



SUPPORTING YOUR  
CHILDREN'S  
TRANSITIONS TO  
SECONDARY SCHOOL

Moving onto a new secondary school is challenging enough for children, let alone adding a pandemic to the mix.

The aim of this session is to give you information on how you can best support your child with this change.

# Questions

There may be many questions your children would like answered so take the time to sit with them and write down any questions they may have ahead of their visits to their new schools.

There may also be questions that you have that you would like answered too.

Once the list is made see which questions you could find out together and which questions require you speaking to someone about them.



# Day-to-Day

Some children like to know what to expect as the unexpected can make them anxious. To help alleviate this spend time together looking at what a typical day could look like and create a timetable, include timings, even what it will look like before and after school.

If your child needs further support with this, you could spend time in the holidays walking/ driving/ or riding the route they would take to get to their new school and discuss what they would do.

They will get the experience of getting to know inside the school on the day they visit. You can request a rough timetable copy from the secondary school as well - just be sure to prepare your child that it isn't set in stone.



**SCHOOL TIMETABLE**

hour	monday	tuesday	thursday	friday	saturday
	Walk 2 school- 15 mins				
	10 mins Form time				

# School policies

As much as the new school will set out their expectations, it is good to ensure that you are aware of the policies they have to ensure that your child knows the expectations and boundaries that are given.

Being cohesive with their new school will benefit your child as they will be receiving consistency at a challenging/ changing time.



# Own Experiences

There has been a time in all of our lives where we have been in the same or similar positions to our children. Relating your own positive experiences to theirs can help them feel at ease and know that you were able to do it so they can too.





# Resilience

Children will have different levels of resilience and different ways of responding to and recovering from stressful times. They will also have different ways of showing when the demands that are being put upon them outweigh their capacity to cope. They might become emotional, they might withdraw, or they might become defiant, angry or resentful. Of course, even the most resilient of warriors have days where it all gets too much, but low resilience will likely drive certain patterns of behaviour more often.

Help your child recognise people who care for them and think about who their support circle are e.g. grandparents, siblings, cousins, neighbours, friends etc. Let your child know it is okay to ask these people for help when their emotions are becoming overwhelming.

Helping your child understand that there will always be things/ people that they don't like or agree with but it is how you deal with those situations that matter is a positive step towards helping build their resilience.

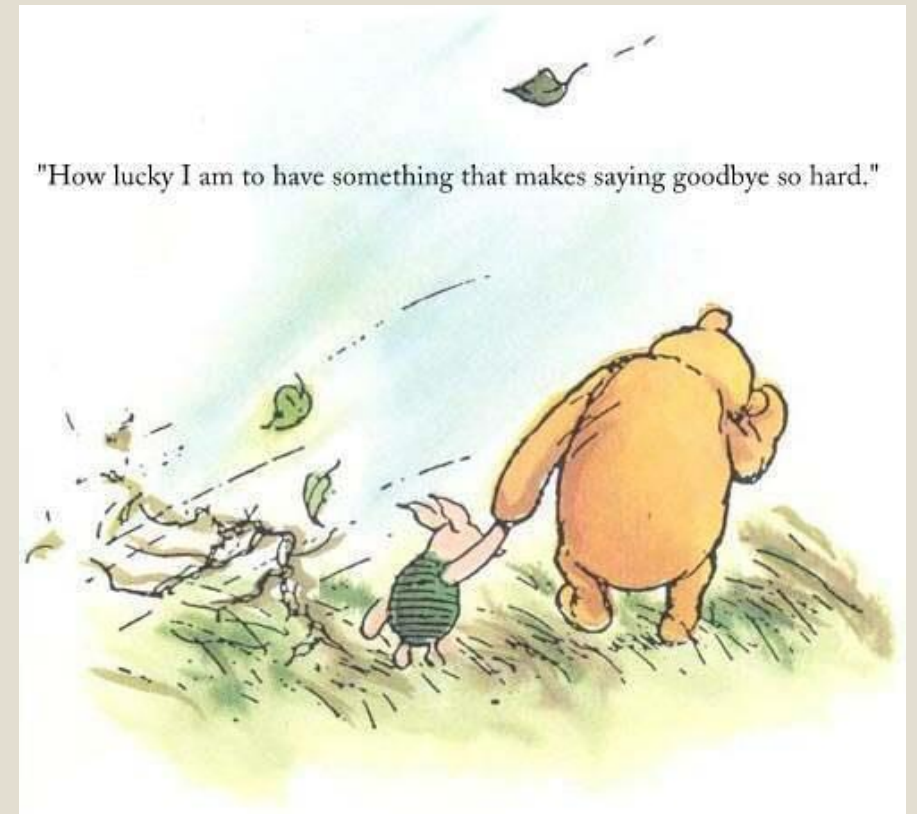
Helping your child to nurture their optimism is key to building their resilience as they will start to see the light at the end of the tunnel when it comes to difficult situations.



# Saying goodbye.

Our children will find it difficult to say goodbye to their friends and teachers - saying goodbye is an important part of the transition so that children feel that this chapter of their life has closure.

You can support them by helping them write letters to their teachers of all their positive experiences and create memory jars where they ask their friends to write their favourite memories. The children will then have a constant positive reminder of their time at Claycots.





# Goals and Ambitions

Ask your child to write down what their goal for Year 7 is. This could be anything from academic achievements to finding friends. Whatever it is, let them explore this and write it down. Help your child to think of ways they can get to their goals and set a realistic time frame.

This is a good technique to help your child look forward to the positives - once they have reached their goals it will boost their self esteem and give them a sense of achievement. The goals are something that should be reviewed often (keep it on your fridge or somewhere the child will see it) and can be adapted/ changed as needed.



# Summary

- Ask/answer questions you and your child have about their transition to secondary school
- Look at the routines that they will have in September
- Be aware of their new school's policies
- Draw on your own experiences
- Help your child build resilience
- Support your child with saying goodbye and leaving on a positive
- Set goals for Year 7