



# What your child needs to succeed at school

Remember: there's help if you need it

## Health and wellbeing

*When your child is happy and healthy, they can make the most of their time at school.*

- There is medical and wellbeing support available for families ..... **13 QGOV (13 74 68)**
- Seek advice from **Parentline** ..... **1300 30 1300**
- Access free counselling for young people at the **Kids Helpline** ..... **1800 55 1800**

## Transport

*Your family may be eligible for help with transport costs to help your child get to school.*

- School Transport Assistance Scheme ..... **13 12 30**
- Non-State Schools Transport Assistance Scheme ..... **07 3316 5858**

## A safe place

*Your child needs a safe place to relax, study and sleep well so they can enjoy going to school.*

- If you are experiencing homelessness or are at risk of homelessness, call the **Homeless hotline** ..... **1800 474 753**



## School uniform, textbooks and equipment

*Wearing the right uniform and using the right equipment at school can help your child feel like they belong.*

- Many schools have second-hand uniforms for sale. Call your school to find out more.
- Your family may be eligible for help with the cost of textbooks and other equipment ..... **13 QGOV (13 74 68)** and ask about the Textbook and Resource Allowance.
- If you cannot afford a fee requested by a state school, please talk to the school.

## Healthy food

*Healthy eating, including a regular breakfast, helps children learn at school.*

- Cost of living support, including food vouchers, is available via ..... **13 QGOV (13 74 68)** the Queensland Government Emergency Relief Program

## Enough sleep

*Good sleep habits help children get enough sleep so they can learn at school.*

- Seek advice from **Parentline** ..... **1300 30 1300**

## Physical activity

*Children need regular physical activity to stay healthy and get the most out of school.*

- Learn about recreational and sporting events, programs and facilities in your local area ..... **13 QGOV (13 74 68)**

## Love and support

*When your child feels loved and supported, they will learn better at school.*

- Seek advice from **Parentline** ..... **1300 30 1300**
- Call **Family and Child Connect** ..... **13 FAMILY (13 32 64)**
- Find out about Queensland Government support for parents and families ..... **13 QGOV (13 74 68)**

## Positive friendships

*Friends can make school more fun for your child and help them learn better.*

- Talk to your child's school if your child is having trouble making or keeping friends.
- If your child is experiencing bullying, call **Parentline** ..... **1300 30 1300**
- Ask about Parentline's free cyberbullying online training for parents, carers and grandparents.

Talk to the guidance officer at your child's school. **They want to help you.**

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