

# Being Organised at High School Resources



**This list of resources accompanies Lifestart's *Being Organised at High School* webinar.**

## Takeaway tips

### **Sleep plays a major part in supporting a calm and smooth transition to a school day**

Some ideas to implement are:

- keep wake-up times the same on school days
- gradually bring back wake times earlier (15-minute intervals) two weeks before they start school
- spend the hour before bed doing calming activities like reading a book, taking a shower, listening to calming music or meditation
- avoid screen time an hour before bed
- encourage your young person to do some physical activity during the day but avoid too late at night
- get as much natural light as possible during the day as this will help the body to produce melatonin at night to help with sleep
- make sure your young person has a nutritious breakfast
- avoid caffeine drinks e.g. coffee, tea, chocolate, and energy drinks (especially from the late afternoon)
- encourage the whole family to place electronic devices in the family room/kitchen overnight
- purchase an alarm clock to avoid using a mobile phone as an alarm

- if your young person has worries that keep them awake at night, try to set aside a time to talk through their worries and anxiety to avoid affecting their sleep.

### **Make connections with the new high school**

- Meet with school staff (Year Master, Head of Unit, Learning Support) to discuss your young person – their interests, skills, challenges, and concerns. Consider using a one-page profile.
- Establish the best way to communicate with the school – what is their preferred method e.g. emails, phone, communication book?
  - Do you need notes to be emailed to ensure you receive them?
  - Do you need assignment to be emailed to you directly so you can best support your young person to organise and plan for completion of assignments?
  - Find out about the technology system used in new school e.g. Google classroom.
- Arrange a visit with your young person to establish and meet a 'go to' person for them when they need help, have forgotten their lunch, cannot find their class and/or have concerns/worries.

## Familiarise your young person with the new school environment

- Drive by the school – take the route you will be travelling each day – but also show alternatives.
- Treasure Hunt – see if other young people starting at school could also be involved. This will provide opportunity to meet other students and the possibility of connecting in a social situation prior to commencing high school.

## Prepare and organise school supplies

- Take your young person shopping for school supplies. Empower them to choose what they like. This helps them to get excited. Make a day of it. Follow with special lunch where you can talk of how proud you are of them growing up.
- Colour code books, folder, and timetables. This helps them to easily locate books/folder to enable them to independently pack their school bag and be organised. Ask the school for a copy of the timetable and practice reading the timetable during school holidays.
- Set up an area in your home where homework/ assignments can be completed.

## Implement a morning and evening routine

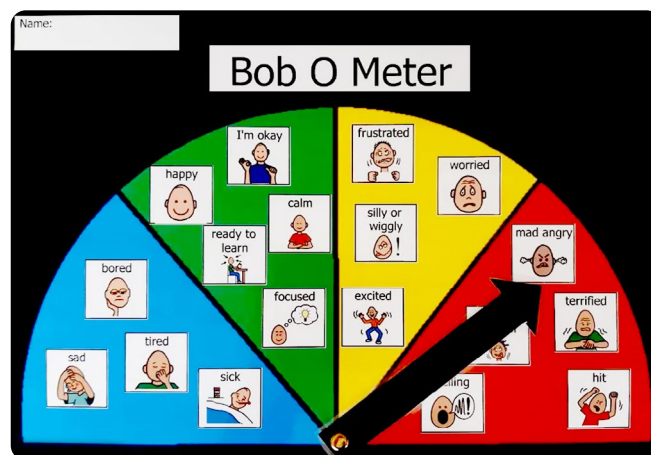
This will help to:

- support development of independence within daily routines
- support development of organisation skills
- support the young person to establish a good sleep routine.

High school success is to 'be in the right place, at the right time, with the right stuff'

- Forecasting the day, practice during school holidays
- Morning routine (backward planning)
- Hygiene – use deodorant and shave
- Implement an afternoon routine
- Start early (during the summer holidays)

**Implement Bob O Meter for each family member** Model and direct each family member to move Bob O Meter at breakfast, on arrival home from school and before bed. Make it a fun part of everyone's day.



This will help:

- the young person to identify and express their mood state without the need for verbal communication
- provide insight into their current mood state and open up communication channels
- provide a forum to discuss strategies to support them to move to green zone – happy and ready to learn and focus
- support a reduction in anxiety.

Anxiety during a transition is a normal emotion – it needs an appropriate behaviour response though. Ideas to try – discuss emotions openly, make a worry box, go for a long drive (do not have to make eye contact so less intimidating for young person).

Talk to your young person about how you felt starting high school. Encourage them to speak to other young people who are willing to share their experiences.

Develop social stories (book, video, photo). Use resources/templates such as problem solving, calm down reflection, Bob o Meter, Secret Agent Society body clues – so you can pick up on changes in your young person and then discuss together.

*Keep a check on parental anxiety ... young people are very insightful about picking up on other's emotions.*

## Websites to address Q and A

### Backpack Checklist

[Backpack checklist luggage tag \(for older kids\)](#)

### Homework Contract

[Homework contract for middle schoolers and high schoolers](#)

### Kids First Children's Services

[practical-tips-for-easy-high-school-transition](#)

### Sue Larkey

[tips-for-transitioning-start-planning-now](#)

### Raising Children Network -

[pre-teens/school-education/school-choosing-starting-moving/starting-secondary-school](#)

### Helen Sanderson

[person-centred-practice/person-centred-thinking-tools](#)

What's working/not working

All about Me profile

Good day/Bad day

### Secret Agent Society

[www.sst-institute.net/](http://www.sst-institute.net/)

Lifestart have trained facilitators and can run this program as an individual program via telehealth.

## Videos to watch together

### How I Learn

[How I Learn](#) helps parents and caregivers encourage their children to self-advocate.

### NSW Department of Education

[www.youtube.com/watch?v=q5jDDm3ISus](http://www.youtube.com/watch?v=q5jDDm3ISus)

A fun video narrated by high school students to introduce primary students to high school.