

School Transition

Before the start date:

- Plan ahead
- Make time to visit schools or if that's not possible, you can start from the virtual tour.
- Find out about your child's feelings and wishes.

Activity: Ask your child to think about what they are worried or excited about when they think of going to (secondary) school. Ask them to write each idea on a post-it note. When they have written all their ideas down, ask them to put all their post-it notes into three categories: 'Nervous', 'Excited', 'Not Sure'. You can use 3 different bowls for this. Discuss these feelings with them and introduce the concept of 'resilience' - Resilience is having the skills and resources to deal with difficult situations in life. There are different ways to build resilience in people and we can learn some new ways to cope.

- ✓ Identifying, talking about and using our strengths
- ✓ Knowing our support network
- ✓ Planning how to deal with things should they arise

What parents can do to help:

- Seek support from school staff.
- Talk to other parents and carers.
- Find and note key dates (i.e. application deadlines, special dates to keep free: open days, leaving assemblies, term dates).
- Help your child to work out their route to school; encourage them to practise it and time it so that they know exactly where to go and what time to leave for school in the mornings.
- Practise tying and untying their tie or buy a clip-on tie if they haven't worn one before - this will make getting ready in the morning and changing for PE quicker.
- Make sure that they have a strong bag for all their books.
- Buy the new school uniform and PE Kit a few weeks before September. Make sure your child tries them on and label everything clearly with your child's name.
- Stock up on stationery and equipment (pens, pencils, a ruler, an eraser, a scientific calculator).
- Make sure that your child knows when school starts and finishes and where they need to go when they arrive on their first day.
- Think about the end of the day - do you need to get a house key cut for your child?

September

- Encourage your child to find out where the toilets are and where lunch is served and how to use the canteen.
- Encourage your child to make copies of their timetable when you get home - one for their planner, one for home, and one for their blazer pocket!
- Talk to your child about exchanging phone numbers with new friends so that if they do have a problem, for example with homework, someone will be able to help you.
- Ask if they are unsure about anything.
- Encourage your child to eat breakfast, even if they are nervous.

- Encourage your child to use their logbook/diary - it is essential to keep them on top of homework and all the other things to remember.
- Ask them to find out about clubs so that they can spend more time doing things they love.
- Encourage your child to pack their school bag the night before, so that they always have what they need for the day ahead.
- Create a space at home where they can do their homework.
- Explore pastoral support for your child at school so that they have someone to go to if they are having problems settling in.

Parent Wellbeing

<https://youngminds.org.uk/resources/school-resources/parents-wellbeing/>

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>