RESOURCES INCLUDED IN THE GUIDE

FOR TEACHERS:
- Teacher Video Course (70 minutes)
- Teacher Blackline Masters
- Goal Setting Worksheets
- Preparing for High School Worksheet Set
- Starting Secondary School Workbook

FOR STUDENTS:
- Student Video Course (100 minutes)
- Preparing for High School Worksheet Set
- Starting Secondary School Workbook
- Quizzes, Handouts, Activity Sheets and Templates

FOR PARENTS:
- Ebook for Parents
- Parent Video Course (30 minutes)
- Checklists, Summary Sheets and Templates

RESOURCE COMPONENTS

TEACHERS:
Teacher Video Course (70 minutes)
- Simulating the High School experience
- Teach students how to manage assignments
- Teach students about independent learning
- Teach students how to study for topic tests
- Touch typing and computer skills
- Goal setting

Preparing for High School Worksheets
- Set up your home study environment
- Use class time effectively
- Know where to get help
- Get yourself organised
- Manage your time at home
- How do you approach assignments?
- How do you make study notes?
- How do you study for tests?
- How do you approach exams?
- How can you do well in your subjects?

Goal Setting Worksheets
- What are goals?
- How to write a goal
- Making your goals smart
- Achieving your goals
- Visualising your goals
- Re-evaluating your goals
- Maintaining your attitude
- Avoiding perfectionism
- Rewarding yourself
- What are you good at?
- Personal qualities goals
- Interests goals
- Family goals
- Friends goals
- Health goals
- Work/study/career goals
- Goals for this year
- Goal action plan
- Your personal mission statement

Starting Secondary School Workbook
- Homework is very different
- Work smart to manage your time
- Being organised makes life easier
- Ask for help often and early on
- Develop skills you need for success
- Look after yourself, your mind and your body

Blackline Masters included for:
- Goal setting worksheets
- Starting Secondary School Workbook
WHAT IS INCLUDED IN THE GUIDE

PARENTS:

Parent Ebook
- Getting Organised
  - Textbooks, stationery, computers
  - Organising subjects/items and information
  - Getting to know your school
  - Orientation day
  - Using public transport
  - Typing
- Managing the Workload
  - Understanding the timetable
  - Managing homework
  - Using a weekly planner
  - Using a diary
- Communicating with Teachers
  - Communicating differently at high school
  - Why students must communicate with their teachers
  - Speaking to teachers in class
  - School portal
  - Communicating via email
  - Scheduling appointments with teachers
  - Parent-teacher interview
- Communicating with Your Child
  - How parents can support their child at high school
  - Questions to ask before the first day
  - Keeping the lines open
  - Do and don’t questions
  - Learning to listen
  - Finding opportunities to praise
- Wellbeing
  - Support staff at school
  - When to be concerned
  - Avoiding embarrassment
  - Empathy and love
  - Back care
  - Sleep
  - Exercise and nutrition
  - Extra-curricular activities
  - Calming techniques
  - Looking after yourself
- Social Media and Technology
  - The Good: positive aspects
  - The Bad: negative aspects
  - The Ugly: cyberbullying
  - School phone use policy
  - Establishing ground rules
- Making Friends
  - Starting a conversation
  - Involvement in school activities
  - Parental involvement
  - Party! Party! Party! Safely!

Parent Video Course (30 minutes)
- Touch typing
- Setting up a study space at home
- Get students used to a home learning routine
- Make packing the bag the night before a habit
- Help students use a weekly planner and a term planner
- Teach students basic computer skills
- Watch and discuss the news together
- Encourage critical thinking
- Develop verbal and retention skills
- Read English novels in advance
- Encourage students to write (by hand)
- Address literacy, numeracy problems, handwriting issues and learning difficulties
- Get students familiar with their new school

Additional Resources
- Checklists
- Templates
- Summary Sheet
- Resource links

STUDENTS:

Student Video Course (100 minutes)
- Getting Organised
- Important Information to Know
- Changes in the Way You Communicate
- The School Portal
- Understanding What is Urgent and Important
- Using a Diary & Weekly Planner
- Organising Your Subjects
- Communicating with Teachers and Parents
- Monitoring Yourself
- Developing New Friendships
- Homework is very different at High School
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Video Lesson Handouts
over 50 pages to accompany video lessons including:
- Worksheets
- Activity Sheets
- Templates
- Online Quizzes to reinforce learnings from the video lessons

Preparing for High School
- Worksheets
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Starting Secondary School
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ONLINE GUIDE PRICING FOR SCHOOLS

<table>
<thead>
<tr>
<th>Number of Years 5/6 and Year 6 or Year 7 classes*</th>
<th>School subscription price for up to 6 months' access (incl. GST)</th>
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<tbody>
<tr>
<td>1 class</td>
<td>AUD $150</td>
</tr>
<tr>
<td>2-3 classes</td>
<td>AUD $250</td>
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<tr>
<td>4-5 classes</td>
<td>AUD $450</td>
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<tr>
<td>6-7 classes</td>
<td>AUD $650</td>
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<tr>
<td>8+ classes</td>
<td>AUD $850</td>
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</tbody>
</table>

*Note: There is normally a joining fee of $150 in addition to the above class prices, however this is currently waived for schools who sign up now. Schools that subscribe each year will receive up to 6 months' access free each year with uninterrupted access for the whole year.

WHAT IS THE PROCESS TO SUBSCRIBE?

1. Complete the SCHOOL SUBSCRIPTION FORM on www.preparinginprimary.com.au
2. We will send you an invoice within 24 hours (pricing is based on the number of classes)
3. Once payment is received you will be sent your school’s username and password for the site. You can then give these login details to all the Year 6/7 students, parents and teachers in your school.

QUESTIONS?

Email Prue and Natalie at: info@preparinginprimary.com.au

SUBSCRIBE AND START HELPING YOUR SCHOOL COMMUNITY TODAY