

Useful Contact Numbers

Young Minds - Helpline for parents that are concerned about the mental or emotional health of a child .
Tel **0808 802 5544**

Childline - A free support line for children.
Tel **0800 1111**

Family Lives - Parenting and family support
Tel **0808 800 2222**

National Careers Service— Information and advice about jobs, careers and training.
Tel **0800 100 900**

Parenting.co.uk - Online advice and tips for all matters relating to parenting

www.getconnected.org.uk - Free confidential helpline for under 25 year olds
Tel **0808 808 4994**



PARENTS' INFORMATION

MOVING TO SECONDARY SCHOOL



*Where has that time gone!
It may seem like only
yesterday your child started
in Year R and now
secondary is just round the
corner!*

*As big changes approach we
have put together a few hints
and tips to make this
transition easier!*

Be prepared

- ◆ Once your child has a secondary place make sure you and your child attend all the open days offered - This will help with settling in and give you vital information.
- ◆ Shop for uniform in enough time and remember they will now need pens, pencils etc
- ◆ Fill in all paperwork in enough time and don't forget free school meal forms in you are entitled.
- ◆ If your child feels worried or nervous take time to listen and reassure them.



Homework

The amount of homework set in Year 7 can come as a big shock!

Help your child handle homework by:

- ◆ Finding them a quiet spot to work—away from the TV and games console!
- ◆ Check and sign their homework diary regularly.
- ◆ Talk to them about the task and praise them for working hard.
- ◆ Help them develop a routine for returning homework to school on the correct day— Displaying a timetable of lessons can help with this!
- ◆ Don't get stressed out! If your stressed they will be too!
- ◆ Don't let homework pile up! Set aside a time each night to complete tasks
- ◆ Talk to the school about any homework issue that may arise

Top Tips for starting Secondary!

Always eat breakfast, It's a long time until lunch!

Buy an alarm clock!
Most secondary schools start at 8:30 am

Put in plenty of practice tying your tie -
Also learn how to take it off without untying it for PE days!

Buy a big, strong bag—you will have lots to carry!

Be organised! Write down all of your homework in your diary planner and pack your bag the night before