

Supporting Transition to Secondary School

Dear Practitioners,

This newsletter contains lots of resources for practitioners to either access themselves or share with parents to support them around managing transition to primary and secondary schools. Please have a read and click through the links to explore the services out there. You are also encouraged to contact your Early Help Coordinator should you need further advice and guidance. If you do not have an allocated Early Help Coordinator, please contact the team on the EHCO Practitioner Advice Line on 01452 426644 Monday to Friday 9am-4pm. If you cannot get through, please leave a message and someone will get back in touch with you with advice and guidance.

Early Help Coordinator Support



How your EHCO can support you around transitions:

- Support you to coordinate Multi-Agency Transition Meetings and My Plan Reviews
- Drop In's to discuss transition support for specific pupils
- Provide resources and explore services and funding to support transition for vulnerable pupils.
- Support you to build relationships with Primary/Secondary schools
- Provide specific training around Transition.
- Provide practical support and solutions around collecting and managing data from feeder schools
- Using Peer Support Groups and Community Response Network Meetings to focus on transitions
- Support you to locate the next Lead Practitioner for pupils.
- Ensure follow up on vulnerable pupils in the new term
- Please notify the Local Authority of any changes to Lead Practitioners using the [Notification Form](#) and also if My Plans/ My Plan+ have been ended.



Moving On, Moving Up Transition Training and Toolkit

All children will require support from parents and teachers to prepare for secondary school. This may include allaying ordinary fears and anxieties, building confidence and developing independence. However, for some children, this is not enough. A careful support package is needed to ensure they successfully transition to their new school, and small group support is provided where specific skills and issues can be addressed in more depth.

The approach adopted by the Moving On, Moving Up Toolkit emphasises a child's need to develop a sense of belonging to their new school and build strong and positive relationships with their new adults. It also aims to build confidence and skills that will help them manage in the new environment..

The Educational Psychology Team delivered training around the MOMU Toolkit alongside the EHCO's in April/May to Primary Schools across the locality. Going forward, Early Help Coordinators will also be delivering these sessions to Secondary Schools on the 12th & 13th October 2022. More information will be provided in the new term, so please keep your eyes peeled for an email nearer the time.

You are welcome to contact your Early Help Coordinator if you have further questions on this training & toolkit. The toolkit can also be sent out to those that request it.

Ten Ways for parents to help children cope with change

Choose health

Know what affects your child,
what makes them grumpy, hyper, disconnected...



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



Be wise

As they discover new things, try to:



- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



Be calm

Try to stay calm whilst your child is feeling distressed.

Your child may show:

- highs and lows
- melodrama
- anger
- blame
- self-centredness



Move on up

Encourage independence:

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



Find Your Feet



Pupil Resource

Find Your Feet is about change and focussing on the transition from primary to secondary school.

Learning about change and how to cope with it will help you with this particular transition, as well as helping you to recognise the strengths you have to deal with and prepare for many other changes and challenges you will face in life.

Transitioning from primary to secondary school is a particularly significant change for children. Learning about change and how to cope with it will help them with this particular transition and prepare them for many other changes and challenges they will face in life.

To support school staff, Young Minds have created a webinar that focuses on how you can help your pupils through the change from primary to secondary school. Please click [HERE](#) for Webinar . You can also find the downloadable tool on the same webpage to complete with Year 6 and Year 7 Pupils.



**Gloucestershire
Healthy
Living and Learning**

GHLL has lots of resources to support professionals and young people around how to support healthy transition to secondary schools. Please click [HERE](#) to watch videos on how to support children that struggle with transition anxiety and general worries about moving to a different school

There are also some fantastic Booklets created to support children to transition to secondary school and review how they are feeling throughout their journey. These can be downloaded from the bottom of the page.

Resources to share for Parental support, advice & guidance



Young Minds Parent Support Advice Line & Web Chat— [HERE](#)



ACE Advice on Education & Education Law Helplines—[HERE](#)



TIC+ Parent Support Groups and Advice Line- [HERE](#)



Family Information Service— Advice & Guidance on Support, Education, Childcare and Activities Local & National- [HERE](#)



Kidscape Parent Advice line for Bullying— [HERE](#)



Family Lives Parent Helpline— Emotional support, Advice & Guidance—[HERE](#)

Ideas for Supporting Transitions

'This is Me' sheet – a one page profile which pupils fill in detailing their favourite subject, hobbies and about their family . Examples like below can be found online:



Online Videos and Webinars– Ideas

- A tour of the school grounds and introductions to members of staff saying hello
- Downloadable maps with clearly marked classrooms, playgrounds, lunch area and toilets and other areas useful to know about.
- A Welcome Video made by Year 7 Pupils—“Thing we wished we knew before we came”



Please click [HERE](#) for Information to support parents for transition from Year 6 to Year 7.

The website provides information on how parents can support their child, planning the journey to school, choosing a school, how to get children ready for secondary school, staying safe at school and much more.



My
**MOVING UP TO
SECONDARY SCHOOL**
booklet

Click [HERE](#) for resources on transition to secondary school and [HERE](#) for transition to Primary School Resources. There are useful downloadable workbooks for young people to complete to support managing any anxieties they may have around Transitions.

**MENTALLY
HEALTHY
SCHOOLS**



Anna Freud
National Centre for
Children and Families

Whether you're starting primary school, moving up to secondary school or preparing to leave school for further education or work, these periods of transition can be challenging. We've put together two toolkits - one for primary schools and one for secondary schools and FE colleges.

In the primary toolkit, there are a number of resources for children about to start or leave primary school, including lesson plans, assemblies and worksheets. We have also included some resources that schools can share with parents and carers, helping them to feel more prepared for the transition too.

In the secondary/FE toolkit, we've collected together resources to help schools welcome their new students, as well as resources to help prepare young people for leaving school. There are also resources for parents and carers, with advice on how they can support their children as they go through these transitions.

Click [HERE](#) to download the Toolkits.



Click [HERE](#) for a useful website with information on supporting children with additional needs and learning disabilities around transitions.

There are Easy To Read Transition Guides and Checklist that can be downloaded and completed by Pupils, Parents and Teachers.

