

# Tanners Wood JMI School



## Moving on to Year 7

*Transition Workshop for parents and carers*



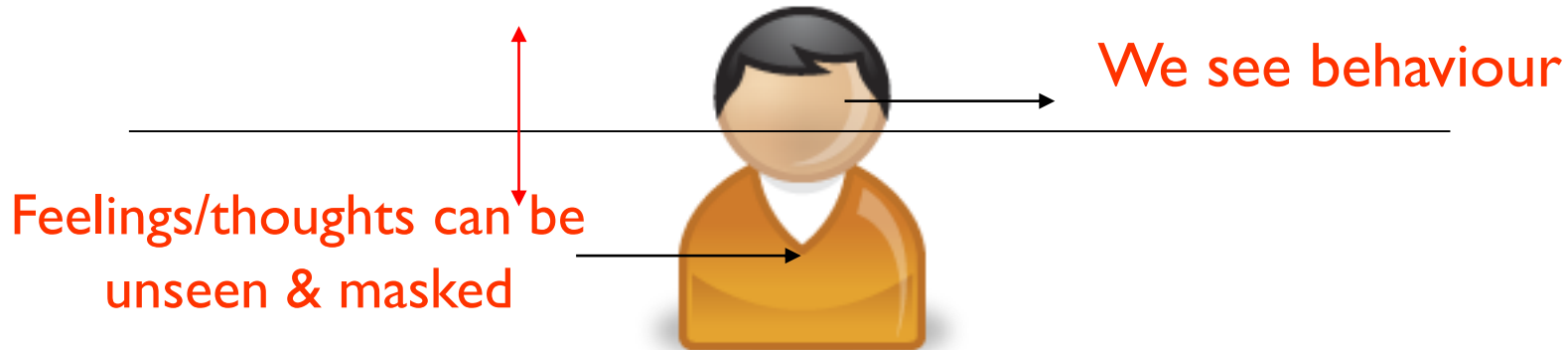
# Aims of presentation

- To support the transition process from Year 6 to Year 7
- To provide practical ideas on how to prepare your child for Year 7
- Help alleviate any fears and worries you and your child may have

# Accepting how your child feels

- Make time to talk to your child about how they are feeling about secondary school
- Be prepared for feelings of anxiety but encourage your child to view this move as an exciting, new experience
- Be willing to listen to how they are feeling
- Reassure them that any feelings of anxiety are completely normal – adults can experience these feelings too when changing jobs etc.
- Ask them what would help them to reduce any anxiety or worries they have and support them in putting these into place wherever possible

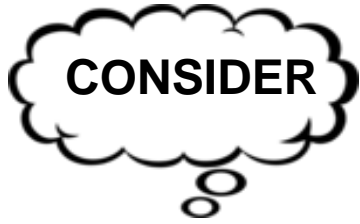
# Feelings & Behaviour



- Feelings are feelings – there is not a ‘right’ or ‘wrong’ way to feel about moving on.
- No-one can help how they feel at times especially if they are worried or anxious
- We can’t always see how our children are feeling and they may not be able to use words to tell us how they feel
- We need to notice their behaviour. This can become their way of ‘talking’ to us
- Children may use their behaviour in different ways to take control, such as having the same cereal every day or become even more focused on particular special interests e.g. horses, Star Wars etc.

# Preparing for secondary school with your child: (check current CO-VID guidelines)

- Plan the new journey, look at street view, practise walking, notice familiar land marks, how long does it take?
- Uniform and equipment – name everything, can they tie their ties? What do they need?
- Organisation skills – teach them to pack their bags, read their timetables, make their lunch
- Identify a place and person they can go to if they feel worried
- Find out relevant staff names, which Form and House are they in
- Have a dedicated homework space at home
- Study the school map so they get an idea where everything is in relation to the entrance, toilets, dining room, canteen, office etc.



**WHAT WILL BE THE SAME?**

**WHAT WILL BE DIFFERENT?**

**Same..**

- Family situation
- Time I get up
- Anything else you can think of ?

**Different..**

- School uniform
- Timetable
- Anything else you can think of ?

**If things are going to be different, what could I do to help myself prepare?**

- Learn to do up my own tie
- Make sure I have the right books on the right day
- Know my way to school
- Anything else you can think of?

# Activities to do with your child



- Think about 'Things my tutor should know about me'
- Highlight key areas on the school map
- Look at topic abbreviations together
- Find out and record together (before September):
  - How the canteen works, thumb print, money?
  - What time does school start and end?
  - How long is each lesson and what is a 'double' lesson
  - Are there lockers and are they big enough for a coat?
  - Answers to any other questions you may have
- Encourage your child to use their voice and ask questions of other adults such as ordering lunch, asking directions when out (COVID allowing)

# Children with SEND

- As carers/parents, be extra prepared and organised ourselves
- Consider using a peer mentoring programme if available
- Read and re-read all the SEND info on school website
- Familiarise yourself with school documents: behaviour / learning support / homework and inclusion policies
- If useful, contact SENDCo in advance and request:
  - map of school / example timetable / lunch menu and list of school clubs in advance
  - If child has EHCP, make contact with SENDCo
  - If you have any concerns once your child has started, do not hesitate to contact SENDCo / Form Tutor / Head of Year

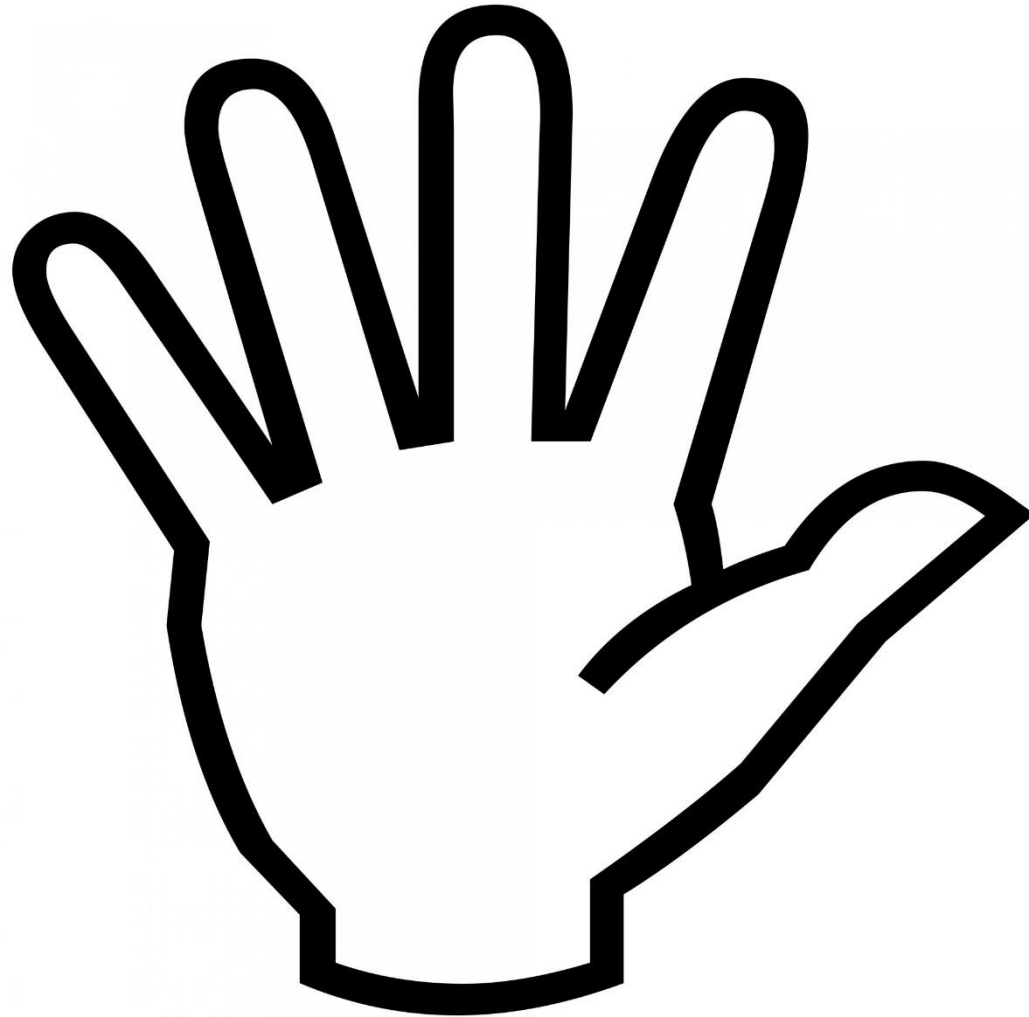


# How can we support our children

- **Realistic expectations:** avoid comparisons, particularly with siblings and peers
- **Self esteem:** praise your child for what they can do
- **Listen:** their perspective may be different
- **Empathy & problem solving:** support them in taking action/getting out/making friends
- **Prepare and practise:** new skills and routines, involve your children, let them do what they can for themselves
- **Remember:** the good things / use photos / record
- **Have fun:** time in with you
- **Be around:** they still need you



# Developing a New Network of Support



# Organisation is the key!

*If you can help teach them this skill, life will be much easier for everyone*

- Good sleep, breakfast and morning routine
- Pack bag night before
- Have a copy of timetable and school map on bedroom wall, kitchen wall and copy in pocket of blazer!
- Check home/school diary every day (forward planning)
- Help them to help themselves – don't do it all for them, just offer support

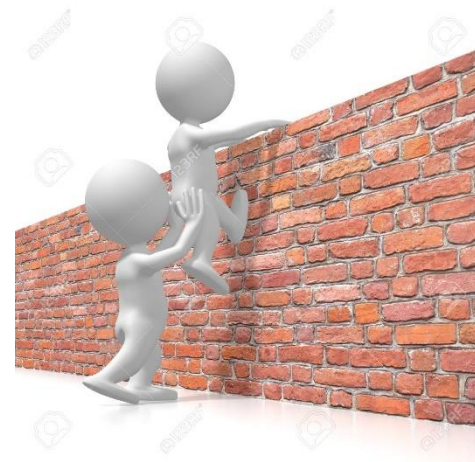


Helpful  
Tips

- Be positive about transition, be aware of your own fears/anxieties
- Complete worksheets and activities together
- Consider a visual planner which may be additional to school planner/diary
- Use peer support/mentor scheme or a friend to support around school
- Provide an opportunity to arrive early in school if helpful
- Support your child's organisation
  - Remind them of their '5 a day' (ruler, pen, pencil case, rubber, calculator)
  - Make prompt cards with lists of things they need for different lessons
  - Establish a homework routine
  - Ensure they get enough sleep and a good breakfast
  - Help them to help themselves (packing their own bag)



- Don't struggle alone – work WITH the school to help your child
- If you feel your child is struggling talk to form tutor/head of year/SENDCo, use the email addresses provided on website
- Agree boundaries/changes to bedtimes/phone and electronic usage
- Remember when your child hits a bump, just be there to provide the ramp to get over it!



**Our role as parents is to enable our dependent children to develop into independent adults**

*Growing Up*



**Dependent  
on us**

**Independent  
of us**

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Any questions?

Please contact your child's new school

