



## STARTING YEAR 7

**Starting Year 7 poses many new challenges, but also offers exciting opportunities.**

It comes with a number of mixed feelings. Unfortunately for many Grade 6 students, 2020 was marred with school closures and remote learning due to the pandemic and the overall impact of this is still unknown.

For many students regular orientation activities at the end of 2020 were less than ideal. Therefore, many students may be feeling a little bit more anxious than usual about their expectations of starting Year 7. Grasping new skills and establishing new study practices can quickly become daunting and overwhelming.

During this time of transition, parents and carers need to be supportive, but also realistic in their expectations. This is an important milestone in your child's life. There will be feelings of exhilaration, but also the fear of the unknown. Therefore it will be important for parents and carers to be vigilant in monitoring their child's mood and mental health during this time. They could easily become overly anxious or even depressed.

In this Special Report, there are a number of strategies offered that can make this transition period smoother and start things off on the right foot! We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report [https://thac.nsw.schooltv.me/wellbeing\\_news/special-report-starting-year-7](https://thac.nsw.schooltv.me/wellbeing_news/special-report-starting-year-7)

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*Source: SchoolTV*

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