



Emotional Support and Communication

- Talk openly with your child to address any questions they may have and explore any worries or misunderstandings about starting a new school. Normalise their concerns and remind them that they are not alone.
- It can be helpful to share how you felt when you were preparing for secondary school, or how older siblings and cousins felt. As part of this, you can also share any tips you learned for navigating the first few days.
- While acknowledging their worries, discuss what they are looking forward to about the new school, such as new subjects or after-school clubs. Encourage them to focus on what is likely to go well and what they think they will enjoy the most.
- Be mindful of your own anxiety as a parent or carer. Providing stability and security is a great source of strength for children going through change. We are here to answer any questions you might have.



Building Confidence and Independence

- Empower and support your child to take steps towards independence. Being trusted to make age-appropriate decisions at home can help boost their self-esteem during this transition to greater independence.
- Give your child lots of praise and positive affirmation, focusing on their efforts rather than outcomes where possible. Building and sustaining their self-esteem is important, especially as they may feel more vulnerable during this period.
- Physical activities such as swimming, cycling, or walking can help channel excess nervous energy into something productive, lifting their mood and boosting overall self-esteem.
- Support your child to use the Worry Tree. This tool is designed to help them evaluate their concerns and decide on the most effective way to manage them. It also helps them distinguish between worries they can act on and those they cannot.



Practical Preparation

- Visit the school and the surrounding area with your child. Practising the journey to school towards the end of the summer holidays is a great way to reduce anxiety and build confidence.
- Help your child be prepared and organised. Check our uniform policy and equipment policy together. Beginning the year with new stationery and the correct uniform will help them feel confident.
- Discuss who they can go to if they have a problem at school. The simple answer, especially to begin with, is "any adult." Encourage them to ask for help – either from an adult or another student if they get lost.
- Establish new routines approximately one week before school starts. This might include bedtime routines and organising homework or equipment the night before. Encourage early nights and earlier mornings.



Making Connections

- Help your child begin to connect with their new school by looking at the school website together, including the virtual tour, and taking part in our induction events.
- Once you receive your child's induction information, identify their tutor or College Leader as the first point of contact for any worries or queries.
- Once you receive your child's induction information, identify their tutor or College Leader as the first point of contact for any worries or queries. Encourage them to be inclusive and friendly.
- If possible, plan activities over the summer that allow your child to meet up with others. Encourage them to keep an open mind and meet lots of people before settling into a specific friendship group.