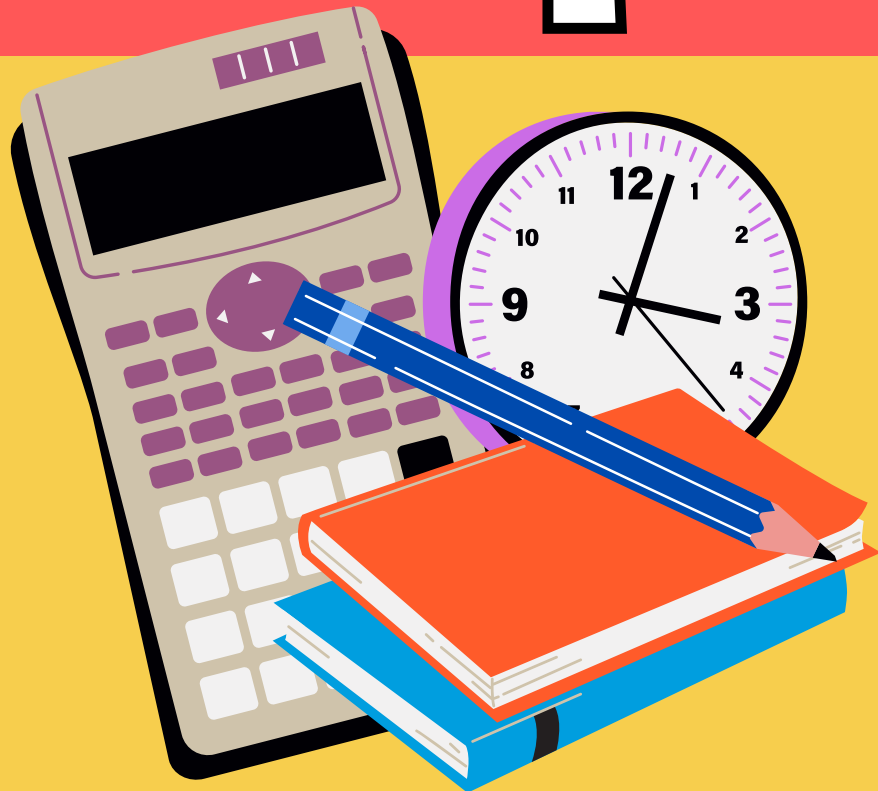


Prepare *your child* for Secondary School



1 Promote Independence



- Secondary school will demand a greater sense of independence from your child than they are used to, so encouraging self-reliance is important
- Once school starts, try developing independent organisation by listing what is needed for each day
- Get them into the habit of completing homework, checking their school planner and preparing their own uniform, equipment and bag each evening
- Show your child that you trust them to manage and organise themselves on their own

2 Get Prepared

2

- Preparation will help build their own skills and confidence
- Be aware of the school policies on things like uniform, jewellery, hairstyles, piercings and mobile phones
- Find out how the canteen and payment system at the school work and talk this through with your child
- Plan what will happen on the first day and any scenarios they may encounter e.g. getting lost, making new friends
- Ensure that all paperwork is completed and that important upcoming dates have been noted



3 Show Positivity

3

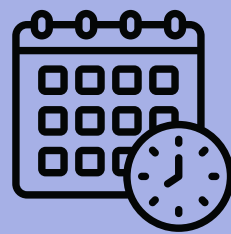
- Many parents and carers feel anxious when their child starts a new school, but try to stay cheerful and optimistic
- Acknowledge any anxiety your child may be feeling and point out that those feelings are normal
- Encourage them to join clubs and become involved in school life. This can be a good way to make friends with pupils in other forms and year groups



4 Be Organised

4

- Try to get organised over the summer rather than leaving it to the last minute, which can be stressful for both parent and child
- Purchase the correct uniform, get a haircut and buy new stationery
- Secondary students often travel independently for the first time. Do some trial runs - first with you, then perhaps solo or with a friend
- Work out the first day plan. Your child may prefer to go with you to start, or to meet a friend
- Discuss the timetable together and what lessons they have
- Make lists of equipment they will need for each lesson



7

Keep Talking

- Remember to communicate regularly with your child and discuss their concerns openly
- Speak with your child about the expectations of secondary school
- Talk to them about how they coped with changes and transitions in the past
- Mealtimes or bedtimes can be a good time to discuss what has happened during the day and find out how they are feeling in a relaxed way
- Stay actively engaged in your child's school life. Attend school events, read newsletters and stay in touch with the school community to better support your child
- Ask friends or siblings to talk with your child about their new school

5 Get Familiarised

5

- Find out when the school is offering Year 6 transition days
- Purchase a school map to share the layout of the school with your child
- Arrange extra familiarisation days if your child is vulnerable or anxious
- Arrange to meet the SENCO and support staff and look around in a quieter environment
- Look at the school's website with your child
- Take note of any key dates or events



6 Share & Communicate

6

- If your child has SEND or anxiety, ensure the school is aware
- Check your primary school has shared paperwork and spoken with the new school, so they are aware of your child's needs
- Request a meeting with secondary staff, to discuss support, particularly if your child has an education, health and care plan (EHCP)
- Familiarise yourself with the school's SEN policy (on the website)

