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## Teachers' tips on easing back into the school year

With nearly half a million students expected to enrol in Queensland schools in 2010, it's only natural that there will be a wide range of reactions from students to starting a new school year.

To help make the 2010 school year a positive experience for students, parents and school communities, here are some tips from the Queensland Teachers' Union teacher and principal members on how parents can help their children prepare to go back to school.

- Talk to your children about what they hope for the new year, and what might be making them anxious. Often anxieties can be soothed by talking through the issues, which is better than leaving a child unnecessarily uncertain.
- Ensure important details are updated with schools, particularly if family circumstances have changed. For example, ensure your children's school administration knows exactly who is authorised to collect them from school, and update important health information.
- For safety and confidence, make sure students who travel by public transport have the right tickets well in advance, and are familiar with routes and timetables.
- All schools have policies on the use of electronic equipment such as mobile phones and iPods on school grounds. If you need to contact your child during school hours, go via the school's administration.
- All state schools also have strict guidelines on expected behaviour. Talk through with your children the behaviour that will be expected of them at school, and how they can expect to be treated by others. Make sure they know to speak up if they feel in any way threatened.
- To help build confidence in all children, from prep to year 12, treat their schooling years as the chance to achieve as much as they can as individuals – it's not a competition with other students with "winners and losers". Let your child's teacher know of any particular goals your child wants to achieve; parents, students and teachers working together will give the best chance to reach those goals.

*For more tips, visit the QTU website at [www.qtu.asn.au](http://www.qtu.asn.au).*