

Supporting
Your Child's
Transition to
High School: A
Parent's Guide



Learning Goals

1

To demonstrate an understanding of the challenges faced by teens during the transition from elementary to secondary school;

2

To demonstrate an understanding of the supports available to ease student/parent anxiety; and

3

To demonstrate an understanding of how you can successfully support your child through the transition.



**But first...
Let's do a
check-in.**

...

...

...

Does the thought of your child
transitioning to high school make
you feel like...





#kimsconvenience

I cry a little bit.



Know

**It's
OK!**

2



This Way!

Also know that your child may be feeling a myriad of emotions as well!



They may be feeling fear, anxiety, sadness, they may be angry and even happy with the thought of entering high school and the possibility of a new beginning.

What are some of the concerns that your child may have about the transition to high school?

1

Change in academic expectations

2

Classes taught by different teachers

3

Change in the structure of their day/
routine

4

Making friends/ keeping friends

5

Navigating a big building in a timely
manner

6

Opening their
locker

7

Who they will hang
out with at lunch

8

Ability to perform
academically

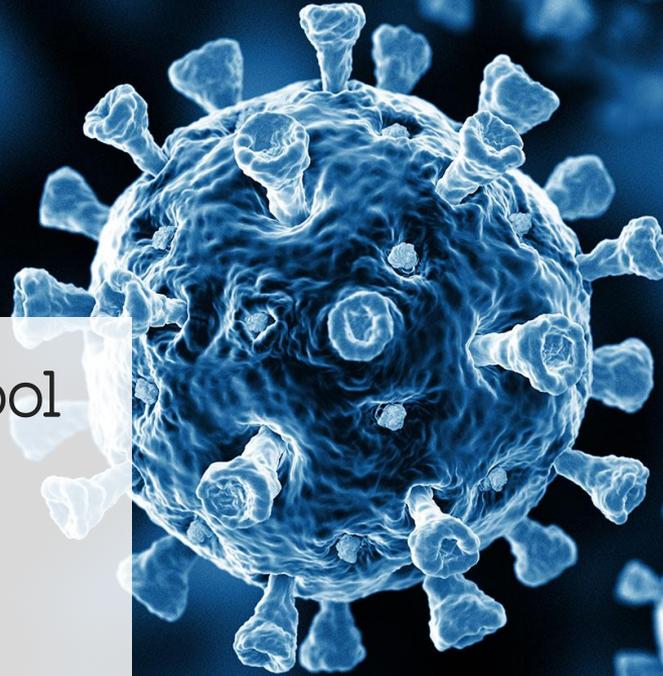
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Concerns relating to
time management

10

Fear of new social
situations

Transitioning to high school during a global pandemic may add another layer of anxiety for your child.



in addition



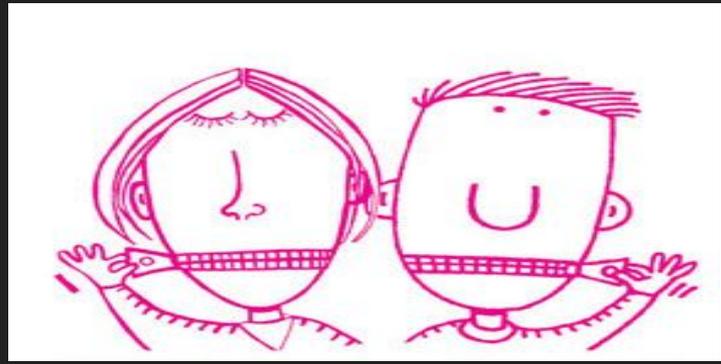
39%

Secondary school students feel like people will not value them if they don't do well at school.



Of secondary school students feel like people expect them to be perfect. This can lead to anxiety.

Houston we have
a problem!



45%

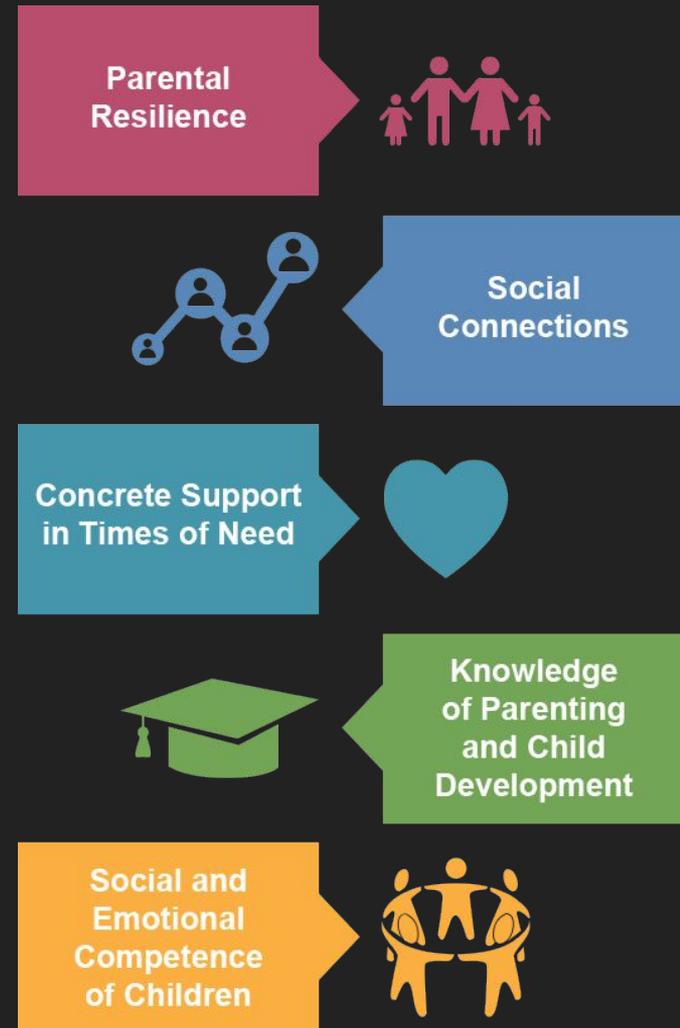
**OF TDSS STUDENTS IN 2018
INDICATED THAT THEY RARELY
OR NEVER TALK ABOUT THEIR
FEELINGS OR PROBLEMS WITH
A PARENT. 24% only do so
sometimes.**

52%- 2016 never or rarely, 25% sometimes

One of the most important **protective factor** for your child is your ability to:

- talk openly,
- listen and respond effectively

particularly during times of need.



Reasons why our students do not talk with their parents about their feelings or problems...

- 42% parents would not understand
- 40% don't want to stress parents out
- 37% feel embarrassed/uncomfortable
- 22% parents would not know how to help
- 19% feelings would not be taken seriously
- 14% family does not talk about their feelings/problems

Some days you may wish for simpler times...





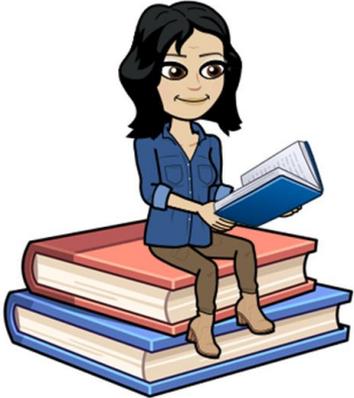
We're here
to help



Meet TDSS's Guidance & Student Success Team



Meet TDSS's Admin Team



Sandra Sardone
Principal

GOOD
DAY!



David Cashmore
Vice Principal

Hi



Tanya Lyn Paul
Vice Principal



Elizabeth Sloan
Vice Principal

What are we doing at Tommy Douglas to support your child's transition?

- ❑ Grade 8 Visits
- ❑ Life After Grade 8
- ❑ Grade 9 Day or Let's Connect Day
- ❑ Camp Tommy
- ❑ Teen Titan Mentorship Program (gratitude, most creative sweater contest, exam prep, donut stress and I am Not a Grade Campaigns, Grade 9 Graduation)
- ❑ Presentations for parents



Teen Titan Mentorship Program



I am **NOT** a grade!

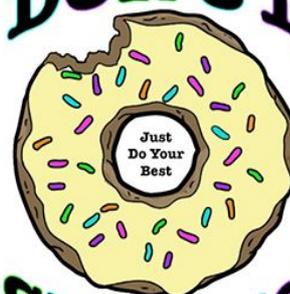


I have talents and interests
and my grades **DO NOT**
determine my self-worth!

TEEN TITANS PRESENT THE...
**PEER
TUTOR
PROGRAM**

JOIN THE GOOGLE CLASSROOM TO APPLY AS A TUTOR OR TUTEE
woj3q4



DONUT

STRESS

Just
Do Your
Best

Agenda:

- Meet Teachers
- Meet Teen Titan Mentors
- Find their Locker, Learn to Open their Locker
- Get to Know the Building (Amazing Race)
- Other fun activities are also planned



CAMMY

The word "CAMMY" is rendered in a highly stylized, hand-drawn font. Each letter is constructed from multiple cinnamon sticks, with their characteristic reddish-brown color and vertical striations. The sticks are arranged to form the shapes of the letters, with some overlapping. Small, bright green lime wedges are placed around the letters: one on the left side of the 'C', one between the 'A' and 'M', and one on the right side of the 'Y'. The entire graphic is set against a solid, dark blue-grey background.

TOMMY

The word "TOMMY" is written in a bold, blocky, and textured font. The letters are a vibrant, neon green color. The font has a slightly irregular, hand-painted appearance with some internal shading and a rough, distressed edge. It is positioned directly below the "CAMMY" graphic, centered horizontally.



fun

Parents we need your help!!



Encourage your child to participate in experiential school based activities. Youth that are involved in school are less likely to get involved in risky behaviour. Signing your child out of these events means that they will miss out on important social connections which are essential to them wanting to come to school that support their academic achievement.

The Million Dollar Question:

Given COVID, what will next year look like and will in coming grade nines be able to participate in the events we have described?



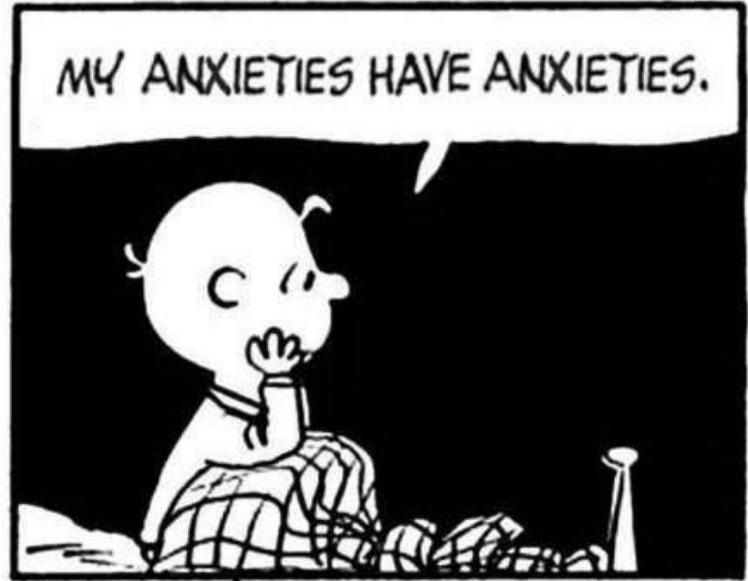
What can you
as a parent do
to support
your child's
transition into
high school?



Discuss
changes that
your child
can expect.



Normalize
feelings of
anxiety.



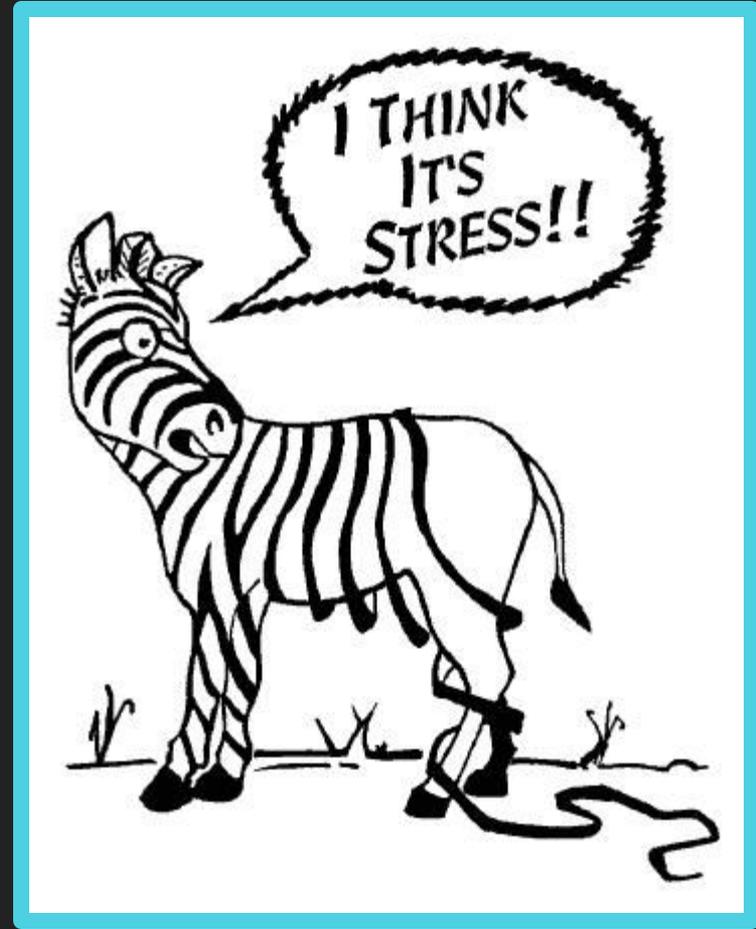
Talk about
different ways
to make friends.





Encourage
your child to
get
involved!

Pay Attention to How Your Child is Coping



If your child is experiencing challenges connect with the school sooner as opposed to later. Help us to understand what is going on in the life of your child. We can support in many different ways both academically and social emotionally.



we're
here to
help

CONFLICT IS
INEVITABLE.

Allow your child to solve problems that may arise with your guidance. Know when it is appropriate to intervene, these are indispensable life skills that they are learning.

When you have a
PROBLEM
you can choose to...

DO NOTHING
but expect more of the same

OR

WORK TO RESOLVE
the problem by ...

Addressing the issue

Reducing exposure

Creating boundaries

Changing your behavior

OR

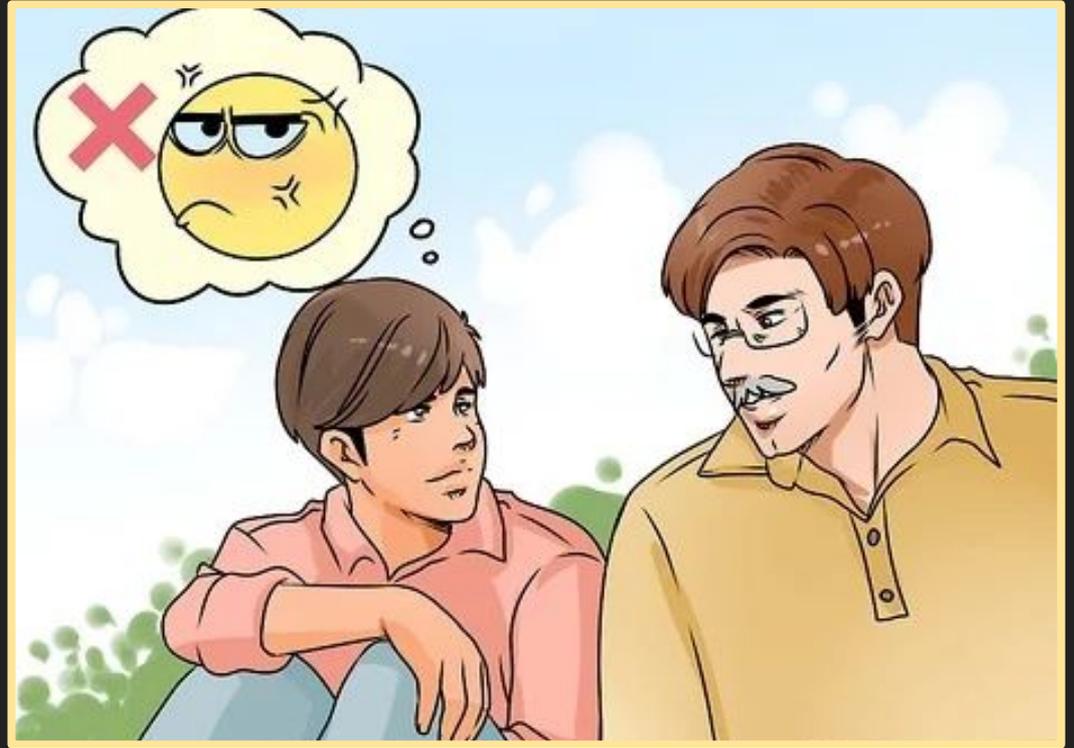
CHANGE YOUR
response to the problem

Engage in dialogue with your child about things other than their grades. High school is a time that your child needs you more than what you think.



Sometimes your child may not perform to the standard that you wish. Remember they are disappointed too and want for you to be proud of them. In those moments focus on re-enforcing that it is OK to make mistakes. Ask them if they know where they went wrong and how you can help. This will go a long way in terms of their self-esteem and your relationship with your child.

There will be time that you may feel disappointed in the choices that your child makes or how they perform. How you respond in that moment will dictate if your child feels comfortable coming to you when times get tough.

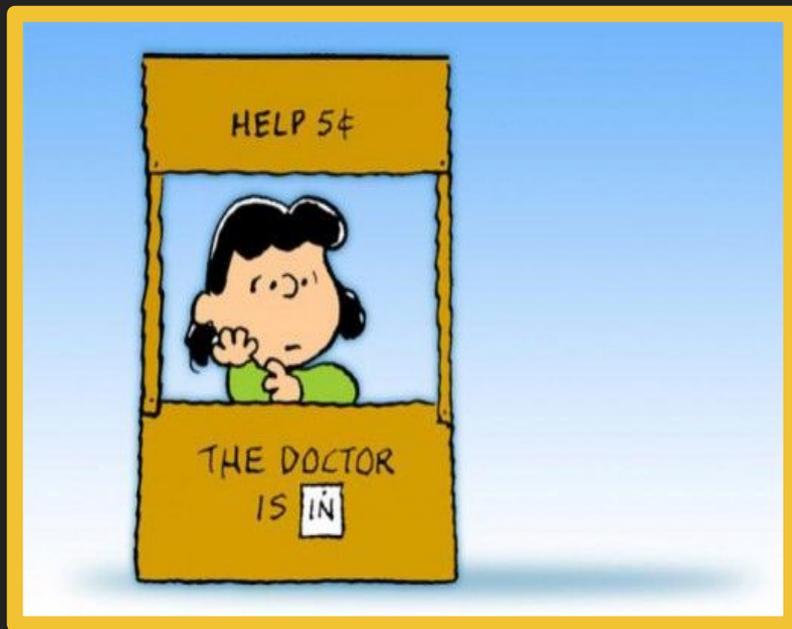


Stay Connected & Informed

- ❑ Parent teacher interviews
- ❑ Engagement evenings
- ❑ Monitoring grades on teach assist
- ❑ Communicate with teachers and school
- ❑ Read newsletters



CAUTION



Negative Pathway Comments...

can be dangerous. These types of comments can significantly impact your child's self-esteem and your relationship with your child.



Academic & Social Emotional Success Comes When...



- ❑ Kids are passionate about what *they* see themselves doing in the future!
- ❑ When failures are seen as opportunities for learning!
- ❑ Kids are in the right pathway!
- ❑ Kids and parents are realistic about a child's aptitudes and strengths.
- ❑ Kids are resilient and know how to cope with life's little & BIG challenges!!

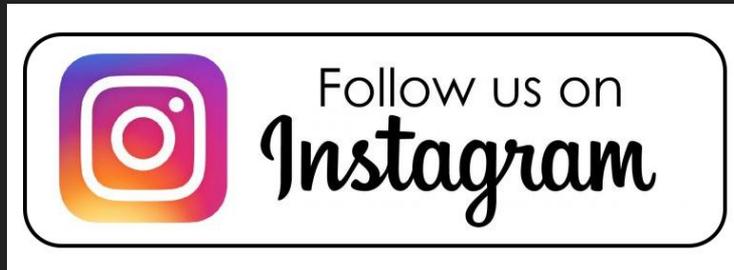
Frequently Asked Questions

- What time does school start and end at TDSS? 8:10-2:25
- What is the structure of the day next year? modified quadmester with 4 courses each semester, 2 courses one week the other 2 courses the following week, on a rotation basis
 - How many grade 9 students will there be at TDSS next year? 387
 - What is the school population at TDSS? 1633
 - When do students get their timetables? End of August beginning of September
- How do you make a timetable change? Your child will get a Timetable Change Request form along with their timetable, please fill in the google form that is attached.
 - Can students volunteer this summer? Yes
- Is there summer school for Grade 9s? There is a GLD201 course that helps to support student literacy and numeracy. Connect with your elementary school administrator to find out more. The Come Up Course for kids that identify as black is also offered email:
Bssn@yrdsb.ca
- What should my child bring on the 1st day of school? Backpack, laptop, paper, writing supplies, a lunch and water bottle.
- I have questions regarding my child's IEP and SEA equipment? Please reach out to sandra.ciummelli@yrdsb.ca susanne.ling@yrdsb.ca

Our Social Media Handles



@TDSS_YRDSB
@TDSSGuidance



@tdssteentitans
@tdssguidance

Guidance Staff	Email Address	Alpha List
Guidance Counsellor- Diamando McLarnon	diamando.mclarnon@yrdsb.ca	A-F
Department Head- Kelly Bradshaw	kelly.bradshaw@yrdsb.ca	G-M
Guidance Counsellor- Leo Scire	leo.scire@yrdsb.ca	N- Sc
Guidance Counsellor- Amir Al Hassani	amir.al-hassani@yrdsb.ca	N-Sc Sem 2
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