



BEAUSOLEIL EDUCATION AUTHORITY

SECONDARY/HIGH SCHOOL
HOW PARENTS CAN HELP!

Secondary School can be difficult for new students. Your teenager will have to make new friends and adjust to a whole new school.

This guide describes how parents can help their son/daughter to be successful at high school. It provides suggestions about how to contact teachers, be aware of homework and help solve problems.

Talking with Your Kids

Frequent discussions with your children about school help you to know how their schooling is progressing. It gives an opportunity for you to provide support and advice. It also helps you to know whether a guidance counselor should be contacted.

Young people often find themselves in a period of excitement, anger and stress in adjusting to high school.

First, they may find it hard adjusting to a new school because they have to act and dress in a different way. This is when parents need to help just by talking and offering advice.

- Talk regularly about school- Don't wait til there's a problem
- Ask questions about school- Really listen.
- Take time when the family is together to talk about making the change to a new school. Explain that it's normal to be anxious when making any big changes.
- Celebrate small successes.
- Get to know your teenager's friends and make your home welcome.
- Encourage your teenager to you his/her opinions

The 7 Secrets for Parents

Here are the Seven Secrets to Helping Your Teenager Succeed

- Attend parent-teacher nights/interviews
- Discuss their course choices with them
- Talk regularly about school
- Attend school events
- Provide a good spot for your teenager to do homework
- Help organize time/set aside time to do homework
- Contact the school to share news and if you have concerns

Talking with the Teacher

When everyone is on the same page, it improves student performance.

Teachers get to hear about students and parents get to hear from Teachers.
Teachers can provide good advice for parents about supporting students at home.

Parents are expected to be actively involved in their student's education and to speak to teachers when they have concerns.

Helping with Homework

Homework is an easy way for you to see about your teenager's progress. The student has homework every night in high school. The amount will depend on the grade. For instance, in Grade 9 typically there is about 45 minutes of homework per night. By Grade 12, they should expect about two hours per night.

- Set up a study area away from TV and other distractions!
- Provide pens, pencils, computer, etc.
- Set up a regular homework time
- Ask them what their homework is about and discuss it when it's done
- Be encouraging when the work is hard. Praise from parents is powerful!
- Contact the teacher if the homework is too hard, takes long or is too easy for them.
- Encourage your teenager to start a homework club or join the one in school.

If there is no consistent homework, ask Why? Talk to teacher.

Ensure that your teenager plans ahead for future assignments and tests- buy them a calendar (white board type).

How to Contact Teachers or Guidance Departments

- Call the school office and leave a message for your teenager's teacher or ask for the guidance counselor.
- You can also speak to Karen King to set up an appointment or relay a message for you.
- Give your name and number and the best time to call you back.

Teachers and guidance counselors receive calls all the time. You should not feel afraid to call them.

All conversations with school staff are confidential. Without your permission, your school cannot share information about your son/daughter's school work or family situation without your approval.

Information Flow from School

The High Schools send messages like newsletters, permission forms, etc. Parents should see every message.

Suggestions:

- Remind your son/daughter that you need to see ALL messages/school information
- Create a special place in your home for all school information
- Post important notices about school in your home.
- Return forms as quickly as possible.
- Contact the school office staff if you have questions.
- Keep the school's number handy at work and at home.

Problems?

If your teenager is having problems, talk to the teacher/principal!

If the student is having problems with other students, speak to the guidance counselor or Student Services Officer for BFN.

Here are some ways to help:

- Ask questions so you know what's going on.
- Explain to the teacher and guidance counselor what's going on.
- Listen to the teacher's and guidance counsellor's advice.
- Develop a plan with your teenager.
- Agree to talk again.
- If the problems are not resolved, talk to the vice-principal or principal. That's what they are there for. If the problem is still not solved, speak to the school superintendent. The school office will have this number.

If you suspect your child is being bullied or harassed by another student, ask questions. **All schools have policies against bullying and harassment.**