

MENTORING YOUNG MINDS

# TOP 10

## THINGS PARENTS SHOULD KNOW BEFORE YEAR 7



Practical tips to make the leap from primary to high school smoother for your child (and less stressful for you).



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# STARTING HIGH SCHOOL

Starting high school is one of the biggest milestones in your child's education. It's exciting! New teachers, new friends, new opportunities. But it can also be overwhelming.

Suddenly, your child is expected to:

- Move between classrooms all day with a timetable that changes every lesson.
- Juggle homework/assessments from multiple teachers.
- Manage assessment tasks with strict deadlines.
- Find their place in new social groups while balancing old friendships.
- Handle more independence and responsibility.

At Mentoring Young Minds, we've seen first-hand just how much this transition can affect both students and families. With over 15 years of experience in high school teaching and mentoring, we've worked with hundreds of students making the leap from primary to Year 7.

We know the common challenges, the mistakes families often make, and the simple strategies that make the biggest difference.

That's why we created this guide, and the Headstart to High School program. We want to share the key insights that will help your child feel confident, organised, and supported as they begin this new chapter.

*Alisha Wood*  
Mentoring Young Minds





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## ***YOUR TOP 10 TIPS!***



### **ORGANISATION IS EVERYTHING**

High school means managing multiple subjects, books, and teachers. Without organisation, kids can quickly feel lost.

**How you can support:**


- Buy colour-coded folders or notebooks for each subject.
- Set up a shared family calendar for key dates and assessments.
- Encourage your child to pack their bag the night before.



### **ASSESSMENT TASKS ARE DIFFERENT TO HOMEWORK**

Assessments count toward your child's grade. They often take weeks of planning and require breaking tasks into smaller steps.

**How you can support:**

- Sit with your child and break tasks into chunks with mini-deadlines.
  - Use a wall calendar or planner to track due dates.
  - Remind them to start early — not the night before!
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## IT'S NORMAL TO FEEL NERVOUS

Most students feel anxious at first, even if they don't show it.

### **How you can support:**

- Share your own stories of being nervous in Year 7.
- Remind them everyone is figuring it out too.
- Role-play situations (like asking a teacher for help or finding a classroom).

## TEACHERS WANT TO HELP

High school teachers may feel less personal than primary teachers, but they care deeply about their students' success.

### **How you can support:**

- Encourage your child to email or speak up if they don't understand something.
- Help them practise asking questions politely and confidently.
- Remind them teachers would rather know early if there's a problem.

## ROUTINES MAKE A HUGE DIFFERENCE

Bedtimes, homework, and screen time boundaries help kids feel calm and ready to learn.

### **How you can support:**

- Establish a regular bedtime (yes, even in Year 7).
- Create a quiet, distraction-free homework space.
- Agree on screen time rules before school starts.



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## INDEPENDENCE IS PART OF THE DEAL

High school is about building independence and responsibility.

### **How you can support:**

- Let your child pack their own bag (with a quick check if needed).
- Encourage them to track their timetable themselves.
- Praise effort when they take initiative — even if it's not perfect.

## WELLBEING MATTERS

A healthy balance of school, activities, and downtime is key for mental health.

### **How you can support:**

- Watch for signs of stress or fatigue.
- Encourage downtime that doesn't involve screens.
- Make time for family meals, walks, or chats to stay connected.

## FRIENDSHIPS WILL SHIFT

Old friendships may change as your child meets new people. This is normal and part of growing up.

### **How you can support:**

- Encourage them to join clubs, sports, or groups to meet new friends.
- Talk about healthy friendships and how to handle conflict.
- Reassure them that it's okay if friendships look different than in primary school.



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## PARENTS NEED SUPPORT TOO!

Your role in high school changes — less hovering, more guiding. It's normal to feel unsure.

### **How you can support yourself:**

- Connect with other parents going through the same stage.
- Use resources like our Parent Portal for guidance.
- Remember: it's about progress, not perfection.

## A CONFIDENT START SETS THE TONE

The way your child begins Year 7 shapes how they view high school long-term. Preparation builds confidence.

### **How you can support:**

- Practise the “first day routine” before school begins.
- Walk or drive the route to school together.
- Focus on encouragement — not pressure — in the first few weeks.



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# **LET'S THRIVE NOT SURVIVE**

This guide is just the beginning.

Our **Headstart to High School** program is a 20-week online course designed to prepare students and parents for every part of the transition.

Here's what's included:

- 10 weeks of preparation before school starts
  - 10 weeks of support through Term 1
  - Student video modules, live workshops, and optional 1:1 mentoring
  - Parent portal with resources and strategies
  - Downloadable planners, learning resources and checklists
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Register your interest today and give your child the confidence to step into Year 7 ready.



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