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

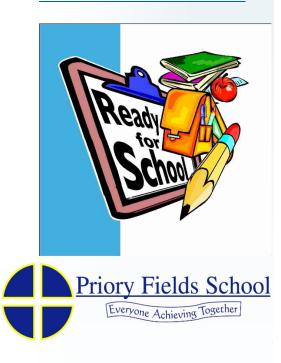
Parenting.co.uk - Online advice and tips for all matters relating to parenting

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 quite 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 you bag the night before