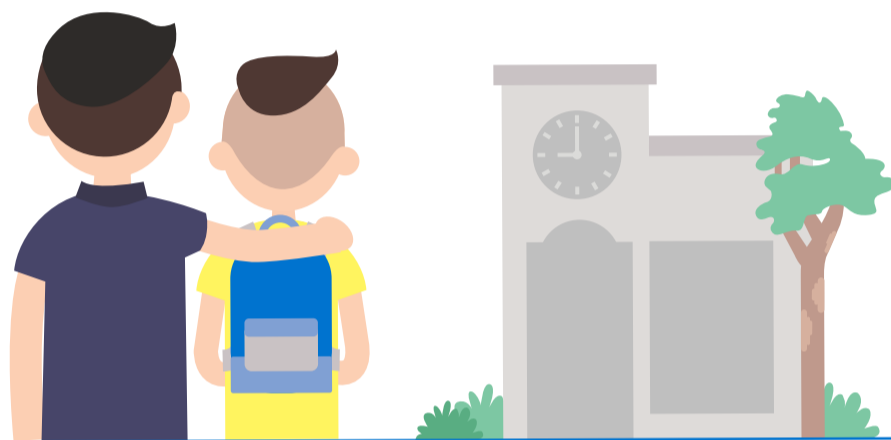
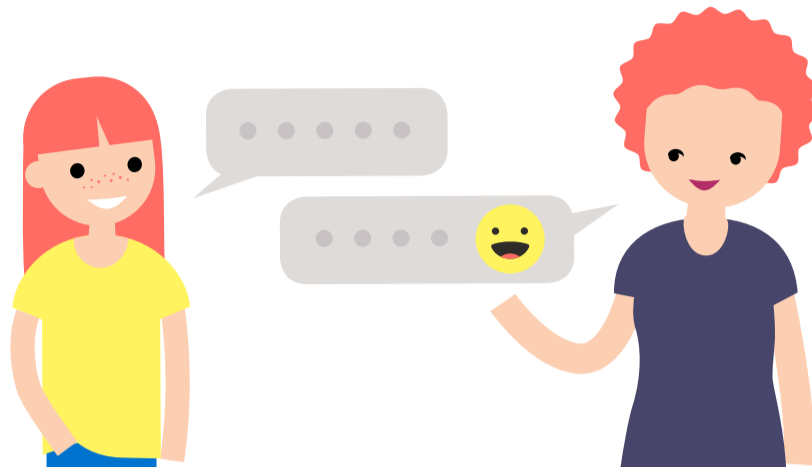


10 tips for starting at A NEW SCHOOL

TIP 1: BE POSITIVE ABOUT THE TRANSITION

Build excitement by talking about all the new opportunities for friendships and activities they'll have.

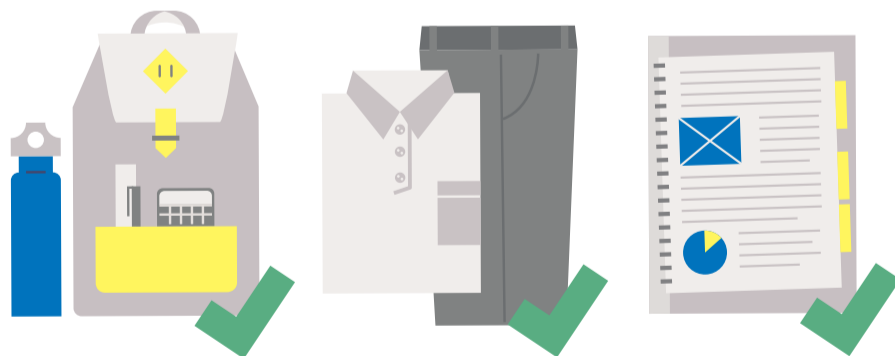
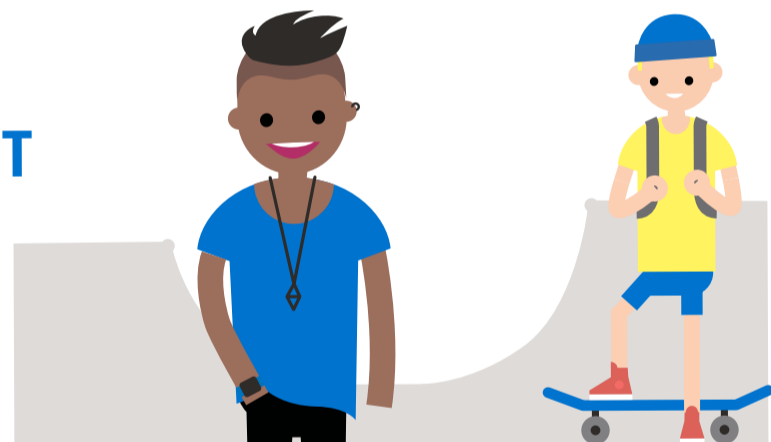


TIP 2: PRACTICE THE NEW TRIP TO SCHOOL

It might sound silly but practicing the walk or bus/train trip beforehand will really reduce first day nerves.

TIP 3: ARRANGE A CHAT WITH AN OLDER TEEN WHO'S BEEN THROUGH IT

If there's a neighbour or cousin who's started at a new school in the past organise for them to hang out and hear what it was like.



TIP 4: MAKE SURE EVERYTHING IS ORGANISED

Bag, uniform and books are essentials for starting at a new school so help them sort it all out before day one.

TIP 5: START AFRESH WITH A TIDY ROOM AND DESK

If their desk or room is shared make sure the rest of the family are on board with keeping things sorted.



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10 tips for starting at A NEW SCHOOL

TIP 6: FAREWELL THE HOLIDAYS

Organise a social day just before school goes back and, if possible, invite friends from their old school.

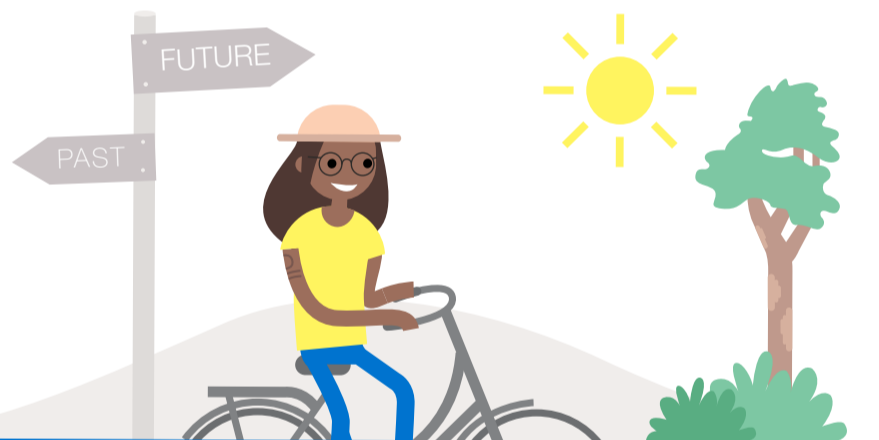


TIP 7: DON'T COMMIT TOO EARLY

Encourage your teen to be social and not rush getting a new best friend. With the stress of making friends at a new school it's easy to jump at the first people that speak to you.

TIP 8: AVOIDING COMPARING THE NEW TO THE OLD

Get your teen to look to the future even if they're missing their old school a bunch.



TIP 9: SIGN UP TO THINGS STRAIGHT AWAY

Research extra-curriculars and help them decide on some they'll sign up to in their first week.

TIP 10: PREPARE THEM FOR STRESS

The unknown can be really scary but things like breathing exercises, getting active, and having "me-time" can all help with the transition.



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