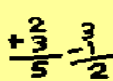











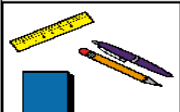





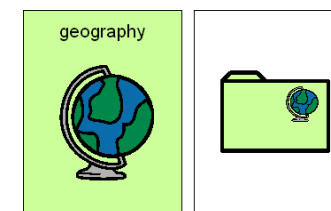
Moving to High School

Some ideas on how to support your child

- In the week before a new term encourage the child to get up at the same time as a school day
- Have a visual timetable at home to help with daily organisation of what to take to school each day

Monday	maths 	geography 	break 	CDT 	English 	lunch 	P.E. 	art 
			My Fife 			My Fife 		

- Have a colour code for each subject - use this code to colour in timetables/organise folders at home/cover jotters etc.
- Symbolise or colour code the pupil's timetable - make a number of copies



- If possible buy duplicates of items that might get lost and cause distress e.g. pencil case, lunchbox etc.
- Have a **Contents of Schoolbag** checklist as shown here
- Write teachers' names in full on the timetable rather than abbreviations
- Have a note in the child's homework planner reminding them what to do in 'tricky' situations e.g.
 - *If I lose my lunch card I go to the school office and tell them*
 - *If I get lost in the school I can ask one of the adults I see where to go*
- Make a note in the planner of the lunchtime clubs that are on offer each day and where they will be held
- Check whether the school has a map. Colour code important things like toilets, registration room, office, canteen etc.
- Get the child to carry a notebook to jot down things they see / hear / or happen that they do not understand. These concerns can then be discussed and clarified at home or school.
- It may be helpful to provide him with a copy of the school rules. These can then be discussed with the child and any misunderstandings clarified.

Have I got	Y
Pencil case	
Ruler	
Rubber	
Pens	
Pencils	
Sharpener	
Homework diary	
PE kit	
Swimming kit	
My Fife card	
Timetable	
Subject books	
Box for cookery	