

Transition into secondary school

Three things to know

* The move to secondary school brings lots of change, such as different classrooms, different teachers for each subject, bigger buildings, new travel arrangements, unfamiliar environments and mixing with new pupils. Studies suggest that if pupils aren't supported properly, transition can lead to an increased risk of poorer attendance, lower grades, school disengagement, reduced confidence and self-esteem, and increased symptoms of anxiety. *Mentally healthy schools. 2018* (www.mentallyhealthyschools.org.uk)

Research suggests that pupils' concerns about transition to secondary school generally involve issues such as:

- o Losing old friends.
- o Finding their way around
- o The size of their new school and getting lost.
- o Rules, discipline and detention



* Research highlights that children who kept the same best friend during the transition period between primary to secondary school tend to do better. Supporting and encouraging friendships during the transition period and beyond may help pupils to improve attainment and behaviour.

* Research shows that the transition to secondary school can potentially be as difficult for parents as it is for their children.

Three things to do if your child is at Key Stage 3 or 4

* New experiences coupled with your feelings about leaving your child in a new place can be a stressful time in a family's life. It is normal and acceptable to feel anxious as a parent/carer, but it is important not to pass these feelings on to your child. Support your child and encourage them to keep in touch with their group of friends.

* Talk about up and coming change with your child and approach transitions in a positive and exciting way. Help your child express their feelings, worries and emotions about the change and acknowledge their feelings.

* Have a look at and discuss the video from Young Minds on YouTube with your son or daughter. It reassures children that they're not alone when it comes to their worries about secondary school, that there are ways to cope with change and there are people to talk to when things get difficult: <https://youtu.be/xT6ctrk3pVQ>

