

Helping your Child to Manage Change

An Information Session for Parents/Carers of Year 6 pupils

Bearwood Primary and Nursery School

Thursday 6th May

Miss Prince

Pupil Engagement and Welfare Officer





- To understand the importance of a smooth transition for children moving from Primary to Secondary school
- To understand what we will do to support your child
- To understand your role as a Parent/Carer
- To know how to find information about your child's Secondary school
- To know what additional help and support is available to Parents/Carers and children

Questions



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There will be an opportunity for you to ask **questions** at the end of the presentation

Questions can be asked **verbally** or typed into the '**chat**' bar

Please be mindful of **confidentiality** when phrasing questions and avoid naming specific children or schools

Sensitive questions, or those relating specifically to individual children can be sent via email to the school office

school@bearwood.poole.sch.uk

What is a 'Transition'?



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A **transition** is a period of **change**.

Children undertake a number of transitions every day such as waking from sleep, leaving their parents to come into school or saying goodbye to a friend at the end of a play date.

Other transitions happen less regularly or are more significant and therefore require more careful management. These include moving house or **starting a new school**.

Why is change difficult for children?



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Change is difficult for **everybody!**

We are all creatures of habit. Familiar situations provide us with feelings of security and **safety** where new and unknown situations pose an element of **risk**. Even those transitions we are excited for require us to exert extra **effort** and energy.

Children are simply at a disadvantage because they are likely to have experienced **fewer** significant transitions than adults. They therefore need lots of help to recognise the successes they have experienced with **past transitions** in order to feel confident to embark on new ones!

What do children need?



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In order to achieve a positive and successful transition from Primary to Secondary school children need:

- To feel **confident** about themselves
- To **know** where they are going and how their new school will be the **same / different** to Bearwood School
- The chance to share **memories** with and say a positive **goodbye** to the people they are leaving behind

What will the children learn at school?



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Throughout the Summer Term all the Year 6 children will undertake a **Transition Project** which will support them to achieve these goals.

Through a series of carefully planned activities they will develop resilience, self-confidence and a positive mindset towards change.

The children will explore in general terms the **differences** between Primary and Secondary schools and have opportunities to share their **memories** of Bearwood with their friends and members of staff.

They will also have **weekly PSHE sessions** following the Jigsaw scheme of work.

In addition to this there has been a whole-school focus on **physical and emotional wellbeing** and the children have been learning a range of **strategies** and techniques to support their healthy emotional development.

What additional support is available?



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Some children will need **extra help** to prepare for and manage the upcoming changes and these children will be offered extra opportunities to develop their skills in small groups or by working 1:1 with an adult.

Any child with **Special Educational Needs** will be supported through a **bespoke** transition package which will reflect their individual **strengths** and **difficulties**.

Classroom staff are always on hand to support all the children with any **questions** or **worries** they may have.

What else do school staff do?



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School staff also compile **key information** about each child to handover to their Secondary school.

This includes but is not limited to information about:

- Academic Ability
- Learning Preferences
 - Friendships
 - Behaviour
- Health Needs

When appropriate, **Mrs Wall** and **Miss Prince** also pass on information about **Special Education Needs** and **Safeguarding** to ensure continued support for children and families, particularly where **external agencies** are involved.

How can you help your child?



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The transition work completed in school will prepare the children in **general** terms for the differences between Primary and Secondary schools.

However, as our Year 6 children are moving on to

10 different Secondary schools

it is simply not possible for us to be experts on specific aspects of individual schools!

How can you help your child?



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It will therefore be really important for you to spend time with your child **researching** their Secondary School.

Information for new starters can usually be found:

- On the school **website**
- In the school **prospectus**
- During virtual **information sessions**
 - Through **virtual tours**

You should also keep an eye out for information sent via **post** or **email** regarding your child's tutor, tutor group, timetable etc.

How can you help your child?



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You might find it helpful to talk to your child about what they would like to know. Often children are keen to find out:

What is the uniform?

Where do I go at playtimes?

What equipment will I need?

How much homework will I get?

What will I eat for lunch?

What is the behaviour policy?

Which subjects will I learn about?

It will also be helpful for you to talk to your child about how they will make their **journey** to school and to **practise** the journey with them in advance to build their confidence.

Don't forget the basics



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Periods of change can be very exciting for children but also quite exhausting!

For this reason it is particularly important to prioritise good physical health:

- Plenty of sleep
- Eating a healthy, balanced diet
 - Drinking plenty of water
- Getting regular physical exercise
 - Engaging in hobbies
 - Limiting screen time

Don't forget the basics



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Research tells us that Authoritative parenting is the most effective. It is characterised by clear boundaries and high expectations, combined with high-warmth and positive interactions.



Can my child visit their new school?



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Year 6 children are usually offered the opportunity to **visit** their Secondary school during the Summer Term. Due to COVID-19 the arrangements for **Transfer Day** were made later than usual this year and unfortunately the date for this coincides with the Year 6 residential trip to Osmington Bay.

We are therefore working closely with the appropriate Secondary schools to organise **alternative opportunities** for our children to visit for tours, to meet their tutors etc. We will share information about each of these opportunities with you once details have been confirmed.

If you have made your **own arrangements** to visit schools please do let us know via the school office so we are not doubling up!

Any Questions?



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Thank you for supporting your child as they prepare for their next step in education. At Bearwood Primary and Nursery School we are delighted to be working with you for the best possible outcomes for your children.

Please do not hesitate to ask if there is anything we can do to help!

- Opportunity for Questions -

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