Eavesdropping on experts

**Tips for starting a new school term or year Tip 3**

[Music]

Chris, I CAN Network

My next tip would be more for Principals and Coordinators, the leaders of the school, I would just naturally operate in a mode of going - Right we need to structure recess and lunch because those times are very vulnerable times for some young people in the spectrum who would love nothing else than to look invisible at school because the social performance of recess and lunch can sometimes be a bit too much to handle so if you're a coordinator or a principal structure out recess and lunch what activities can you run whether it might be in in classrooms or outside to just provide structure for young people who haven't yet worked out how to connect and in network with others during that recess and lunchtime.

Michelle, Autism Coach

My third top tip would be visit the environment as early as possible so if it's a new school if possible can we visit in person, if not can we utilize the technology there are lots of resources on the internet that can really help us have a virtual visit, if going in person is not possible so visiting really early and getting familiar with that environment.

Kylie, Deputy Principal

If you could in advance have your students or your child's timetable to be able to help your child to be prepared for each day and then definitely so in the afternoons you can engage in some really good conversations with your child about what they've done at school during the day.

Kaiden, Student

So at the start of a new year what first thing I normally do is I go and meet my new teachers for all my subjects and whenever you see a teacher you had before you get that little thank God, because you know you've you know them and that's a big thing I think getting to know your teachers really helps get comfortable in the situation it brings the anxiety down immensely.

[Music]