



NEWSLETTER

Common questions and what you can do about them!

Q. "My child is feeling concerned about his transition from Year 6 to Year 7, what would you suggest?"

A. It is normal for children to feel anxious about the transition from primary school to high school. They are going to a bigger school, with different children, new teachers and unfamiliar routines. Here's how you can help your child feel prepared for high school:

- Check if their new school is running a transition program, and make sure they are signed up.
- Explain to them what to expect at high school - more self-directed work, more organisation required, different class structure etc.
- Encourage your child to consider the positive things about moving to high school, such as the extra-curricular activities and extra independence.



Who are onPsych?

onPsych is Australia's largest provider of **bulk-billed** Medicare funded school-based psychology services using Psychologists and Mental Health Social Workers. We specialise in child and adolescent mental health interventions and family intervention dealing with a range of disorders such as anxiety, depression, ASD, ADHD, grief, and self-harm. Working in schools enables us to use a collaborative approach with students, teachers and families; essential for optimal outcomes.

Thousands of Australian Children Suffering Mental Illness

A recent study has found that as many as one in 10 Australian children have mental health disorders. The survey found widespread depression and anxiety amongst children, as well



- Give your child some tips on how to make new friends. Practice conversation starters with them such as “which primary school did you come from?”
- Reassure your child that their feelings of anxiety are normal. Help your child learn to take a few deep breaths when they are experiencing butterflies in their stomach.
- You may wish to help your child make up some positive affirmations to post around their bedroom or mirror, such as “change is good” or “I can do this”.
- Your child’s transition can be a big change for you too, and it’s okay for you to have mixed feelings. Talking to other parents who have gone through the same thing might help, or your school may have some information nights in place to provide extra support/advice.

Testimonials

onPsych client - “My psychologist was really friendly and fun to be around. She helped me learn ways to be more confident and to stand up for myself. She also taught me how to calm myself down when I am starting to get really angry. I love going to school now because I am happier.”

as significant self-harming behaviours and suicidal thoughts. The good news is that more children are receiving help for their mental health problems. The survey indicated that more than two thirds of children with mental health disorders had accessed mental health services, compared with less than one third in 1998. onPsych services are able to work on-site in schools to assist children in need of support. Please contact us for further information.

The Importance of You

Being the last term for the school year, teachers are starting to feel extra pressure from panicked parents, and children are getting tired. Here are some tips to get you through to the end of the year!

- *Learn to say ‘no’:* Tell people firmly and politely if you don’t have time to do something for them.
- *Prioritise and don’t procrastinate:* Make a list of priorities and focus on what needs doing immediately. Avoid wasting time on things that aren’t urgent. Where possible, break down larger jobs into smaller, more manageable ones.
- *Think about when you work your best:* Recognise at what time of the day you are most productive, and aim to do most of your work then.
- *Use technology carefully:* Text and send emails at certain times of the day, and put your phone out of reach at night.
- *Focus on what is in your control:* Make a list of things causing you stress, then divide it into ‘things that are in my control’ and ‘things that aren’t in my control’. Focus on the things that are in your control and put others aside.
- *Find time each week to do relaxing and fun activities:* Read a book, take a bath, go out for dinner, start a creative project (i.e. knitting, colouring or puzzles).
- *Look after your body:* Eat a balanced diet, limit caffeine and alcohol, exercise regularly and 8 hours of sleep each night.

This information is part of our “The Importance of You” workshop. We have a range of effective and practical workshops that can be run to students, parents and teachers on a wide array of topics. Contact us for a full list or for more information about how these can be run at your school.