

Simply

THE BEST

BARKING ABBEY

TRANSITION

Making the Change

Information for parents and carers

What you need to know

Many young people feel a mixture of excitement, fear, and nerves as they go to secondary school.

We are very well aware of how big this transition is and will do all we can to help your child, and you, settle into a new routine.

What can you do?

Help talk them through some of the changes – they move around the school to their next teacher, have different lessons and have lots more people to communicate with. They are also able to be more independent than perhaps they have been used to.

Getting ready becomes their responsibility – get them to pack their bag the night before, check their equipment, make sure they know which their PE lesson day is. This will pay off in the future if you start now!

Create a space for them to work quietly at home – they will get homework and will need to be able to complete it and concentrate without distractions. 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!

Get to know their form tutor – this is the person who will see them the most. Contact them if you need to and if you are concerned, always let them know. They will see your child every day in most cases and so they are a great point of contact.

Keep encouraging a growth mindset: make sure they understand they won't be good at everything YET things take time and practice. As a culture, we are often used to seeing supposed 'overnight successes' without seeing the hours of effort that went into that success. Worth reminding them about when they start to say negative things.