



HELPING MY CHILD MAKE **A SMOOTH** **TRANSITION** TO SECONDARY SCHOOL!

ELEMENTARY

SECONDARY

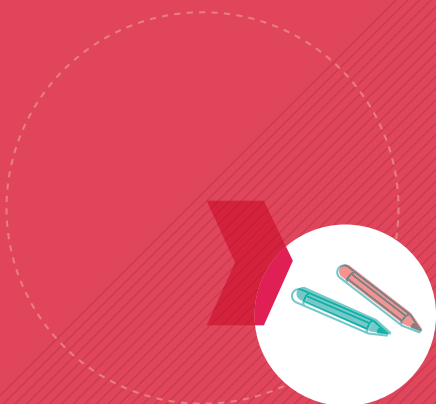


MOVING FROM ELEMENTARY TO SECONDARY SCHOOL IS A KEY MOMENT IN MY CHILD'S LIFE

During this time, my child is experiencing many changes, including a greater need for independence and self-assertion, and more intense emotions.

During this transition, a lot is new in my child's life: school, teachers, friends, schedule and transportation, to name a few.

A smooth transition to secondary school will help my child succeed.



AS A PARENT, I HAVE AN IMPORTANT ROLE TO PLAY...

- I am the person who knows my child best
- I am there for my child
- I set aside time for my child
- I comfort my child
- I guide my child in making choices
- I support my child's decisions

➤ **My child still
needs me.
I give my child
encouragement
every day.**





I SUPPORT MY CHILD

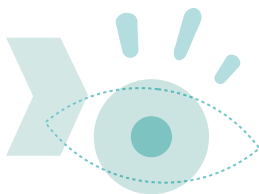


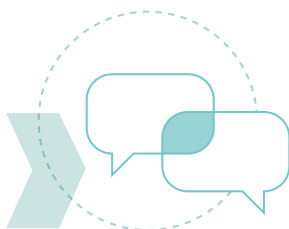
I BELIEVE IN MY CHILD'S ABILITIES

- I encourage my child
- I praise his or her accomplishments
- I believe he or she will do well
- I take an interest in his or her activities

I PAY ATTENTION

- to what makes my child happy or sad
- to his or her questions
- to changes in his or her behaviour





I TAKE AN INTEREST IN WHAT MY CHILD IS DOING

- in class, at lunch hour and after school
- outside of school
- with his or her circle of friends

I MAKE SURE THAT MY CHILD

- gets enough sleep
- eats properly
- exercises and gets outside
- has a variety of activities



I TEAM UP WITH THE SCHOOL

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- I speak positively about the school
- I attend parent meetings
- I communicate with the teacher through my child's agenda, by telephone or by email, as needed
- I inform the secondary school of any specific needs my child might have
- I let the school know if there are any major changes in my child's life
- I trust my child's teachers
- I find out what resources (e.g. library, homework assistance program, computer room) are available at the school and in my neighbourhood



I SUPPORT MY CHILD'S SCHOOL WORK



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- I help my child find a quiet place to study and do homework
- I encourage my child to write down the dates of examinations and when work has to be handed in
- I help my child to use his or her agenda
- I ensure that my child does his or her school work and that he or she takes the necessary materials to class or brings them home
- I take an interest in what my child is reading



USEFUL LINKS



Ministère de l'Éducation, du Loisir et du Sport
mels.gouv.qc.ca

I Care About School!

mels.gouv.qc.ca/reussitescolaire

Ministère de la Santé et des Services sociaux
msss.gouv.qc.ca

Fédération des comités
de parents du Québec
fcpq.qc.ca

Québec English School
Boards Association
quesba.qc.ca/en

Allô prof (aide aux devoirs)) (French only)
alloprof.qc.ca

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du Québec

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