

Parents' Guide:

The word Transition means the process of change, journey or movement from one stage, state or position to another. We are specifically looking at the move from Primary school to Secondary school in this guide.

Session 1

Today we are going to look at session 1 Activity 1 and 2 in your child's Transition Workbook.

Your child should firstly write their name on the front cover with the name of their primary school and the secondary school they are going to be attending. Once they have done that, they can turn the page.

As you can see, the first page is a timeline, which just shows you what has happened over the last year around transition. For example, you maybe went to visit a secondary school back in September or October with your child, before you applied and now we are in spring you will have found out where your child will be going. As a family now is the time, you can begin to prepare and get ready for when your child will start in September or when the current COVID-19 virus allows.

The workbook is all about your child and they can write whatever they would like to share in each section the video sessions are there to share ideas and guidance.

Moving onto Activity 1, now your child can write about the people who are important to them, what activities they enjoy the most and where they live. For example, they could write about the kind of building they live in, whether it is a house, flat or a bungalow. Your child can write about whoever they feel is most important and plays a key role in their life, not just immediate family. Your child can talk about their friends and peers during this activity too, it is up to your child to choose who to write about. Other activities that are great for you to work with your child on are ones like future career options. It does not matter if your child knows for certain or not what they would like to do in the future, they could simply write a job that revolves around something they enjoy doing.

When your child has completed Activity 1, they can turn the page over to Activity 2.

During this next activity we are asking your child to voice their opinions on their lessons that they have experienced during their time in primary school. Firstly, starting off with their favourite lessons or the ones they enjoy the most. They can choose to write reasons for their choice of lesson if they want to. Then your child will have to write about lessons that they maybe did not enjoy as much, they again can write why this might be if they feel comfortable enough to do so. Getting your child to highlight what helps them learn will be helpful for you, as a parent, to help them transition through this possibly stressful period as smoothly as possible for them.

Session 2

Today we are going to look at session 2 Activity 3 in your child's Transition Workbook.

As you can see, this page outlines the subject of 'IN MY HEAD', we are asking your child to consider what they are going to miss the most about their primary school and what they are least going to miss. In this session your child can also think about the things that they are looking forward to about Secondary school and anything that they might be a little worried about. In this session, we are asking your child to make a worry jar and we show them in the video how we have done one as an example.

You can do this on A4 paper or make a jar. They will need some strips of paper and on each strip, they should write down a worry that they can then put into their jar. This is so they can keep all their niggling worries away from their mind and we will re-visit them in a later session.

In the video we give your child some ideas of things they might be worried about, for example they may be worried about getting lost, about dinner times or making new friends. Everyone experiences worries at some point and it is completely normal to worry about uncertainties such as moving to a new school. No worry is wrong no matter how small or silly you think it is. We will come back to your child's jar later in the sessions and hopefully at the end of the sessions when they have completed their workbook, we will have addressed most of their concerns.

Now it's completely up to them how they want to create the jar, they can print one from the guide in the google classroom or they may want to make one themselves by either drawing one on a piece of paper, like the one shown in the video or they could even use a bottle or jar that you have around the house.

We have provided the opportunity in the google classroom for your child to ask us any questions that they have about transition so we would ask you to encourage your child to use the chat facility to speak to us.

Session 3

Today we are going to look at session 3 Activity 4 and 5 in your child's Transition Workbook.

Activity 4 is all about planning your child's journey to secondary school. In this session, we would like your child to look through routes that they could take when travelling to their secondary school. Of course, the route your child chooses must be safe, but it would be helpful for your child to know where they are going before their first day. There is a section of this activity where we provided a journey planning sheet, here you can take your child step by step through how they can get from point A to point B. You could work with your child to plan their route past places that stand out to them to make it easier for them to remember the way.

Additionally, we would advise that the use of apps such as google maps or the first bus app. These apps can help to plan any form of journey that your child could potentially take. Whether it be: walking, cycling, catching a bus or even in some cases a train. Start your journey at your home then go step by step ultimately ending your child's journey at their secondary school. Your child could find it useful to travel your route that you have planned together before their first day of secondary school, to relieve any worries or stress that they might have about the journey.

Activity 5 focuses on safety and rules surrounding the journey to secondary school. You, as a parent can discuss different aspects of staying safe such as sticking to the route when travelling home the way they practiced so they don't lose the way or making sure they know to tell someone at home if they think that they are going to be late or participating in an after school activity.

We have attached a link in the google classroom for you to watch a short video about your child's first journey as well as, access to the website that include games and videos to help stay safe while traveling.

Session 4

Today we are going to look at session 4 Activity 6 and 7 in your child's Transition Workbook.

As you can see, both activities outline the subject of 'ORGANISATION', in activity 6 we are asking your child to think about what equipment they may or may not need in secondary school. In this session, your child can create a list of items that they think are needed for daily use in secondary school or on certain days depending on the timetable. As a parent, you can support your child to get ready for each day the night before, being organised and ready for the next day the night before will ensure that your child does not forget anything that they need. For example, their PE kit is a necessary part of their equipment but they probably won't need this every day, this is why when your child starts at their secondary school, making sure they are organised whilst referring to their timetable will be a must. It is important for you child to only have the necessary items in their bag that they need for that specific day as they will have to wear this bag all day and can easily get heavy and become tiring. Another example is that as a parent it will be helpful for you to know when your child has cooking or food tech lessons as you might need to provide certain things for your child to take in and knowing this will give you plenty of time to help your child stay organised, so that they can get the most out of their new lessons.

In activity 7 we would like you to work closely with your child to look at their new uniform, this is most likely going to be very different to what they have been used to wearing from primary school and may need help getting ready when it comes to things like a tie. By researching the secondary school's website your child can write about or draw their new uniform, and what differences they have noticed, in the transition workbook. Secondary schools will have rules about what they expect when it comes to how students wear their uniform and follow dress codes and if you and your child have researched this beforehand, your child can be presentable and ready to learn straight away from the first day.

Session 5

Today we are going to look at session 5 Activity 8 and 9 in your child's Transition Workbook.

In Activity 8 we would like your child to look at the subject of coping with change. As we briefly mentioned in previous sessions, some children are excited to move to a new school and will be looking forward to what is new, however some may be a little worried about what is ahead. In this activity your child can use a Venn Diagram to consider some of the similarities and differences that they might face when transitioning to secondary school. They can consider things like their lessons or friend groups. Change can be scary for some children, so as a parent you can try to make them feel as comfortable as possible and reassure them that change happens all of the time in life but that it is not always a bad thing.

Moving onto Activity 9, this is all about your child remembering all their favourite memories from primary school. In this activity we want to give them chance to discuss and write down all of their most fond memories, this could be from times with their friends or the best school trip that they went on, whatever is most meaningful to them. Your child could even be creative during this activity and put a comic strip together that shows the story of their best memory from primary school. At the bottom of the page, in your child's workbook, there is a word search with a list of qualities that make a good friend, these are important for your child to know and understand why they are good qualities so that when they get to their secondary school they can keep them in mind when making new friends. Another example that could get your child being more creative with this activity is that they could draw an outline of the human body and write inside the outline, the best qualities of a good friend.

Session 6

Today we are going to look at session 6 Activity 10 and 11 in your child's Transition Workbook.

Activity 10 is all about Routines in your child's life. Lots of children feel comfort when they know that a routine is in place, it becomes a part of their daily life and feels strange when it is changed. Before starting secondary school, it could be good for your child to get into a routine, for example, going to bed at a set time, brushing their teeth or getting their bag ready for school the night before. Your child can write an evening routine and a morning routine for them to follow. Having these routines in place will make it easier for your child to keep track of what is done and what still needs doing. This will also teach them organisation skills. You can help your child with these routines for example, by deciding the night before what your child is going to have for breakfast the next day or helping them get their school bag ready. All these aspects of the routine will help the night before and morning of school, run smoother.

Activity 11 looks at some questions that could be important for your child to consider. Your child might find themselves in a situation where they do not know what to do and could end up panicking. If they can consider these struggles beforehand, they will have already decided how they will deal with the situation. This will help your child to feel less stressed or stop a bad situation before it starts. We would like you and your child to look at questions that are in the workbook and consider the answers that would be best for your child for when they get to secondary school and are faced with new situations. This activity will allow your child to see positive solutions for the obstacles that they may face during secondary school.

After completing this page, you and your child can look back on the worry jar that was created during session 2. Now they can look back and see if any of their worries have been resolved. Even if your child still has some worries that weren't answered, you can choose to, as a parent, answer these as you see fit, or you can let them know that it is okay to be worried about some things as they make this big transition.

We have provided the opportunity in the google classroom for your child to ask us any questions that they have about transition so we would ask you to encourage your child to use the chat facility to speak to us.