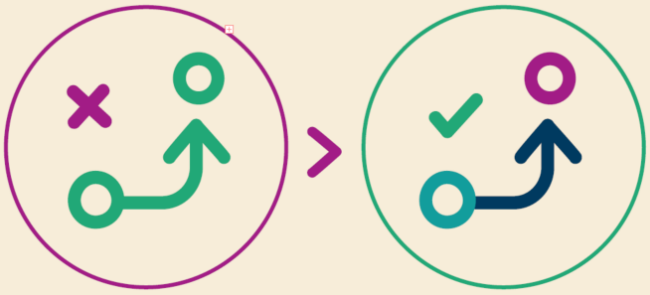
Moving up a level: a guide for parents and carers

A successful transition is about much more than moving into a different classroom. School staff work collaboratively during term 4 to ensure every student feels safe, valued, connected and ready to learn.



What schools consider when building classes

- **Learning needs and progress**
  Current achievements, learning goals, strengths and areas where additional support or extension may be needed. Classes aren't based on academic ability alone, and schools aim for an even spread of ability across classes.
- **Social and emotional wellbeing**
  Confidence, independence, social skills and peer relationships.
- **Friendships**
  Opportunities to keep supportive connections, while making new ones and learning to work with a range of classmates.
- **Classroom dynamics**
  The mix of personalities, learning behaviours and individual needs that contribute to a positive learning environment.
- **Individual circumstances**
  Information about students who may benefit from adjustments or additional transition support.
- **Class structure and staffing**
  Student numbers, available staff and the school's overall needs.



Why not group best friends together?

While friendships matter, new class groups help build resilience, independence and the life skill of working alongside different personalities.

Can families share insights?

Yes. Schools value family insights about educational or wellbeing needs shared through official channels within communicated timelines.



Victorian Academy of Teaching and Leadership
Department of Education
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6 ways you can help at home

Evidence-based tips for parents and carers

Families play an important role in helping children approach a new school year with confidence. A calm, positive message from home, combined with open communication between families and teachers, can make a meaningful difference.

You can support your child by:

1 Talking positively about the new year

It's normal to feel excited, nervous or both. Share about a time you started somewhere new, like a new job or group, and how the nerves faded once things felt familiar.

2 Encouraging flexibility and new friendships

Reassure your child that existing friendships can continue while they meet other classmates.

3 Building independence

Let your child organise their belongings, manage simple routines and ask for help.

4 Listening to their worries

Give your child the space to share how they're feeling, without rushing to fix things.

5 Staying in touch with the school

If you're concerned about adjustment, learning or wellbeing, contact the teacher or school leader. Working together can help children develop the confidence and resilience to navigate challenges.

6 Allowing time to settle

Adjusting to a new class can take several weeks. Patience, encouragement and consistent routines at home help.

For more information visit
www.academy.vic.gov.au/resources/moving-year-level-how-schools-help-your-child

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