Starting Out

Some helpful hints for your first day!

Day 1 – Thursday 28 January 2016

- On the first day please arrive by 8:45a.m. We will start Assembly in Bowie Hall at 9am. Please ensure your daughter is wearing her full uniform including her blazer and hat.

- If arriving by car, please park in the surrounding streets as there is no parking available on the College grounds.

- Parents are welcome to attend the first Assembly and to mingle with other new parents over a cup of tea or coffee once the girls go off to start their day which will be about 9.15am.

- Girls will be organised into Mentor Groups and meet their Mentor Teacher.

- The College Student Handbook and a timetable of lessons for the first two weeks will be given out so appropriate equipment can be brought to school when it is needed.

- On the first day all that is needed to bring is; school bag, pencil case and some writing paper. A small number of books can be brought to put in their locker, but not too many.

- It is recommended that your daughter bring morning tea and lunch on the first day. The College canteen will be open but with a limited menu.

- Year 7 will be scheduled to receive their laptop computers sometime in the following week. They will be shown how to upload their eTextBooks and will be allocated a school email address. N.B. please do not upload eTextBooks onto any other device prior to this supervised instruction.

- Please ensure that all belongings are named. We recommend that all uniform items are named with sewn-on or iron-on labels.

- Dismissal at the end of the first day is at 3.10 pm. Regular school dismissal time is 3.27 pm but for the first two weeks, all Year 7 will be dismissed from class at 3.10 pm. This helps adjust to packing bags and finding the way to the bus line.

- It is a good idea to practise catching any buses or trains needed before the first day. Your daughter should also have a plan to know what to do if she misses her transport.

- Should you need to contact the College during the holidays, please contact the Registrar’s office on 9988 6281 after 15 January 2016.

- You will find some more helpful tips about starting high school from Schools NSW on the back of this page.
Ready for high school checklist
Tick each item when it has been done (not all tasks will apply to you).

This year
☐ Allergies, medical condition or special needs?
   Talk to the high school principal early.
☐ Encourage your child to participate in any transition to high school program offered to them.
☐ Watch videos about high school at: www.schools.nsw.edu.au/highschool

AT HIGH SCHOOL ORIENTATION
Find out about:
☐ school uniforms (including sports uniform), where and when to buy them
☐ map of school
☐ school start and finish times
☐ transport to and from school – forms for travel pass or subsidy if applicable
☐ programs offered in the school
☐ book packs and school supplies lists
☐ ways to become involved in the school
☐ the name of the Year 7 adviser.

Next year

JANUARY
☐ Buy school uniforms, books, stationery, school bag, drink bottle, house key, etc.
☐ Label everything.
☐ Break in school shoes to make them more comfortable.
☐ Practise travelling to and from school with your child using the transport they will use. Let your child buy travel tickets, if applicable.
☐ Teach your child how to read the timetable for the bus, train or ferry as appropriate.

AT HOME
☐ Talk positively to your child about the move to high school.
☐ Ask them what’s exciting about high school. Does anything worry them?
☐ Make sure your child has a quiet work area and extra stationery supplies.
☐ Organise personal hygiene items in school bags.
☐ Decide what your child will do before and after school, and what time they need to be home.
☐ Discuss emergency and safety issues with your child.

Tips for the first week of high school
☐ Photocopy school timetables for school diaries, the inside of locker doors and on the fridge.
☐ Remind your child to note all assignments, homework and events in their diary.
☐ Check through the timetable each night while your child packs their bag – including sports uniform. Encourage your teen to eat healthy food and get a good night’s sleep.
☐ Give the school your current contact details.

THE FIRST DAY
☐ Help set your child’s alarm. Encourage them to get themselves ready on time.
☐ Provide your child with money in case of emergencies and your contact numbers.
☐ Make sure you have the school’s phone number with you.

Watch videos about high school at: www.schools.nsw.edu.au/highschool

For more information: www.schools.nsw.edu.au
www.schoolatoz.com.au

English