

5 Parenting Tips to Help Students Adjust.

1. Contact your child at agreed regular times.
2. Be a good listener.
3. Encourage your child to join extracurricular activities. (such as volleyball)
4. Be supportive, but also allow your child to solve problems on their own.
5. Show faith in their ability to cope on their own.



Students studying hard!



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Spinifex Residential College



**Spinifex
State
College
Mount Isa**

*A Parents Guide
to life at the
Residential
Campus.*

What going to boarding school will mean for you as a parent.....



Residential Students
learning how to scuba dive

Boarding school can be great fun where students have new and exciting adventures. However, it is important to prepare

students to a new way of living. This will reduce any stress or initial fears of life away from home.

Structure: The Residential College is very structured.

Your child may not be used to this. Your child will be required to start the day at a specific time, make their beds, go to breakfast and then be prepared to go to school.

Food: The food is wonderful, but may not be like home. There is set eating times and healthy snacks are provided.

Grooming: Your Child will be responsible for personal hygiene. All schools have a high level of grooming standards.

Organisation: Your child will be expected to use a school diary, **organize their clothes and books for the day.**

Some Adjustment Problems Your Child May Experience and How You Can Help

- It helps if Children have reminders of home, such as family photos, favourite books or toys.
- School may appear difficult at first. Encourage them to talk about this with you and remind them to ask for help if needed.
- Homesickness is normal, discuss with your child what they might do when they are missing home.
- Children will ring home when they are at their lowest! Give your child time to settle in. Remember to remain calm.



Dinner time!

- Bullying can happen at school. Support your child and discuss your concerns with the appropriate people.
- Your child should be prepared for a mix of cultures. Fellow boarders may be very different, do not expect them to behave like your family.

Resources

Kids Help Line: 1800551800

www.kidshelp.com.au

Parent Line: 1300301300

www.partline.com.au

Assistance for Isolated Children—Centrelink
132318

Www.centrelink.gov.au

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