



Welcome

**Parent Guide
To High School Transition**

The following suggestions should help you and your child better handle the academic, social, and emotional transition to the high school setting. Academically, as the course work becomes more difficult, your child will need to become more focused and independent, which will require increased personal responsibility. As a parent, you will need to keep communication open, monitor progress, and guide your child to independence. With your support, administrators, teachers, and counselors will help your child get the most out of the high school experience.





Basics

Read and re-read the newsletter sent by mail in August that includes the school calendar, graduation requirements, attendance policies, programs and courses, scheduling, extracurricular activities, eligibility requirements, school rules, and contact information. This information is vital to a smooth transition.



Work With Your School

Your support is our greatest asset. Stress the importance of academic effort, good attendance, and show your interest by attending open houses and checking progress reports. Encourage your child to show responsibility and independence with any problem by going to the teacher first. Often issues are quickly resolved at this level. If not, a parent conference may be necessary with the expertise of the child's guidance counselor. Have specific questions ready. Reserve judgment and listen carefully to all sides of the issue. Communication is the key.



Work With Your Child

Your job is to develop time-management skills, study skills, and organizational skills with your child. Keep copies of each class syllabus and map out a schedule on the calendar. Set limits and boundaries; monitor activities such as TV, games, and phone use; incorporate rewards and consequences to encourage change; and above all, listen. Homework is an important tool for practice in the 4x4 schedule. Class time centers on instruction with little time for practice. Your child will need to take responsibility for homework on a daily basis.

Sports and Extracurricular Activities

This is an important aspect of your child's high school experience. Become familiar with our school's various sports, clubs, and social opportunities. Encourage your child to become involved in at least one activity in the first semester of high school. This will help your child to find a peer group that will provide support and a structured social outlet. A well-rounded graduate has more opportunities to find success.



Graduation

NOTES

Your child has four years before a career, trade school, college, or the military. High school performance counts from the 9th grade through the 12th grade. Set your goals now with your child. Attend career night meetings given by the WBHS Guidance Department. Be aware of the Chesapeake Public School System's Career Fair. It is not too early to think about these goals in the 9th grade. If your child has a four-year college as a goal, prepare now by knowing the recommended courses, admission criteria, financial obligation, and testing requirements. Access all information through your child's guidance counselor. Prepare now.



Adapted from: O'Brien, Linda. *High School Parent Guidebook*. Woodburn Press: Ohio, 2006.