

## Visiting Primary School Nursing Program



### Is your child ready for Secondary School?

Secondary school can be a time of fun and excitement, full of new experiences– but it can also be challenging and worrying for some children and their parents.

The preparation you do with your child will help them make a great start to their senior years at school.

#### Here are some helpful suggestions:

- Find out about the *transition* and support services offered at your child's new school.
- Listen to your child- discuss what they are looking forward to or worried about- give lots of assurance.
- Talk about the positives- lots of new teachers, extracurricular activities, new friends and opportunities.
- Involve your child in decision making- from how to get to school to how best to keep in contact with friends who are going to a different secondary school.
- Get to know the new school- who the principal is and the home group teacher, welfare staff, the people you can contact to discuss any issues that may arise.

#### Information and support for parents:

[www.raisingchildrennetwork.net.au](http://www.raisingchildrennetwork.net.au)

[www.parentingideas.com.au](http://www.parentingideas.com.au) [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.thehormonefactory.com](http://www.thehormonefactory.com) [www.reach.org.au](http://www.reach.org.au)

Kids Help Line: 1800 551 800

Anglicare /Parentzone / Parenting courses:  
5533 9998

### Vision Testing

Optometrists Association Australia recommends that children have a full eye examination with an optometrist before starting school and regularly as they progress through primary and secondary school. This has become more important as the hours of screen based learning and entertainment increase. A thorough eye examination with an optometrist takes approximately 25 minutes and attracts a Medicare rebate- no referral is required.

#### Signs that could indicate a possible vision problem:

- Difficulty learning to read
- Holding a book very close to read
- One eye turns in or out while the other points straight ahead
- Poor hand eye coordination
- Covering or closing one eye
- Frequent blinking / red or watery eyes
- Frequently rubbing the eyes
- Leaving out or confusing words when reading
- Difficulty in recognising familiar people in the distance
- Tilting head noticeably
- Complaints of headaches
- Sensitivity to light
- Complaints of blurred or double vision
- Squinting or sitting very close when watching TV

