



# Group Rules

## **DO**

- Respect confidentiality.
- Respect others' points of view.
- Listen to each other.
- Please mute your device.
- Please ask questions or add comments via the chat icon.
- Contact HSLW at your child's school for more support following the sessions.

## **DON'T**

- Record the sessions.
- Interrupt.
- Share personal information that may be shared within this session with others.



# Communication

The most valuable thing you can do to support your child is to encourage them to explore their thoughts and to know that they can talk openly about their feelings, both positive and negative. Communication can help pave the way to talking about your child's emotions as they prepare for their new school.

Make sure you mark the end of your child's primary school experience. Saying proper goodbyes to friends, teachers and other school staff is important. Talk about any favourite memories from primary school and recognise all the things they have achieved.



# Communication cont...

Keep talking openly to your child to ask any questions they might have, and explore any worries and/or possible misunderstandings about starting a new school.

Discuss with your child what they are looking forward to, and whether they are worried about anything. It can be helpful to think about how you felt when you were preparing for secondary school and share this with your child - children always like to hear stories about their parents' or carers' childhood. Were you excited about meeting new people and learning new subjects? How did you settle in? Your experiences may give you clues about how your child is feeling.



Who can I speak to if...  
I find the lunch can...

Who can I speak to if...  
I feel unwell?

Who can I speak to if...  
I go to school?

Who can I speak to if...  
I feel sad?

Who can I speak to if...  
The other students...

Who can I speak to if...  
I do not understand the lesson?

Who can I speak to if...  
I do my homework in?

Who can I speak to if...  
I find assembly too noisy and busy?

Who can I speak to if...  
I feel...

Who can I speak to if...  
I do not understand my homework?

Who can I speak to if...  
I go to the library?

Who can I speak to if...  
I have a problem at school?

Who can I speak to if...  
I feel...

Who can I speak to if...  
I find assembly too noisy and busy?

Who can I speak to if...  
I go to class?

Who can I speak to if...  
I feel anxious?



# Summer preparation

Feeling connected with their new school is important and will help your child settle in.

Help your child begin to connect with their new school. Look at the school website with your child and take part in any induction events, in person or virtual.

Many schools have recorded video content for year 6/7 pupils, which can be helpful for children to make them feel more comfortable and confident.



# How will they get to school?

Help your child plan out their journey to school. It may be their first time travelling to school alone and practising the journey can be an important part of preparing them.



# Building friendships and relationships

Whether your child is going to a school where a lot of their friends are going, or they are going to a school where they do not know anyone, it's important to start talking about friendships.

Help your child think about how to approach meeting new people and starting conversations.

Remind them that all children in their year are in the same situation. You might want to do some role plays to practise this at home.



# Homework, App and canteen

- Your child could potentially have three pieces of homework a night.
- How the App works for homework.
- Email the class teachers about homework concerns or questions.
- Canteen versus packed lunch.



# Parental feelings

Many parents/carers feel anxious when their child starts school.

Remember that schools work really hard to help your child settle in. You may feel conflicting emotions: proud that your child is growing up and at the same time sad that their primary school days are over. This is perfectly normal.



# Things to remember

- If your child has any regular medication or allergies etc. ensure school is aware before they break up for the summer.
- Order uniform early - blazers may take a bit longer to come through. Blazers will look huge on your children, but they grow fast.
- Equipment list - black pens, green pens, pencils, rubber, ruler, colouring pencils, highlighters, glue stick, scissors, compass, protractor, scientific calculator and a reading book.



[https://www.bbc.co.uk/bitesize/tags/zh4wy9q/  
starting-secondary-school](https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school)

BBC Bite Size videos about starting secondary school.



# 6 Tips For Starting A New Class

1. Go in with an open mind
2. Keep up good friendships
3. Be you
4. Be kind
5. Don't be afraid to try new things
6. Be prepared (what's in your control)

Most of all have **FUN**



# Any questions?

