

# Information for Parents

## What can I do to support my child?

### Transition to Secondary school:

The move to secondary school brings lots of change, such as different classrooms, different teachers for each subject, bigger buildings, new travel arrangements, unfamiliar environments and mixing with new pupils. Studies suggest that when pupils are supported well, it increases attendance, academic progress, school engagement, confidence and self-esteem, and decreases symptoms of anxiety. This is good news as you can help with this, and secondary school staff will be keen to help make this transition as smooth as possible, even in the current situation with COVID-19. Research also suggests that pupils' concerns about transition to secondary school generally involve issues such as:

- Losing old friends.
- The size of their new school and getting lost
- Rules, discipline and detentions.
- Finding their way around.

### What can you do?

- Talk about up and coming change with your child and approach transitions in a positive and exciting way.
- Reassure them that old friends will still be at school and they will be able to spend time together during their break/lunch time.
- Help your child express their feelings, worries and emotions about the change and acknowledge their feelings.
- Look at the School's dedicated Year 6 webpage together. If you still have questions email: [year6@tla.school](mailto:year6@tla.school) and we will do our best to respond promptly.



### Making the change:

Many young people feel a mixture of excitement and anxiety as they go to secondary school, probably more so this year because Year 6 has been disrupted due to COVID-19 and social distancing measures. Secondary schools are well aware of how big this transition is and, even with the restrictions, and will do all they can to help your child, and you, settle into a new routine.

### What can you do?

Talk through some of the changes:

- They will have different teachers and move to different classrooms for lessons and they will have more people to communicate with, however they are also going to be able to be more independent than perhaps they have been used to. This is a new opportunity.

- Getting ready becomes their responsibility – get them to pack their bag the night before, check their equipment, make sure they have their planner signed. Make sure they know when their PE lessons are (this will pay off in the future if you start now!).
- If possible create a space for them to work quietly at home – they will get homework and often it is easier if they get this completed when they come home, before they get into social time and then don't want to do it.
- Keep encouraging them: make sure they understand they won't be good at everything YET. Things take time and practice and they should not give up.