# THE WAY

**TERM 1 : THURSDAY 15 FEBRUARY 2018**




## SCHOOL TRANSITION

Whether it is starting school for the first time, moving up to a higher grade or embarking on a journey through secondary school, there is no doubt that any school transition is a very exciting time for children and parents. It means your children are growing up!

However, transitioning is an ongoing process. It can continue long after students have entered their new environment and may encounter difficulties at a number of different stages. These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can become problematic making the transitioning process even more difficult for children and parents.

In this edition of SchoolTV, parents will learn practical strategies to assist your child during the transition process and reduce stress and anxiety levels. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information.

Here is the link to this month's edition http://thac.nsw.schooltv.me/newsletter/school-transitions

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