



South Farnham School

The Continual Pursuit of Excellence

Member of the South Farnham Educational Trust

Transition to Secondary Schools

Sarah Pearce and Stephen Daniell

Aims of the session

To help explain why your child may be anxious about the transition to secondary schools

To offer some strategies to support your child and your family in this challenging time

To explain what the school does to support the transition from South Farnham to secondary schools

What can make the transition daunting?

Larger school environment (with bigger children)

More teachers to build relationships with

More subjects to learn

Having a locker

Moving between classrooms and possibly getting lost

More homework and personal responsibility

Potential fear of detentions



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The Challenge of Change

Some changes can be exciting. But others can be stressful, worrying and upsetting, **not just for the child but for the whole family**. Change can be more difficult when a young person:

- does not want it to happen
- does not feel ready for it
- feels worried about what is happening next, because it is new or unknown
- needs time to let go of something that has ended
- feels like what is happening to them is out of their control



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Change = Emotion

“I hear you, you’re worried about how you’ll manage with more homework”

“I can see that you’re worried about meeting new people”

Big changes can cause a range of emotions

Acknowledge how your child is feeling

Spend some time talking about the move to secondary school

Finding time for face-to-face conversations can be challenging

It can take time for them to feel settled

They will make mistakes – embrace and support



How you can support at home

- Talk positively about the move; avoid sharing negative experiences
- Encourage independence
- Practise the journey to school – time it
- Prepare uniform and equipment early
- Keep learning going over the summer
- Encourage positive new friendships
- Set clear boundaries about use of technology

Let your child:

- Pack their own bag
- Complete morning routines
- Manage their homework
(after initial support)
- Organise PE kits
- Choose lunch options



What to find out from secondary schools

- Who is the first point of contact for academic/pastoral concerns?
- How is homework set and how often is it given?
- What clubs or support groups are on offer?
- What are the school's expectations around phones and uniform?



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What we do to support in school

During PSHE, all children complete a 'Smart Moves' transition booklet, that they will bring home at the end of the year.

Have meetings with secondary schools to share information about the children.

Regularly discuss the importance of developing independence.



How to prepare yourself

Keep talking to your child

Check-ins with everyday things

Remember that your child still relies on

Look after yourself



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Further information and support

Young Minds



BBC Bitesize



Anna Freud



Supporting Children with Anxiety

Nikki Brunton Smith, Primary Mental Health Worker

Thursday 19th June 6:30pm



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