



Headstart to High School

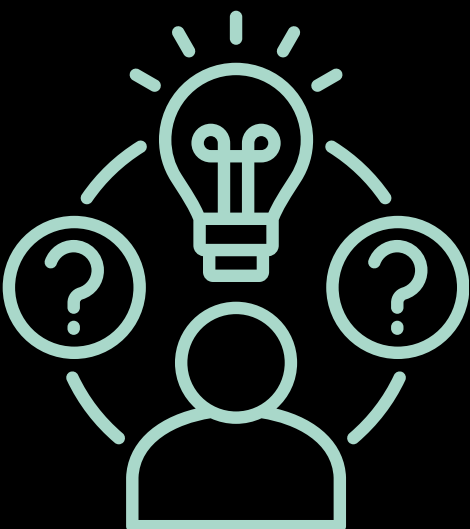
The smoother way to start Year 7

ONLINE

ACCESSIBLE



Why this program?



The move from primary to high school is one of the biggest transitions in a student's education. New teachers, new subjects, new routines, and shifting friendships can leave many feeling anxious and unprepared.

Headstart to High School is a 20-week online program designed to take the stress out of the transition for students and their families.

Modules

Students

- The Differences to Primary School
- School Support System
- Organisation Skills
- Time Management
- Assessment
- Wellbeing & Mindset
- Study Skills
- Setting Goals
- Improving Literacy & Numeracy
- Exam Skills
- Using Technology & AI
- Friendship Struggles

Parents

- How To Help The Transition
- Supporting with Assessments
- Helping With Wellbeing

The Benefits

Benefits for Students

- Greater confidence starting Year 7
- Improved organisation and study skills
- Strategies to manage assessments and deadlines
- Social and emotional resilience

Benefits for Parents

- Peace of mind during the transition
- Tools to support without hovering
- Answers to common parent concerns

Why schools recommend

- Supports student wellbeing and smooths the Year 7 transition
- Reduces stress on families and teachers during Term 1
- Complements school-based transition programs
- Provides ongoing resources for parents and carers