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Queensland Government

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# What your child needs to succeed at school



## 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 the Queensland Government Emergency Relief Program: 13 QGOV (13 74 68)

# 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 your school's guidance officer

Talk to the guidance officer at your child's school. They want to help you. Guidance officers can provide advice and counselling and help students with their educational, behavioural, mental health, and wellbeing needs.

**Download this information as a tip sheet**

Department of Education



**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.

- ▶ [Find a mental and wellbeing support service for families](#)
- ▶ [Find a school counsellor](#)
- ▶ [Apply for counselling in QP or QLD for young people aged 15-25 in Queensland](#)

**Transport**

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

- ▶ [School Transport Allowance or Concession](#)
- ▶ [Non-School Children Transport Allowance/Concession](#)

**A safe space**

Your child needs a safe place to relax, sleep and sleep well so they can fully engage in school.

- ▶ [Apply for emergency accommodation or a safe place to stay in Queensland](#)



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