

HOW TO PREPARE YOUR CHILD FOR SECONDARY SCHOOL

HELP SHEET 3

- Find out if other pupils from your child's class or school are going to the same secondary school. Having a group of friends known to your child when they start school will increase their confidence; perhaps they could travel together.
- Look out for activity clubs and summer schemes locally that may have others from the new school—recognising some familiar faces can help when starting at the new school.
- Start getting your child organised and taking more responsibility for themselves. For example suggest they:
- Use a weekly timetable to get used to one before starting secondary school.
- Practice choosing (and buying) food when you are out—this will help if they have school dinners.
- Look for apps that can help with their organisation skills or course work. Schools might be able to signpost these.

Preparation

- Look at the website for the new secondary school. Find out if you can access a map of the school, examples of timetables, lists of school clubs and lunch menus to get your child familiarised with the school.
- Find out if there is a 'safe place' where your child can go to if they feel worried or if there is a particular member of staff who they can talk to.
- During the summer holidays listen to your child's concerns and suggest ideas to help them copy. For example, make sure they have a map with them or know they can ask a teacher. Of if they worry about not having something to do at lunchtime suggest they find out if there is a 'safe place' at the school.
- If school transport is not provided start planning and practicing the journey to school during the school holiday.
- During the last week of the school holidays get them to wake up earlier so it does not come as a shock when they start school.

When at secondary school

- Make sure you have a timetable at home to help your child get organised for school the next day.
- In case of emergencies make sure they have some money or credit on their mobile phone.



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