

## Planning for Increased Attendance

### Supporting a Positive Transition to Returning to School. Plan and Prepare!

#### How to use this document.

Look through the **Things to consider** list and highlight the areas to be addressed.

In the **Strategies to assist** column brainstorm strategies you think might work for your child. Where possible, your child should be involved in this planning process.

| Things to consider....   | Strategies to assist |
|--|----------------------|
| <b>Questions to ask yourself</b>   |                      |
| What has helped your child manage other transitions and changes?<br>What did you do to support them?<br>How can you utilise teacher/staff to support your child?   |                      |
| <b>Behaviours to look out for</b>  |                      |
| Clinging behaviour<br>Restlessness<br>Withdrawing<br>Being anxious<br>Refusing to comply<br>Avoidance<br>Organisational difficulties<br>Increase in crying and tantrums<br>Change in habits<br>Sleep difficulties<br>Regression to younger behaviours<br>Aggressive behaviours                           |                      |
| <b>How can you prepare your child</b>  |                      |
| Establish bedtime and morning routines<br>Organise uniform and equipment night before<br>Talk positively about school<br>Talk to new teachers about concerns<br>Getting involved with the school community<br>Communicate with the school and your child<br>Social and Emotional skills<br>Coping skills |                      |

| Challenges with school transition   |  |
|---|--|
| Physical environment<br>Rules and Procedures<br>Relationships<br>Learning |  |

## Planning for Increased Attendance

# Supporting a Positive Transition to Returning to School. Plan and Prepare!

| <b>Resources</b>                                  |   |
|---|---|
| Kids Matter – Thinking about transition to school | <a href="https://www.kidsmatter.edu.au/sites/default/files/public/KM_StartingSchool_InformationSheets_All.pdf">https://www.kidsmatter.edu.au/sites/default/files/public/KM_StartingSchool_InformationSheets_All.pdf</a> |
| Raising Children - Starting secondary school      | <a href="http://raisingchildren.net.au/articles/secondary_school.html/context/1126">http://raisingchildren.net.au/articles/secondary_school.html/context/1126</a>   |
| DET – START                                       | <a href="http://www.education.vic.gov.au/documents/school/teachers/health/start.pdf">http://www.education.vic.gov.au/documents/school/teachers/health/start.pdf</a>   |
| FUSE – Fire Up for transition                     | <a href="http://fuse.education.vic.gov.au/Resource/ByPin?Pin=FKN227&amp;SearchScope=All">http://fuse.education.vic.gov.au/Resource/ByPin?Pin=FKN227&amp;SearchScope=All</a>   |



This resource created by Travancore School Outreach Team