

# Guide to Thrive Checklist

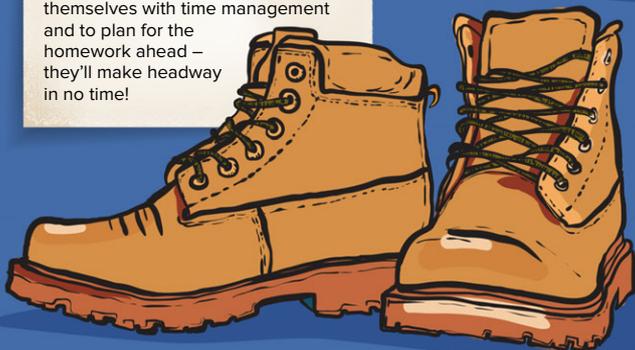


## The essential toolkit for helping kids transition to Year 7.

The move to secondary school is less of a step and more of a leap, but with these seven handy tips, your kids can land on their feet.

### Make homework a walk in the park

Secondary schoolwork is a step up from anything that your children have experienced so far. However, by teaching them how to pace themselves with time management and to plan for the homework ahead – they'll make headway in no time!



### Be ready with emotional first aid

Sometimes we all need a helping hand. As a guide, you can reach out to young people when they need help by recognising the signs that they're not okay – like being withdrawn or disruptive. Then, you can go about supporting them better to help fix any underlying issues, rather than just the symptoms.



### Nurture friendships, old & new

Year 7 is an important time for kids' social growth as they figure out who they are and find like-minded peers. As a guide, you can play a role in laying the groundwork for future friendships at the beginning of the year by organising ice-breaker activities and social gatherings with new students. Helping kids find common ground from the onset can also stop bullying before it has even begun.



### Stay in touch

The ongoing needs of your children will change throughout the year. So be sure to guide their way forward by keeping the lines of communication open and checking in regularly to ensure that they're supported during this thrilling and occasionally tumultuous transition.



### Shine a light on the unknown

It doesn't matter if you're 11 or 111 years old – change can be scary. But you have the power to light the way forward through the unknowns of secondary school. Set time aside early in the year to identify what your children do and don't know, so that you can address misconceptions and concerns head-on.

### Map the journey ahead

Travelling to a new school campus can be an exciting but daunting adventure. That's why Google Maps, public transport apps and orientation days are great ways to help young people familiarise themselves with new routes or surroundings.



### Guide their moral compass

A 12-year-old's moral compass may not always point true north. However, pointing out when they've done something unkind and rewarding them for doing the right thing can make a big difference in the way they lead their lives going forward.

