



SCHOOL READINESS PARENT INFORMATION SESSION

For parents of children starting Year 7 in 2026


WHAT WILL THE INFORMATION SESSION COVER?

The session (run by an occupational therapist and speech pathologist) will cover key developmental areas essential for high school readiness, including:

- **Executive functioning and organisation:** Building strategies for planning and prioritising tasks, goal setting, managing time effectively, staying on task, and using tools such as timetables, checklists, and planners, managing transitions between classes and handling multiple subjects and homework deadlines.
- **Emotional regulation and self-advocacy:** Recognising and managing emotions, develop coping strategies for stress and respond appropriately to setbacks, identifying when they need help, how to communicate their needs to teachers or peers, and how to access available supports.
- **Independence and daily living skills:** Developing routines for getting ready and arriving at school on time, managing belongings such as lockers, uniforms, and supplies, packing and organising school bags, navigating the school campus.
- **Communication and social interaction:** Skills for effective classroom participation, asking and answering questions, understanding and following instructions, and engaging in respectful peer interactions, perspective taking, conflict resolution and forming positive peer relationships.
- **Fine motor and gross motor skills:** Supporting the development of handwriting and typing skills, along with physical coordination to move safely around the school and take part in sporting and playground activities.


Parents will also learn how to foster these skills at home and recognise when additional support may be needed.

THE DETAILS

 **When:** July/August TBC

 **Where:**

- Online via Microsoft Teams
- 90 minutes with Q&A

 **Cost:** \$150 – includes resources

Spots are limited, so book early!




WHAT WILL WE PROVIDE?

To help set your child up for the smoothest transition to high school, we will provide:

- Practical tips to set your child up for success.
- A physical school readiness handbook filled with strategies and interactive activities your child can complete to prepare them for school e.g., how to read a school timetable, what they might need to pack in their school bag, how to prioritise tasks and time management tips.

If you'd like to know more about our school readiness information sessions, please contact our friendly administration team on (03) 9830 7050 or hello@hideandspeech.com.au.

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 www.hideandspeech.com.au

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