

Term one tips

February has rolled around and with it, the start of the new school year. Starting school is as exciting and nerve-wracking for parents as it is for children, but knowing what to expect and what's expected –helps.

Heading to kindergarten is a momentous occasion: it's a milestone that signals the start of a very important chapter in your child's life. It's also an emotional time for parents, and the learning experience does not end once you have dropped your child off on the first day.

How to get through term one:

- It may sound tough, but giving your child a kiss and a cuddle and leaving quickly (without looking back) is the best way to get your child used to saying goodbye.

- Limiting after-school activities and enforcing early bedtimes can help

with the transition and reduce anxiousness.

- Try not to push your child into talking about their day at school. If they are quiet when they hop in the car, just be patient and give it time. They will open up in time.

- Developing a good relationship with your child's teacher is essential. By keeping the lines of communication open, you will have a better chance of managing and minimizing any issues.

- Attending the first parent-teacher night will not only give you the



opportunity to find out about your child's progress, but you will also learn how you can support learning at home.

As we all know, change is inevitable, ongoing, and a part of life. But it is also a good thing – so as a parent, it's your job to embrace this exciting stepping stone in your child's life and do everything you can to make it easier.

By Jane King



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For students...

Year 12 may be the most important and taxing year of your schooling life, but it can also be a great life experience. Follow these tips and you'll have a positive year and come out the other side with the results you deserve.

Set goals

One of the best ways to get through Year 12 is to think about the motivation behind all that study. Establish your goals for the future. It might be that you're aiming to get into university/TAFE, or that you want a certain career path. If you're stressed or feeling

doing Year 12.

Stay balanced

A work-life balance is important, and that applies to those who are doing the HSC. Make sure you balance out your study with leisure time, and spend your free time with family and friends, exercising, and resting. Having such balance will not only give you more energy and a greater sense of wellbeing, but it will also lead to better results.

Time management

The most important skill a Year 12 student can have is time management. To avoid stress and

Surviving Year 12: a guide for students and parents

The new school year has rolled around (is it February already?) and with it, a bunch of nervous-yet-excited Year 12 students are getting ready to tackle the HSC. Anita from Above the Line Thinking and (name here) share their tips for passing Year 12 with flying colours.

lazy, think about the purpose or the reason why you're

get your work done, you need to plan your time well. Use a diary or calendar to break your week up, and allocate time for studying, reading, family, hobbies, and so on. The act of writing down your tasks will help you get organised, while planning your days will make you feel less overwhelmed.

Use your support network

The golden rule for HSC success: if you need help, ask for it! Year 12 is meant to be challenging, but it shouldn't be an ordeal. Your parents, teachers, and peers are all on your side, so don't be afraid to ask them for guidance.

For parents...

As key members of a child's support network, parents play a huge role when it comes to motivation and

support. It's normal for teenagers to lose some motivation over the six-week holidays, and as parents, it's your job to help them get back into the swing of things in terms of study and school.

Be available

Make yourself available to talk to your child about school and any frustrations/concerns they may be having. Have positive conversations at home, and get involved with things like subject selection and parent-teacher interviews. While offering support and guidance is useful, sometimes the most important thing to do is listen.

Help with decisions

Offer to talk your child through any decisions they're facing, and make sure their choices align with their

goals. For instance, if they want to get into a business degree at university, ask them to consider taking subjects that will make the transition easier, such as commerce and maths. That being said, it's also a good idea to guide your child into taking subjects that they are both interested and likely to do well in.

Don't pressure

Year 12 is stressful enough without you adding extra pressure. As a parent, it's your role to support and inspire your child to do the best they can, and not to remind them about the importance of their results. They are well aware of that already!

By Jane King

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