

EBK

Parent Support



TRANSITION TO HIGH SCHOOL INFORMATION SESSION

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THE DIFFERENCES BETWEEN SECONDARY & PRIMARY SCHOOL



Education

Organisation

Social

Cultural

Geographical

Biological



OTHER THINGS YOUNG PEOPLE MAY BE WORRIED ABOUT



PAST TRANSITIONS & COPING WITH CHANGE



- Remind them that not everything is going to change – some routines will stay the same – and plan ahead.
- Planning ahead activities
- Practice the journey to school before their first day. Many children start travelling to school by themselves, possibly on public transport.
- Help them learn to keep safe and give them tips on how not to get lost.
- Visit their new school before they start. It can be challenging for your child to find their way around.

Understanding that things can't be rosy all the time; change is part of growing up. But if we are brave and resilient, we will get through the harder times.



Getting support. From our teachers or parents and carers. They might have been through this themselves and have some good advice.

What can help young people cope with change?

Remembering positive past experiences. Perhaps you can remember changing schools or teachers etc. before. It may have been scary to start with, but it all turned out okay.

Preparation. You may be more worried or nervous because you are unsure of what will happen. Try to find out as much as you can about the new situation and prepare yourself. This may help you feel calmer.

Talking to our friends. Friends may be having the same worries. They can help you to relax.



INDEPENDENCE & ORGANISATION



Preparation is key and having opportunities to do the following will support young people to gain confidence and develop some problem solving skills that they will need:

- If possible starting to walk some or all the way from or to school
- Going to the local shop
- Meeting friends
- Organising their own bag for a day out

Helping with when they start high school

- White board/post it notes/Phone reminder – what do they need to take that day – PE Kit?
- Developing evening habits – Using school planner, app and preparation of school bag for the next day.

PREPARATION IN ADVANCE



Plan the jobs over the summer holidays – let them do some of it where possible

- Buy uniform
- Haircut
- Choose new stationary
- Spend time together – Chat and Boost confidence
- Travel independently – trial run to school walking or catching the bus.
- Work out initially the transition days at school and then have a Day 1 plan for the actual first day at school – involve them in this process

UNDERSTANDING THAT THIS MAY BE A BIG DEAL TO THEM



- Once your child starts secondary or high school, be understanding of the strain that changing school brings
- Try talking to your child regularly about it.
- Good times to check in with your child on how they're doing
- When you're doing everyday things, like cooking or driving somewhere, is a good time to check in with your child, when they don't feel pressured.
- Be around and available as much as you can but give them space as well...that's a tough balance to strike.
- Or you could create new rituals and opportunities for you to connect. For instance, a Friday afternoon trip to the coffee shop or during family breakfast on Sunday.

PARENTS MAY WORRY TOO



Why it's hard for parents:

- It can feel hard to let your child go into an environment that you don't know well and that you have less control over.
- Children can often pick up this feeling of anxiety from you so try to find ways to manage that. For instance, talking to other parents and relaxation techniques. Looking after yourself will help you be there for your child.
- You are not alone: the first years of secondary or high school can be difficult for families. Young people may explore their identity by trying new things, taking risks, breaking rules and putting their friends first. Talk to someone you trust about how you feel.
- Remember that your child still needs you and relies on you, and boundaries are needed to keep them safe.

GOING FORWARD PART 1



- Listen out for how they're getting on making new friends and how they feel about their peer group
- Check that all's well on social media. What new thing are they interested in?
- Encourage your child to develop new friendships, for instance support them meeting friends outside of school. Support them to maintain old friendships.

GOING FORWARD PART 2



Other ways you can help your child

- Be interested in and involved with the school so you know what they expect and what it is like for your child. For instance, read all the communications you get from school.
- Encourage your child to ask for help, when they need it, from teachers they trust. Tell them about support lines, like SHOUT a free, confidential 24/7 text messaging support service for anyone who is struggling to cope. It's something they can access for themselves.
- Looking at their timetable and the homework set will help you know what is expected. Then you can think with them about what support they need from you.
- If your child has any needs that school would benefit from knowing, arrange to speak to their Head of Year.
- Look for things that are going well and encourage your child. Don't expect them to get everything all at once. Trust that they will grow and get used to the change.
- If you continue to be worried, talk to the school and work with them to support your child.

FINALLY CELEBRATE THIS MILESTONE

- Look back at old photos of when they started reception
- Reminisce about the teachers they have had, good and bad.
- Discuss how far they have come
- Talk about their friends
- When they have overcome difficult situations.



RESOURCES FOR PARENTS



- <https://www.uniform-exchange.org/>
- The Happy mind Podcast – Episode 60 School Transitions, how to smooth the road. (14mins)
<https://myhappymind.org/podcast/school-transitions-how-to-smooth-the-road/>
- <https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t> – BBC bitesize – Starting Secondary school
- <https://www.bbc.co.uk/bitesize/articles/zbfrsk7> – Motivating young people to study at home
- <https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>

RESOURCES FOR YOUNG PEOPLE



- <https://www.youtube.com/watch?v=thnoUraeoGs> – Anna Freud- Moving Up! The transition to secondary school
- <https://www.youtube.com/watch?v=IPitcRTE4ZE> Dorset MHST
- Anna Freud – <https://www.annafreud.org/on-my-mind/>
- <https://www.bbc.co.uk/bitesize/topics/zjgck2p> – 5 short videos discussing Transition
- Young Minds – <https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself>
- Childline – <https://www.childline.org.uk/>

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USEFUL APPS

