

The introduction of new subjects

Time to start year 7 – A parent's guide to starting high school



In Year 7, your child will be introduced to some subjects they haven't experienced before and other subjects that may have a different approach and emphasis from primary school. They will also be expected to be more independent and self-reliant than in primary school.

Subjects

In high school, subjects are typically taught in 40 to 60 minute intervals called 'periods'. Each subject will be taught for one or two periods at a time. A class timetable will be given to your child showing them when and where their subjects will be taught.

The subjects offered at your public high school will depend on the number of students interested in a particular subject and the expertise available within the school.

In order to be eligible for their School Certificate at the end of Year 10, students must study the following subjects from Year 7:

- English
- mathematics
- science
- geography
- history
- languages
- technology
- visual arts
- music
- personal development, health and physical education (PDHPE).

Students in Year 7-10 may also be able to choose from the following elective subjects, most commonly offered in Years 9 and 10:

- Aboriginal studies
- agricultural technology
- commerce
- dance
- design and technology
- drama
- food technology
- graphics technology
- industrial technology
- information and software technology
- marine and aquaculture technology
- music
- photographic and digital media
- physical activity and sports studies
- textiles technology
- visual arts
- visual design
- work education
- choice of 17 languages.

Homework, a habit of study



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Timetables

Some timetables may also be based on a 'two week cycle', with the lessons in Week 1 being different from those in Week 2. It's a good idea for your child to check their timetable when they get home every evening so they can be sure to pack their bag with everything they'll need for the next day – such as books, writing materials, PE uniform and sporting equipment.

Being prepared for the next school day cuts down on stress for both you and your child, especially when they're settling in. Try to spend some time each night in the first few weeks of school talking with them about school and going through their timetable with them, in preparation for the next day of work.

Homework

Your child will generally have homework set and as they move into more senior years the homework and study demands will increase. Homework reinforces work done in class and helps develop skills such as research and time management. It also helps to establish the habits of study, concentration and self-discipline.

You can help your child by:

- taking an active interest in their homework
- supporting them in setting aside time for homework
- providing a dedicated place for homework and study if possible
- assisting teachers to monitor homework by signing completed work if requested, and be aware of the amount of homework set
- communicating any concerns to teachers about the nature of homework or your child's approach to homework
- encouraging your child to read and take an interest in current events
- alerting the school to any domestic circumstances or extra-curricular activities which may need to be taken into consideration when homework is being set or marked.

Each school develops its own homework policy in consultation with parents and carers. You can obtain a copy from your school.

Remember, if problems occur or you have any questions about your child's learning, contact the school and arrange to talk with your child's teachers.

Managing time

Using time effectively is a very important skill for high school students. Time management doesn't only apply to serious work such as study. It can be applied to other lifestyle activities such as exercise, sporting activities, and even getting the most out of your leisure time. Encouraging your child to get into good habits now also lays the foundation for good habits later in life and work. It's important to be realistic as new habits take time to develop.

Basic time management includes drawing up a simple home timetable using a calendar to plan activities, study requirements, deadlines for assignments, listing of exam dates and other commitments. Setting a priority against each task is important to help them achieve goals, rather than being overwhelmed by what they have to do.

A "to do" list is a very good idea!

Other in-school initiatives and activities

Schools are involved in a wide range of initiatives and activities to support each student's social and personal development.

These include:

- peer support and peer mediation
- student mentors
- gifted and talented programs
- awards and recognition programs
- drug and health education
- anti-racism education
- domestic violence and child protection education
- crime prevention programs
- health and fitness programs
- Year 6-7 transition programs
- student leadership training
- student representative councils
- adventure camps and field excursions.

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NSW Department of Education and Training

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Further information

For further information talk to your school principal, contact your regional office or go to www.schools.nsw.edu.au

For translated information go to www.det.nsw.edu.au/languagesupport