



Getting Ready for Secondary School

Top tips to support your child as they prepare for life
at secondary school



Getting Ready for Secondary School

A young girl with dark curly hair, wearing a school uniform, is sitting at a desk in a classroom. She is looking off to the side with a thoughtful expression, her hand resting on her chin. The background shows other students and a wall with various notices or certificates.

Moving from primary school to ‘big school’ in September will be a huge change for both you and your child.

Families can prepare for this transition together and we have put this booklet together to help your son or daughter get ready for this.

Our ‘Getting Ready for Secondary School’ guide gives you tips and advice to help your child look forward positively to this and also help them to manage the changes from September and the new responsibilities they will have.

If you still have any questions or concerns after reading this , please call us. We are there to help!

Top Tips

1. Discuss the changes



The move from primary to secondary school is a massive change, and your child will probably be excited and nervous.

It will help if you let them know that you are always there to listen to their worries, however small they may seem. Reassure them that other children will be having the same thoughts and feelings as them.



2. Getting to school



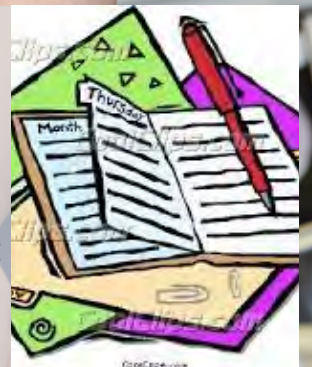
One of the biggest changes could be the journey to secondary school. This could be the first time they have travelled without a family member with them and we know that it is a common worry. Please talk to your child about the journey. It may be helpful to drive the school bus route to school so they are familiar with the journey. Please reassure them by having a plan in place in case there is a problem with school transport.

If you are driving your child to school, practise the route and what they will do when you drop them off. You may have to park slightly away from school, so let them practise getting out and walking the short distance to school. This will improve their confidence and independence .



3. Get prepared

To help reduce anxiety on school mornings, encourage your child to get ready the night before. By checking their timetable, they can make sure that they have packed the correct books and equipment. Similarly, getting their uniform ready will avoid last minute searching around too.



Organising themselves in this way is good practice for being responsible for managing their time effectively at school, so encourage them, to do it themselves, rather than being tempted to do it for them.

You may need to reorganise bathroom schedules so that your child has time to get ready in the mornings in time to get to school. They will be becoming more independent and need more privacy when getting ready too.

4. Try on new uniform

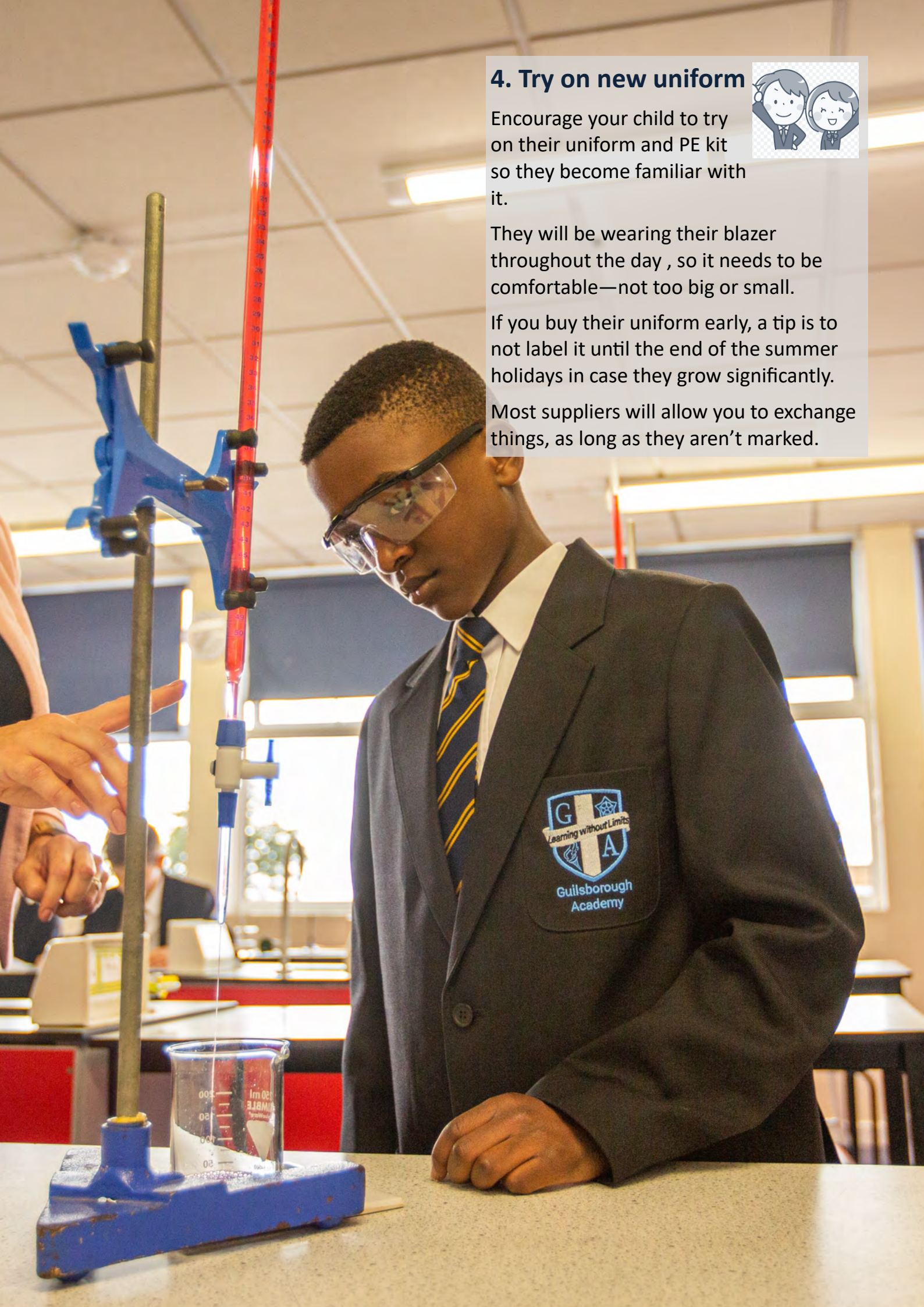


Encourage your child to try on their uniform and PE kit so they become familiar with it.

They will be wearing their blazer throughout the day, so it needs to be comfortable—not too big or small.

If you buy their uniform early, a tip is to not label it until the end of the summer holidays in case they grow significantly.

Most suppliers will allow you to exchange things, as long as they aren't marked.





5. Stock up on school supplies

You will probably have a list of all the things your son or daughter will need before starting school including pens, pencils, highlighters, glue stick, calculator and ruler. If not, take a look at our website or speak to other families.





6. Friendships

Your child may be worried about making friends, especially if they are not moving with other students from their Primary school.



Discuss friendships with them and remind them that friendships can take a while to be established. There will be other students feeling just like them. Encourage them to chat to other students in their tutor group, lessons and on the school bus.



7. Discuss their Homework and Timetable with them

Your child will be having more homework than at Primary school. Homework is set on our Go4Schools App.

Details of homework will also be put onto the school Go4Schools App. Encourage your child to discuss their homework and timetable with you and to get into a routine for completing it. Practise making to do lists and planning their time.

Help them set up a quiet place at home to complete their homework.

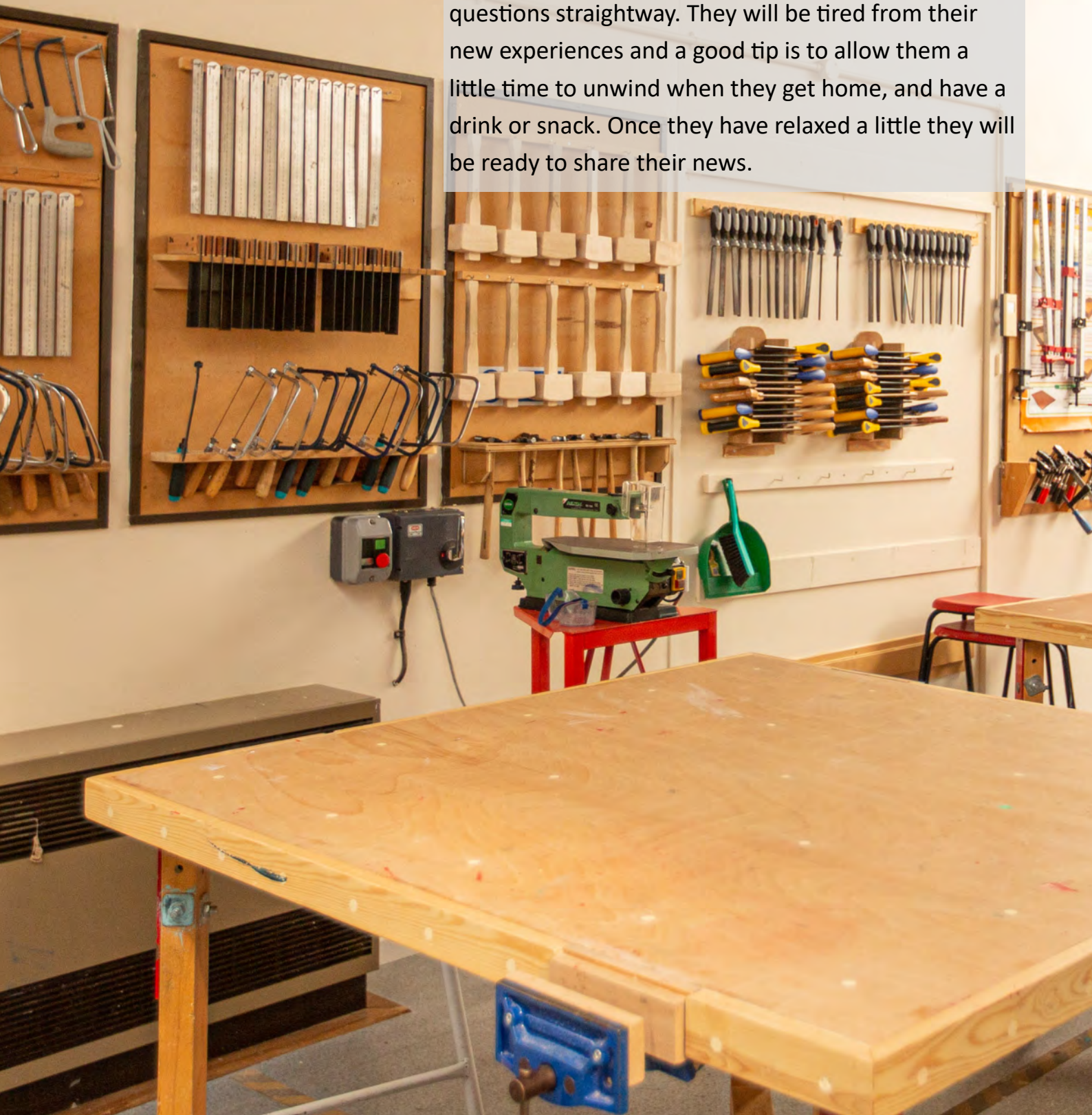
Establishing good home study habits in Year 7, will help your child when they are faced with a greater workload as they get older.

8. Talk about their day

Talk to your child about school every day.

Knowing that you are interested in how their day went shows your support and gives them confidence.

You will want to ask lots of questions about what happened at school, but try not to ask a lot of questions straightway. They will be tired from their new experiences and a good tip is to allow them a little time to unwind when they get home, and have a drink or snack. Once they have relaxed a little they will be ready to share their news.



9. Talk to your child's school



Your child's tutor will be your main point of contact.

The best way is to email them if you have a query but you can also ask Reception to pass on a message to them. We ask you to allow us 2 working days to respond.

Please keep updated with Academy news by checking on the school website and on our Instagram, Twitter and Facebook feeds.

You will receive important information by email.

The Academy also has a newsletter which is shared with parents.

Staff are there to help make sure your child's first days go as smoothly as possible, so please get in touch if you have a query.





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