

Starting school

Resources to support primary school students on the autism spectrum



Student profile

Introducing:

[select to insert photo/picture]

[select to insert photo/picture]

This is me


This is my family


My birthday is:

My class:


My year level:


My teacher:

 **About me ...** (What are some of your child's interests, strengths?)

 **How I like to play ...** (Does your child prefer playing with others, alone, 'chilling out' in a quiet area, being active outdoors, having an adult help them to connect with others?)

 **This year at school I am hoping that ...** (What are some of your child's hopes and wishes for school?)

 **What makes me feel good ...** (What makes your child feel excited, happy, calm, relaxed or cheerful, for example, and how do they show these feelings?)

 **What doesn't make me feel good ...** (What triggers your child, makes them feel grumpy, frustrated, angry, worried, nervous or scared, for example, and how do they show these feelings?)

[select to insert photo/picture]


[select to insert photo/picture]


Here is something I really like!

Here is something I don't like!


Help your school understand your child's needs: Families


1

 **I learn best when ...** (Describe what might be helpful for your child, such as sitting with a friend or being at the front of the room, knowing in advance about upcoming plans and activities.)


 **I find it hard to learn when ...** (Describe potential barriers to learning, such as noise, too much visual stimulation in a room, changes in routine, challenges with communicating needs.)

 **When I need help, I ...** (Describe how your child shows an adult that they need support, such as putting up their hand, looking distracted or calling out for assistance.)

 **Here are some ways you can best support me at school ...** (Describe any techniques or activities that you or your child use to self-regulate or calm.)

 **My family hopes that this year at school will be ...** (What is your vision for your child's schooling? You could express your hopes and wishes for your child.)

 **My family are happy to help me settle in this year by ...** (Add any information here about how you might be able to support the school.)

 **Other information that I would like to share with you...** (You can skip this section if you don't have any other information to add.)



Resources for families: <https://studentwellbeinghub.edu.au/parents/topics/autism-families/starting-school/>