGA EXCURSION

Last week, K, Years 1 and 2 had their annual excursion to Wagga Wagga where we visited Airborne Gymnastics and the Botanical Gardens. Students enjoyed walking along a balancing beam, climbing, jumping on trampolines and even jumping into a giant foam pit! We were lucky the weather came good just in time to enjoy our lunch with some hungry goats at the Botanical Gardens. There we had a play in the big playground and walked through the zoo and saw many different animals including pigs, ducks, kangaroos and even two emus chasing after one another. It was a wonderful day enjoyed by all students and staff.

### YEAR 3/4 CANBERRA EXCURSION

On Wednesday, 14 November at 7:00 am, Stage 2 set off on an excursion to explore the Australian Capital Territory, Canberra. Over the past term and half, Stage 2 have been completing a unit of work on Australia's beginnings, arrival of the Europeans, Federation, and Civics and Citizenship for Australians today.

With the support of the Australian Government and PACER contribution, our adventures took us to many important places including: Parliament House, The War Memorial, Old Parliament House, The Australian Institute of Sport, the Mint, The National Capital Exhibition, the Botanic Gardens, Mount Ainslie and Questacon. We thoroughly enjoyed role-playing as senate members at Parliament House, pressing a coin at the Mint, searching for animals on our night walk at The Botanic Gardens and watching the athletes train at the AIS.

After a quick visit to Maccas, we arrived home safe and well. So many great memories have been made!



### YEAR 5/6 MELBOURNE EXCURSION

On Wednesday, 21 November to Friday, 23 November, Year 5/6 set off to participate in the biannual Melbourne excursion. And what an excursion it was! We visited the zoo, Galactic Circus for ten-pin bowling, the Old Melbourne Gaol, the Aquarium, the MCG tour and National Sports Museum, dinner at Natturmo in Lygon Street, Eureka Sky Deck, the Melbourne Museum and Science Works, two breakfasts at the Victoria Markets and an educational visit to the markets. During the time we were away, Miss Lavis and myself were complimented on the exemplary behaviour of our students, their manners, listening ability and the interest they

displayed in the information presented to them - so much so, that the MCG emailed the school to comment on their attitude. This then led to a special tour of the MCG by an appreciative guide.

This excursion is based on outcomes in all KLAs, and was certainly a huge learning experience for all.

Kate Wedgwood and Chrissy Lavis

### DONATIONS OF TACTILE TEXTILES NEEDED

We are looking for donations of fleecy, furry, shiny, silky, crisp, crushed, flimsy, frayed, lumpy, bumpy, lacy, loose, raw, ribbed, and green fabrics. Small pieces or large, we don't mind at all.

## FROM THE UNIFORM SHOP

### PRE-LOVED UNIFORMS IN STOCK NOW!

Summer	Sizes
Polo Shirt (short sleeve)	4, 6, 8, 10, 12, 16
Shorts	8, 10, 12, 14, 16
Summer Dress	4, 6, 12
Winter	
Polo Shirt (long sleeve)	4, 6, 10, 12, 16
Fleece	8, 12
Boys' Pants	4, 14
Windcheater	4, 6, 8, 10, 12
Sport	
Sport Shirt	4, 6, 10, 16
Sport Shorts	10, 16
Track pants	4, 6
Accessories	
Hats	

**\$5<sub>ea</sub>**

## SCHOOL SWIMMING AND WATER SAFETY PROGRAM

26 November to 7 December

All students in K-2 and selected Year 3 students will need to bring their swimmers every day.



The Athlete's Foot Albury will support Holbrook Public School with \$5 from every pair of shoes purchased, donated back to our school.

## LOST PROPERTY

As Term 4 rapidly comes to an end, we urge all students and parents to have a look through the lost property box, located in the office. Any unclaimed items will be donated either to the Op Shop or to our second hand uniform shop.

## FROM THE UNIFORM SHOP

The second hand clothing shop would be most grateful for any donations of pre-loved uniforms. Second-hand uniforms are always in high demand and *looking for a good home*. If you are a family with a Year 6 student and do not have younger children attending our school, or you are a family with

students who are leaving our school, please consider donating to our second hand uniform shop.

## TERM 1 CANTEEN VOLUNTEERS NEEDED

Do you have some free time in your calendar during Term 1? If so, we would really value your time to help with lunch orders on Monday and/or Friday mornings. Please email Georgie Millard on [georgy2@tpg.com.au](mailto:georgy2@tpg.com.au) to volunteer or if you have any questions.



**Rory Gulliver**  
Year 4/5



**Maddie Black**  
Year 5/6



### AUSSIES OF THE MONTH



**Isabella Feltrin, Kindergarten**

For being kind and thoughtful to her peers



**Ella Lieschke, Year 4/5**

Her willingness to support, help and guide others

### STAR CARD WINNERS

Yellow Playground Star Cards  
Holly Hall and Maddy Wheler

Blue Classroom Star Cards  
Georgie Cardile and Cooper Glass

### VALUES AWARDS – RESPONSIBILITY

**Infants:** Kaiesha Chattaway

**Primary:** Jasmyn Hughes

### SPORTSMANSHIP AWARDS

Zamara Castles, Will Finlay, Wil Jenkyn, Nate Kenney, Thomas Maclagan, Benjamin Yensch

### BEST CLASS ASSEMBLY AWARD

This award is given to the most attentive and responsible class at assembly. The winner is:

**Year 2**

### FIRST CLASS READY AWARD

Awarded to that class who has consistently been prompt when lining up at morning assemblies, and after lunch and recess. The winner is: **Year 5/6**

### TIDY TED AWARD

Awarded to the tidiest classroom.

The winner is: **Kindergarten**



### CLASS AWARDS

#### Miss Hemphill

Grace Bennetts – Always being an excellent role model and friend to her peers

Darcy Heriot – An improvement in his attitude and approach to tasks

Maddy Wheeler – Happily helping Kindergarten with their assembly and being a fantastic role model

#### Miss McLaughlin

Darcy Heriot – Being a conscientious learner

Isaac Mathewson – Great descriptive writing

#### Miss Freeman

Jasper Hartwich – Improvement in his attitude to learning and managing his distractions

Alice Hearn – Challenging herself to improve her writing

#### Miss Parker

Charlotte Ingram – For her insightful comments and contributions to classroom discussions

Hope Liddell – For always trying her best in MiniLit

#### Miss Lavis

Jim Henry – Fantastic efforts in the public speaking competition

Indianna Paton – Fantastic efforts in the public speaking competition

#### Mrs Wedgwood

Digby Gulliver – For presenting well-planned and entertaining prepared and impromptu speeches

Chayse Ross – For really expressive and careful reading

Olivia Toll – For presenting well-planned and entertaining prepared and impromptu speeches

#### Mr Fisher

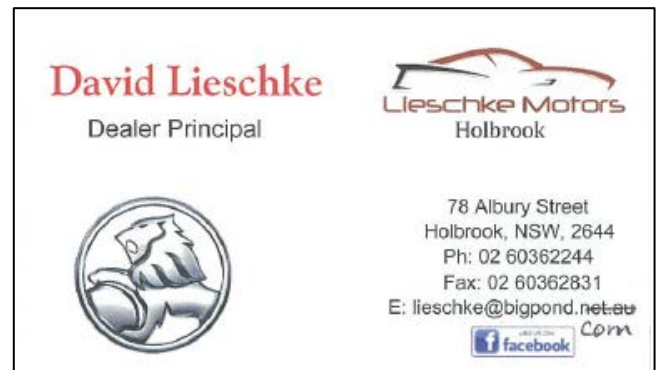
Harrison Shea – For always being willing to help with the organisation of sport/PE

Annie Triggs – For being a helpful and supportive friend



## SPONSORSHIP:

The following Holbrook businesses sponsor our newsletter. Please support them when you can.



## COMMUNITY NEWS

### Holbrook Library Complex

#### **Baby & Child CPR/First Aid for parents**

non-accredited run by Wests Training

When: Wednesday 28 November 2018  
Time: 6 pm (Approx 90 minutes)  
Where: Library Complex Holbrook  
Cost: \$70

Course will include CPR, drowning, choking and breathing difficulties: Allergies and anaphylaxis, Asthma, Snake bites, Fevers and rashes etc

Bookings and full payment essential.

The course is non-accredited, but run by an authorized training organisation.  
Please contact the Library Complex for bookings.

Bookings essential

Library Court  
PO Box 99 Holbrook NSW 2644  
P: 02 60363262 F: 02 60362385  
E: holbrookctc@greaterhume.nsw.gov.au  
www.greaterhume.nsw.gov.au  
Opening Hours  
Tues-Fri 11-1pm 2-5.30pm Sat- 9.30-12.30pm





# FUN AND FAST

**Woolworths cricket blast is a fun and fast program for kids of all abilities to learn new skills and play Australia's favourite sport**



## MASTER BLASTERS

**AGES 7-10 | 90 MINS**

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash heroes in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join the fun

### SIGN UP NOW TO GET YOUR MASTER BLASTERS PACK!

Includes player cap in your choice of Big Bash team colour & progression tracker.



Nutrition Snippet

## The simplest way

...to get bang for food budget buck.

Budgeting the week's food money according to the healthiest foods means getting the best value for money.

**Spend most:** wholegrain breads and cereals; fruit and vegetables.

**Spend moderately:** meats and alternatives; dairy.

**Spend least:** foods high in fat, salt and/or sugar.



### Buy what's good for you...

Fruit and veg are good for you and good value for money, especially when in season. Buy canned or frozen when they're cheaper than fresher varieties.

### And save...

Processed snacks are much more expensive per kilo, so go healthier and cheaper with some fresh fruit and veg!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to make one ingredient ice cream.

Treat your kids to some homemade ice cream, minus the sugar and additives. Just 100% fruity goodness. Delicious!

### Ingredients:

4 – 5 ripe bananas

### Method:

\*Slice the bananas into small pieces (about 1.5cm thick is ideal).

\*Put the slices in a Ziploc bag and freeze them overnight.

\*Place the frozen banana slices into a food processor. You may need to break up the slices a bit if they've frozen together in clumps.

\*Blend until the mixture becomes smooth and creamy.

\*Spoon the blended mixture into a shallow dish and pop in the freezer for about two hours.

\*Scoop it out and serve immediately.



Watch the video: [eatittobeatit.com.au](http://eatittobeatit.com.au) (recipes section).

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)





# Holbrook Public School

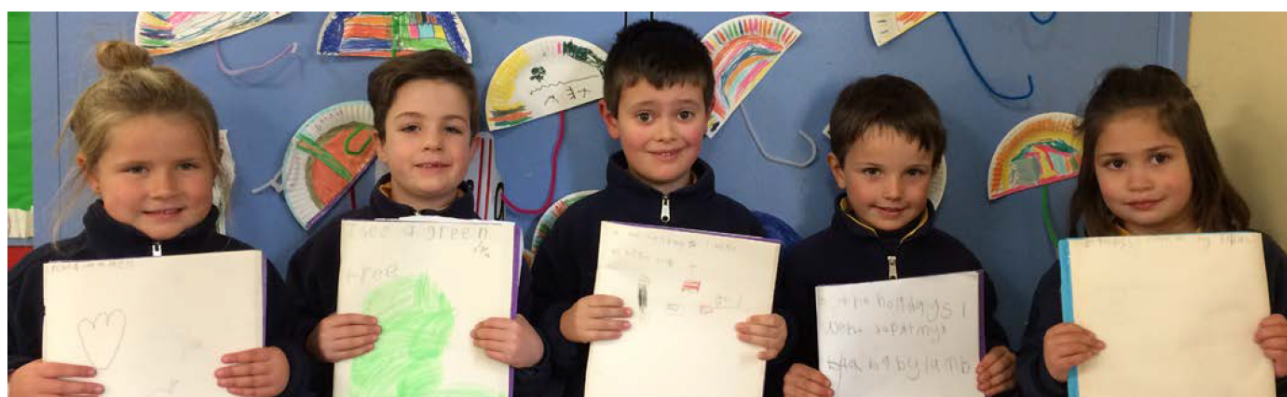
Quality education for all in a secure and caring environment

## 2018 Kindergarten Orientation Days



**AVAILABLE TO ALL CHILDREN IN AND AROUND HOLBROOK  
WHO ARE STARTING KINDERGARTEN NEXT YEAR!**

Starting school is an important step for your child. To help your child become familiar with their new school, Holbrook Public School is hosting a series of Kinder Orientation Days for local pre-school aged children.



Date	Activity	Program
<b>Wednesday 1 August</b> (9:45 am to 10:45 am)	<b>Year 5 visit the Holbrook Early Learning Centre</b> (Holbrook Early Learning Centre)	A group of Year 5 students join the preschoolers in their environment.
<b>Thursday 13 September</b> (3:30 pm – 4:15 pm)	<b>Parent Orientation Meeting</b> (School library)	Find out about the quality teaching and learning at our school.
<b>Monday 17 September</b> (9:45 am to 10:45 am)	<b>Teddy Bears' Picnic</b> Don't forget your teddy bear! (Kindergarten classroom)	Join the current Kinder students on the oval for some playtime fun.
<b>Tuesday 23 October</b> (9:45 am to 10:45 am)	<b>Treasure Hunt!</b> (The hunt begins at the Kindergarten classroom)	Learn all about your new school, solving clues (with help from the Year 5 students), gaining some treasures along the way.
<b>Wednesday 7 November</b> (9:45 am to 10:30 am)	<b>Literacy Activities</b> (Kindergarten classroom)	Preschoolers participate in literacy activities with the Kindergarten teacher.
<b>Tuesday 20 November</b> (12:30 pm to 1:15 pm)	<b>Numeracy Activities</b> (Kindergarten classroom)	Preschoolers participate in numeracy activities with the Kindergarten teacher.
<b>Tuesday 4 December</b> (11:00 am to 11:30 am)	<b>Meet Your Buddy!</b> (School hall)	Parents and preschoolers gather in the hall to find out their buddies for 2019.
<b>Monday 10 December</b> (2:00 pm to 2:45 pm)	<b>Crafternoon with Your New Buddy</b> (Kindergarten classroom)	A great way for preschoolers to have fun while engaging with their new buddies.

**For more information, please call Holbrook Public School on 6036 2021.**

parenting \* ideas

# insights

EDUCATION/LEARNING

## Making a smooth transition to secondary school

by Michael Grose



Going to secondary school is both exciting and scary for many kids. There's excitement about new friends, teachers and ventures, but this can be overshadowed by anxiety and stress.

The sheer size of a high school building can be overwhelming to the uninitiated. The potential loss of status when moving from big fish in a small pond to tiny minnow in a large ocean can be hard to swallow for some. Add the increased number of teachers and the hormonal changes that accompany puberty and drive emotional and cognitive development and it is little wonder the first year of secondary school often sees a plateauing in learning. Most kids are flat out making new friends and getting used to how secondary school works, so learning takes a back seat for a time.

While it's easier for those who have a brother or sister already there who can pass on some tips about how to survive secondary school, many don't have that luxury. Fortunately, there are number of strategies parents can use to make the transition to secondary school easier.

### 1. Know the school space

Familiarity helps reduce anxiety. Most secondary schools have familiarisation programs for incoming students but it helps to reinforce with your young person where the key spaces are – such as administration, toilets, the tuck shop and drinking taps. A trip to the school during the holidays, if possible, can help reassure a nervous secondary school starter.

### 2. Make the leap with friends

Negotiating new friendships can be stressful so it helps to identify some friends from primary school or outside school that your child can travel with or meet up before school, at lunch breaks and during times when classes aren't scheduled. This will give them the opportunity to share and compare experiences, which is therapeutic for kids who are experiencing change.

### 3. Help with planning and organisation

Some students can be overwhelmed by the organisational demands of secondary school. If your child fits this category, be prepared to be on hand to coach your young person in the finer arts of being on time to class, organising work in folders, planning homework time, handing in multiple assignments and filling out forms.



## parenting \* ideas

### 4. Set up a designated study space in the home

Now that your young person has hit the big time it's important that they have a study space to call their own. Keep this outside the bedroom if possible – the bedroom is a space for sleeping and relaxing. Use any area that is reasonably quiet and well lit. Set up a desk with a computer, if possible, along with stationery items.

### 5. Establish a work schedule

If your child's primary school homework was given inconsistently then be prepared for a change. Most secondary schools try to coordinate homework between different teachers but there will be more times than not when your child will come home with multiple homework assignments to complete. Build the homework habit early and choose a regular time that allows for breaks. Encourage them to work quickly so that work does not drag on and become demotivating.

### 6. Stay patient and positive

The social and academic demands of going to secondary school can be mentally draining for young people. Some will miss old friends and the relative comfort of primary school. It's important for parents to be patient with their young person, to expect a few behaviour blowouts and to be prepared to listen and help them process their new experiences. If your young person has negative experiences, point them in the direction of the good things that may happen during the day.

Your young person's coping mechanisms are being tested during this time. They can change on a daily basis. If stress becomes overwhelming or persistent to the point that they don't want to go to school after the initial settling-in period, consider organising some extra assistance. A year-level coordinator, school counsellor or the local doctor can be good starting points should extra assistance be needed.

Starting secondary school is one of many transitions your young person will face in life. With planning and support, your child can make a positive start to secondary school and enjoy an amazing time at their new school.

You can attend our upcoming webinar, [Preparing for High School](#), at no cost!

#### About the webinar

In this webinar popular parenting educator, author and secondary teacher Sharon Witt will share a bag full of practical strategies guaranteed to remove the stress and ensure a smooth transition to secondary school.

#### When

Tuesday, November 27, 2018 7:30 PM – 8:30 PM AEDT

#### Price

This webinar is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register for the webinar valued at \$37 per person.

#### How parents can use the voucher

1. Click this link <https://www.parentingideas.com.au/product/webinar-preparing-for-high-school/>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code TRANSITION and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 27 December 2018.
5. Click 'Proceed to checkout'

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6. Fill in your account details. These are the details you will use to login to your account and access your parenting material


7. Click 'Place Order'

**Your Parenting Ideas Webinar Voucher**

**Webinar: Preparing for High School**

Guest Speaker: Sharon Witt

**27 November 2018 - 07:30pm**



VOUCHER CODE  
**TRANSITION**

VALID UNTIL 27 DECEMBER 2018

Attend this webinar at no cost

Valued at  
**\$37**

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## Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.