

PREPARING to make the CHANGE TOGETHER

Welcome

Format for today

We will tell you

- Why prepare ? What to consider ?
- Why this transition is special. Ideas for how to manage a change in family life
- What happens at school for transition. How can parents support this help
- Some advice other parents would give you

You tell us

How we can help you further

Time to mingle, chat and find out more

Children's top 10 worries about starting secondary school

- Being Bullied
- Not Making friends
- Getting lost
- Homework
- Not be able to do the work
- Getting to school and back (especially if on bus)
- Not having the right books and equipment
- Not knowing what to do if there is a problem
- Not getting on with the teachers
- Getting into trouble

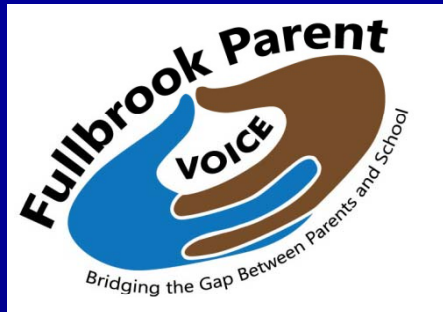
Taken from booklet Going to Secondary School – 101 tips for parents by Julie Casey Future link Publishing 2002

Why Prepare ?

<http://www.parentchannel.tv/video/making-connections-secondary-school>

A successful transition for children involved

- Developing *new friendships* and *improving their self esteem and confidence*
- Getting used to their *new routines and school organisation* with great ease
- Showing an *increasing interest in school and school work*
- Experiencing *curriculum continuity*
- Having *settled so well* in school life that they *caused no concerns to their parents*



- Why is this transition time so special ?
- How to manage a change in family life

Its probably the

first major change in their life,

when the children are

old enough to think about it,

and to be aware of,

what is happening to them

What's happening in this
major change ?

Lots and all at once !

In your child's school world
almost everything and
everyone
is suddenly changing...

...and they don't have a lot of
choice or control over this

Changing
from a child
to a young person...

...almost a teenager !

Its an emotional time...

...for you and your child

Your Parenting style
will change...

...as you adapt to the
changing needs of your child

Alongside all this
Family Life/ Real life
still goes on...

...with all its usual
ups and downs
and changes

CHANGE

naturally brings with it some

ANXIETY / STRESS

➤ **Anxiety / Stress**
can accumulate and transfer

- **' 70% of problems within families are caused by the rush parents are in. Children are like corks bobbing up on down on the waves of parental stress'**

Steve Biddulph

Stress factors (E.Hartley Brewer)

- Loss of a ***key relationship*** that provides security and care (at primary school their friends, teachers, lunch time supervisors, office ladies)
- Change in ***status, identity or self image*** (back to being little fish in big pond again, and not sure of self in new environment and with new people)
- Change in ***routines*** (lots in this transition !)
- When things happen ***unpredictably*** (these will happen !)

Things that are stressful for children are similar to things that affect a successful transition

STRESS FACTORS

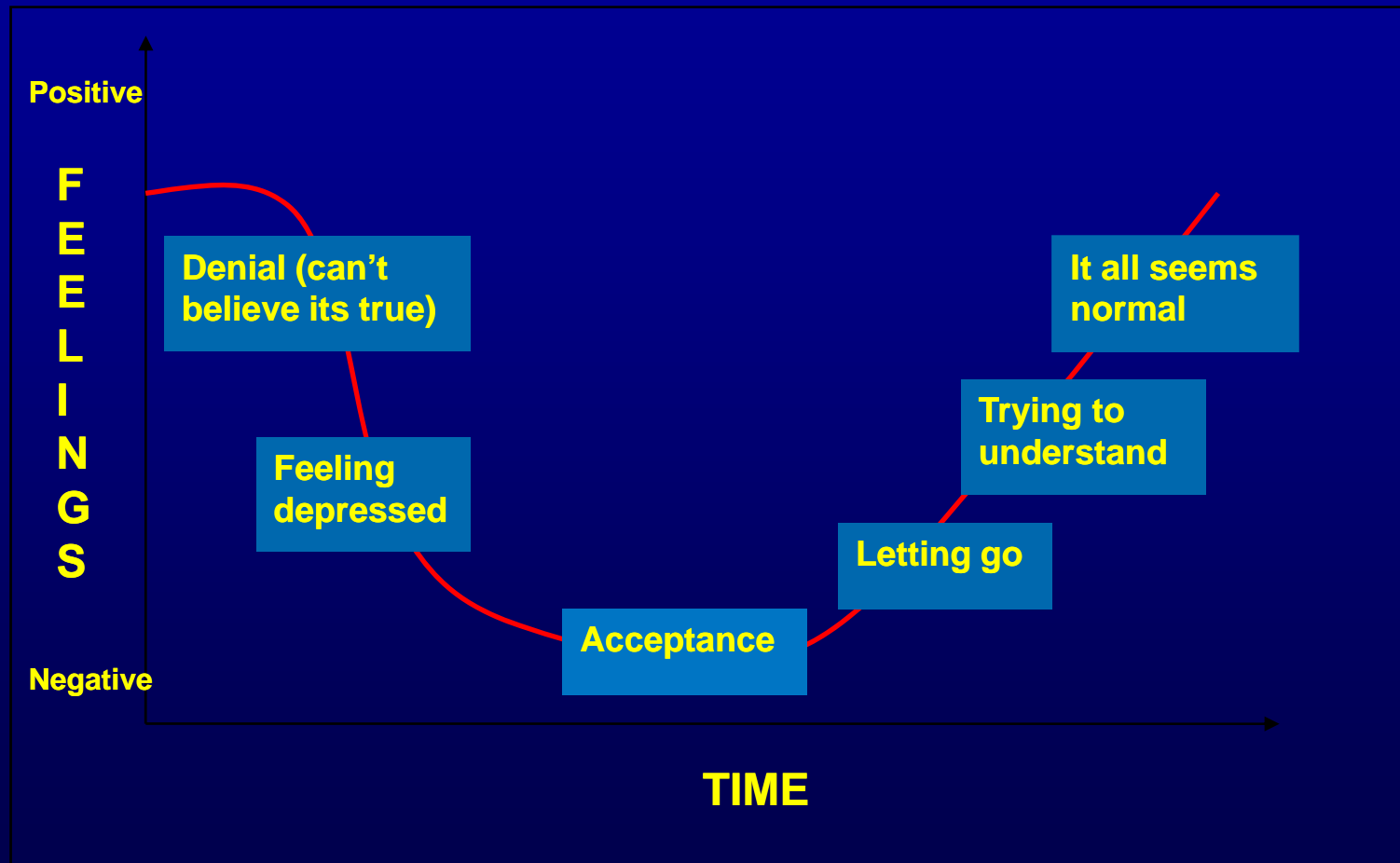
- Loss of Key ***relationships***
- Change in status, identity or ***self image***
- Changes to ***routines***
- ***Unpredictable*** events

TRANSITION SUCCESS

- Developing new ***friendships*** and increasing ***self esteem***
- Adapting to new ***routines*** and school ***organisation***
- Curriculum ***continuity***
- Interest in school and school life
- Settled so well.. No concern to parents

Managing any change
as normal part of family life

Feelings around any change



We all cope best with change when we :-

- Are ***involved*** and given ***choices***
- ***Admit how we 'feel'*** about the change
- ***Learn about the new situation*** as much as possible and we can ***imagine ourselves there***
- See the ***positive opportunities*** of this change
- ***Know our strengths and weaknesses*** and those of the key people around us
- ***Think and talk about the old situation*** – what was enjoyed and what will be missed
- ***Remember previous changes*** that went OK

Handling anxiety and stress

- **Understand what being anxious and stressed means to YOU**

E.g. How do you feel ? and behave ? What causes it for you ? Why ?

- **Learn how to release your stress**

E.g. Something physical, something relaxing, sharing anxieties with family and friends

- **Learn how to solve 'problems'**

E.g. how to work out solutions, learn what you can influence or not, and how to make plans

They do need your **support** at this time

- **Love them** for who they are ...not what they do
- Keep **communicating** (especially listening)
- Keep **praising** them
- Try and **understand their world and their feelings**
- If possible keep life outside of school **stable yet flexible, enjoyable and stress free !**
- **Learn together** and its ok to look for support and advice for yourselves too, from other parents and professionals

Remember ...

This is a special time
and opportunity,
as your child makes this
big step in their life

Enjoy it !

Fullbrook School



- Key staff during transition
- The Transition Timeline
- Other topics

Friendships



Fullbrook School

- Transition support
- The Restorative Approach (for friendship issues).
- Eikon

Other materials : -

<http://www.parentchannel.tv> – video clips including in the age 9-14 section ‘Friendship blues and bust ups’

www.kidscape.org.uk Although this site is focussed on bullying it also has sections about ‘Making Friends’ and ‘Assertive techniques’.

Internet Safety



Fullbrook School

- Internet Safety campaigns (for parents and students)
- Use of Mobile phones in school

Other materials : -

www.childnet.com – Know It All (KIA) For Parents.

Supporting your child's learning



Fullbrook School

- Keep being involved in their education ...we want this !
- The Fullbrook Parent Voice

Other material to help you understand the secondary school education system and how you can support this at home :-

GOVERNMENT

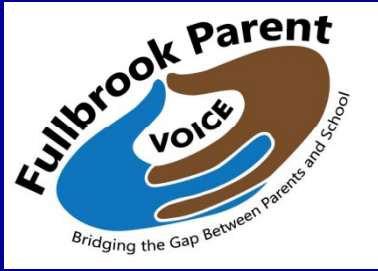
<https://www.gov.uk/browse/education>

BBC

<http://www.bbc.co.uk/schools/parents/work/>

PARENT CHANNEL TV

<http://www.parentchannel.tv>



Fullbrook Parent Voice (FPV)

Parent to parent advice

‘I wish I had known that...’

Yes it's a ***big leap*** - in your child's life, and yours

- ***Trust*** in your child - support them and help them to become independent
- ***Trust*** in Fullbrook school - keep involved
- ***'Prepare to make this change together'*** with your child and with the schools
- Use the ***Handout Pack***
- ***Look after yourself too,***
It really is Ok to ask for some help



Enjoy !

You tell us....

As you prepare to make this transition happen for your child, and your family :-

What else can the school or FPV do ?

Anything you still want to know ?

- ***Rank the top 3 items*** - '1' being the highest priority
- ***Can you put timeframes against these?***
e.g. asap, at July meeting, before Sept, during year 7

Any major questions

that also apply to
other parents ?

Thank you for your involvement

- Read the Handout Pack for more details
- www.fullbrook.surrey.sch.uk Transition section, will have *all* material from tonight. Keep looking !
- Use the time now to mingle, chat and find out even more
- Please complete the Evaluation Form

See you again in July !!