

# YEAR 7 TO HIGH SCHOOL IN 2022



## Parent Update

### Week 4, Term 4 – 2021

#### Independence in high school

Starting high school marks a transition to increased independence for many students.

Our high schools support and trust students to find their own way to classes. They also help them plan for and manage their own workloads.

Many families also start to consider opportunities for increased independence for their adolescent children.

For example, some students might start to catch the bus to school on their own, or they might spend some time at home without parents during school holidays.

Each child and family is unique and parents and carers must make their own decisions about independence to suit their individual circumstances. Below is some information you may find helpful when making these decisions.

#### Out of school hours care

Parents and carers may need to consider and plan for the amount of supervision their high school child will need before and after school and during school holidays.

High schools don't generally provide OSHC (out of school hours care) but some do offer alternatives, such as after school study, during the school term. Contact your high school for more information.

Some OSHC providers in primary schools may offer places to year 7 students. Contact your existing OSHC for more information or visit the [child care finder](#) on the Department of Education, Skills and Employment's website to find a service near you.

#### Being home alone

The Parenting SA [Home alone - Parent Easy Guide](#) provides advice on leaving your child home alone.

It says there is no law stating when children can or cannot be left home alone. However, the law is clear that parents are responsible for their children's safety.

The decision on when to leave children alone comes down to individual parents and the age and maturity of their children.

Read the guide for further information and suggestions to keep your child safe when they are home alone. You will find it on the [Parenting SA](#) website.

#### Catching the bus

Timetables for 2022 metropolitan school bus services will be available later this month, including for our new schools, Aldinga Payinthi College and Riverbanks College B-12.

Extra school buses are being provided to cater for increased commuter demand from the year 7 to high school move.

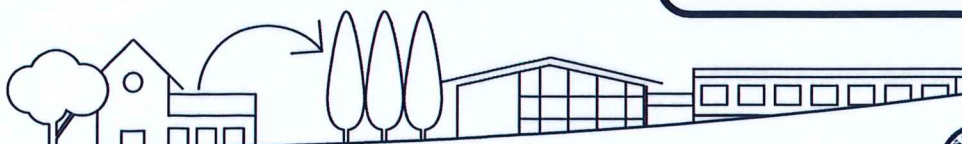
School buses are designated services for students, parents and teachers only, and not the general public.

For more information on catching the bus to school, including tips on student safety, visit Adelaide Metro's [travel to school](#) page.

#### Where to find out more

Stay informed through your school and the Department for Education's website: [www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).



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## Year 6 and 7 students - this Update is for you!

### Week 5, Term 4 – 2021

But of course, your parents and caregivers are welcome to read it too.

Starting at a new school is a big step and we know that you probably have lots of questions about next year.

Below is information and practical tips you might find helpful as you prepare for high school.

The findings come from our pilot program, which involved three high schools that started to welcome year 7s in 2019.

#### Making friends

Some of you will attend your new high school with primary school friends. For others, there will be changes to friendship groups.

Most students we spoke to from our pilot schools made friends by the end of term 1. And guess what? Many of them said new friends were a highlight of their high school experience.

It's okay to be nervous at first. If things feel tough, don't worry as there will be support people available at your new school to help you adjust. These may include a home group teacher, a school counsellor or wellbeing leader.

Here's what you can do:

- take part in all the activities your high school organises to help you feel welcome. These might include transition days, tours and welcome evenings.
- get involved in sports and clubs/groups on offer before and after school or at lunchtimes.

#### Being around older students

In the lead-up to the school year, many year 7s interviewed for our pilot were a bit worried about attending school with older teenagers.

The good news is that within the first few weeks of term 1, their concerns mostly disappeared. In fact, many year 7s told us the older students helped them settle in through peer mentoring programs.

Here's what you can do:

- ask your high school about peer mentoring programs they may offer.
- ask about quiet spaces you may be able to access at recess and lunch if needed.
- talk worries through with a trusted adult. This could be a support person at school.

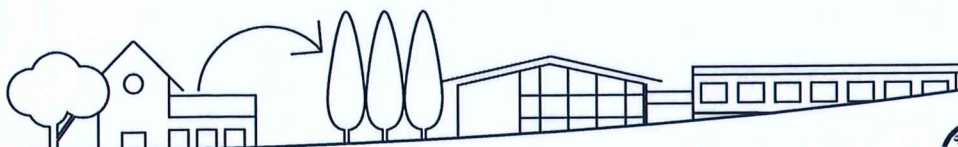
#### Managing workload

Being a high school student often means moving between classrooms and being taught by subject specialist teachers. You may also be expected to complete assignments by deadlines.

Remember that the teachers will be there to help you build your knowledge and manage your workload.

Here's what you can do:

- ask the teacher if you don't understand something - teachers are there to help.
- plan to work through assignments slowly and steadily so they don't get left to the last minute.
- talk to a support person at the school if you are feeling worried about schoolwork.



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## Navigating high school

High schools are usually bigger than primary schools so you may be wondering how you will find your way around.

Remember that teachers will show you where you need to go, and many schools also have older students on hand to help.

Here's what you can do:

- take part in tours and transition days offered by your high school.
- many schools provide new students with maps and timetables. Ask a teacher for help reading them if needed.
- if you are catching public transport to or from school, do a practice run before school starts so you know exactly where to get on and off.
- if in doubt, ask a teacher or the front office staff for help.

## Hear it from students

Watch our new video, [What it's like to start year 7 in high school](#) on the 'information for students' section of our 7 to high school web pages. It features students from SA high schools that have already welcomed year 7s talking about their experiences.

### Where to find out more

Stay informed through your school and the Department for Education's website:  
[www.education.sa.gov.au/7toHS](http://www.education.sa.gov.au/7toHS).

Or share your feedback with the project team by emailing: [Year7toHS@sa.gov.au](mailto:Year7toHS@sa.gov.au).

## Stats from students

At the end of term 1 we asked year 7 students from our pilot how they were going. Here's what they told us...



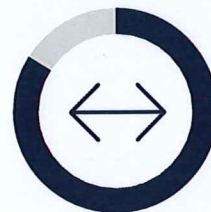
**91%** of students said they were happy in high school.



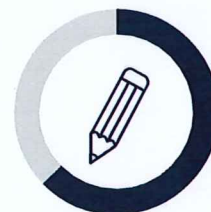
**87%** of students said they had more good days than bad days at high school.



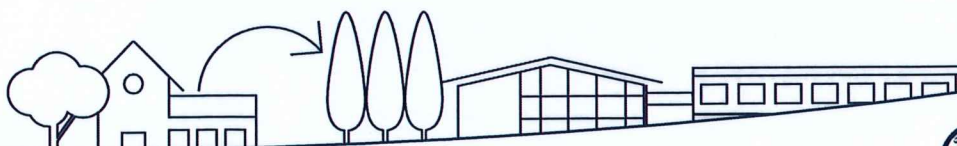
**97%** of students said they had made new friends in high school.



**84%** of students found transition days helpful in preparing them for the first day of school.



**63%** of students felt they had more homework than in primary school.



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### High school advice from high school students

Year 6 and 7 students at public schools across the state are about to begin their transition visits to high school, if they have not already done so.

So we thought it would be a great time to share some of the advice from students who have already made the move from primary to high school.

We visited SA high schools that already have year 7s and asked them what they would like to tell other students making the move.

Here's what they had to say.

### Making friends

'Make sure you stay in touch with your old primary school friends, ask lots of questions if you are not sure (and) don't be afraid to be yourself.'

'Have fun, enjoy it while you can. Challenge yourself to make friends from different schools. It will be difficult but you will get through it and enjoy it.'

'Sit next to someone in class that you feel comfortable with, or mix it up and sit with someone that you don't know and get to know them.'

### Being around older students

'I really did think (older students) were scary but after a while they're literally just like everyone else. So they may be older, but then they are just as nice as everyone else, which is a really good thing.'

'You get a lot of role models in high school and they're really supportive here.'

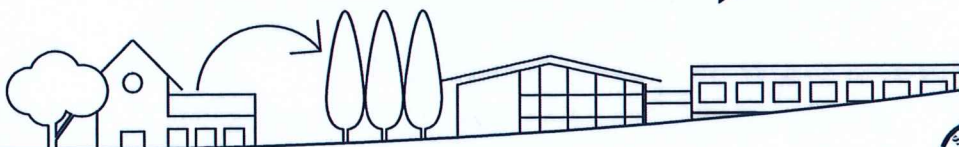
'Peer leaders guided us through things and answered all our questions and made us feel a bit better.'

### Wellbeing and support

'High school isn't as bad or scary as you'd think from watching TV shows and movies.'

'Don't be scared, there will be a lot of people that will help you out.'

'On my first day I realised there's nothing to actually worry about and your teachers are there to help you and they really helped me through the process.'



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### Learning

'Do your work and hand everything in on time.'

'Some of the subjects are kind of easy and they are also fun.'

### Self confidence

'Be confident, believe in yourself and follow your dreams.'

'Put yourself out there, be kind, and have fun. You're going to make friends. Don't be afraid to ask questions or for help, it's the only way you're going to find out.'

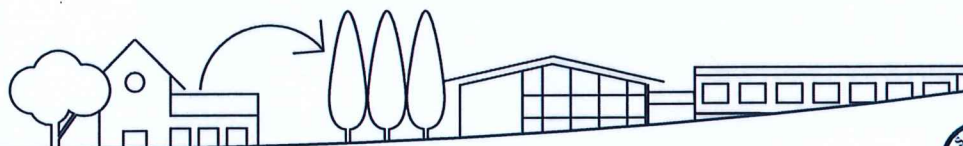
'Just be you. Once you're settled in, you will be fine.'

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