

Questions and Answers about the move to Secondary School

Helping Children Cope With Transitions

Moving up to a new school and transitioning from year 6 into year 7 can create anxiety and stress that amplifies the change taking place.

When faced with a big transition we are all prone to experiencing large feelings. While it's normal for any person to need support from others during these times, sometimes you need a little extra support to help handle whatever is going on around you.

As you go through a change, be mindful of the care that you might need during stressful moments.

Walk Through It Together

It can make all the difference if you are a bit familiar with where you are going before jumping right into it. Knowing what to expect by virtually walking through precisely what's going to be changing can really help.

If changing your schedule is making you feel anxious, take time to go over the new schedule together with someone safe, a parent, friend, family member or teacher. If you have the opportunity, visit the school or meet with an older child from the school to walk through their schedule. This can also help. Many schools offer meet-and-greets before the new school year begins so that parents and children can stop by to meet with the teachers and tour the classrooms.

Taking a tour of the school with other children is a great way to help you meet new people and maybe find a few new friends and get to know some familiar faces before classes begin. Also, consider pairing your school tour with shopping for school supplies. Heading to right place for notebooks and markers after your visit can help to keep up the positive energy.

Healthy Routines

No matter what you are making a transition into, maintaining a daily routine helps to ease the process. Routines help us with expectations around what will be happening each day.

Make sure that the routine you set promotes good health both physically and emotionally. This will include establishing a sleep routine that allows for a healthy amount of sleep, regular mealtimes that include healthy options, and designated homework slots during the school year. Don't forget to carve in time for fun each day too!

Weekends and holidays may be a bit more relaxed when it comes to keeping the routine, and that is okay. Weekend routines get to be a little looser so that making the transition back to the weekday routine is less painful.

On transition if it's possible, keep your routine similar to what it was before, that can help curb confusion and stress. However, if it must change dramatically due to an entirely new set of circumstances, with time and support we can adapt to this change.

You can build resilience and learn to cope with a new schedule, as parents/carers, you are also there to offer support and help to motivate your young person to keep moving forward with confidence.

Seek Out Some Fun

To help make a transition more comfortable, seek out fun activities you can get involved in. After school and summer clubs alongside meeting up with friends can provide greater support and stability.

Getting out in nature and mindfulness can also help.

[Mindfulness exercises and tips - Mind](#)

Spend time with other people who have completed a move or who will be moving from years 6-7.

Parents and Carers, if your children are transitioning to a new school away from the local area, they may not know many people around them. Talk to your children about getting involved in the new area and visit local landmarks, groups and activities. This will be a way for your children to meet new people who have similar interests with your children.

Talk About It

Talk to your family, friends or a safe person about how you are feeling regarding the upcoming change and try to be open and honest about this.

Maybe you are feeling nervous to be away from old friends or in different classes at the new school, or perhaps feeling uncomfortable about leaving the safe space of your old classroom and familiar surroundings. Maybe you are managing the transition well but have a friend or sibling who is struggling, try to keep a positive attitude as you have these conversations, if you are confident and enthusiastic about the transition at hand, this will likely rub off on your friend.

Look at the next step as an adventure, think about the things that you might need to have in your bag and what you will be wearing, research things that might be available at the new school that you might want to try i.e. groups, opportunities and what is available in the area that might be of interest. Plan the journey with someone you trust, do a practice journey, and look at the challenges and the things that might go well.


Remember to encourage your child to talk about what they're feeling in order to let out their emotions. Even if it seems scary today, with healthy support, your child can overcome and succeed in the new circumstances with which they are presented.

Worry is a normal part of daily life, however when we become very anxious, we may need additional support or strategies to manage this.

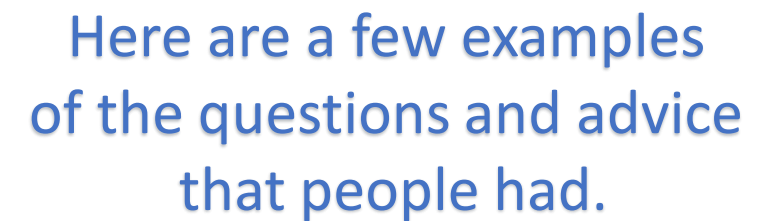
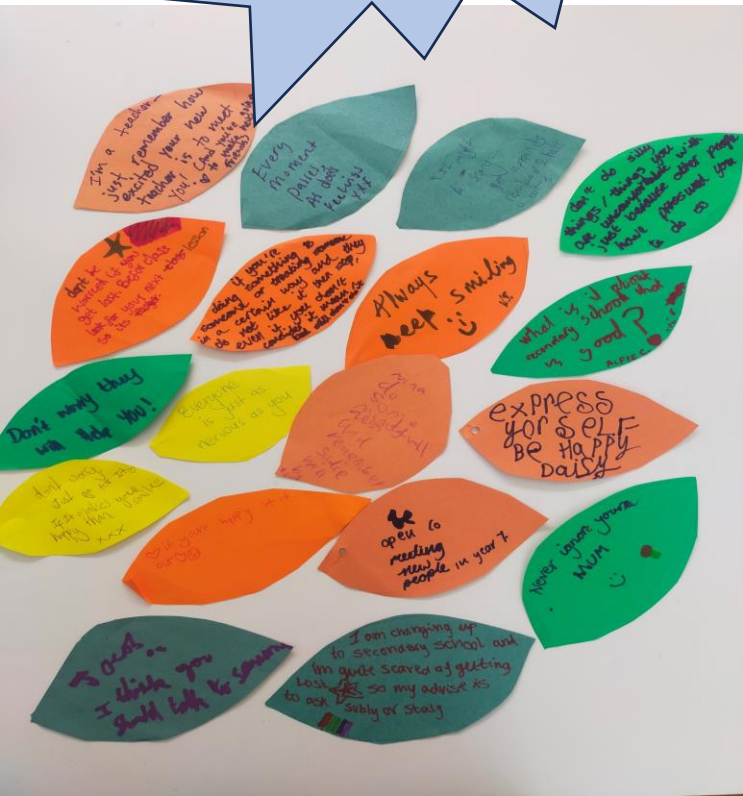
Here is some help around anxiety, this can also be useful for parents, carers and siblings.

[Supporting A Child With Anxiety | Tips & Advice | YoungMinds](#)

[Anxiety | Feelings | Health for Teens](#)

A large, light blue starburst shape with a dark blue outline, centered on a white background. The starburst has multiple points of varying lengths. Inside the starburst, there is text in white and red. At the bottom of the image, there is a horizontal band of light brown color.

This interactive space was in the Assembly rooms, as part of **The forest of the imagination.**



More questions were raised from the Zoom meeting about the move to Secondary school

How will I remember all of my kit?

Being organised will help you. Give yourself an allotted time when you pack your bag for the next day. Get your homework done and place it in your bag straightaway so there is no danger of forgetting it. Print your timetable out and place it somewhere easily viewed, eg, the fridge door. If you have Sport, get your kit ready. You could make yourself a checklist for each day of the week, especially helpful while you're getting used to your timetable.

What if I get lost?

The more you familiarise yourself with the school, the better. We're now in the Summer holidays, but you can use this time to visit the grounds of the school. Walk around and get to know the local area if you don't already. In September, you'll be given a map. Make sure you know how to find the Reception, they will be able to help if you're unable to find your next class. Ask other students or teachers. If it's your first lesson after tutor time, ask your tutor to point you in the right direction. There will be allowances for Year 7 students in the first few weeks, you will not be expected to know everything.

Will I make new friends?

Each and every school will be aware of the importance of every student feeling connected and making new friends. The first few weeks will be about getting to know other people, getting to know your new teachers and about feeling comfortable in your new environment. Schools will set up activities, so you get to connect with others. Some schools will have a residential trip which will help greatly to get to know people. Join a school club, you'll find like-minded people if you join clubs that you are interested in. There will be a lot of clubs on offer.

I'm worried about losing my old friends

Try to think about what you will gain, instead of what you may lose. Good friends will not be lost. We live in an age that is easier than ever to connect. If your friends from Primary School live close to you, arrange to meet up at the weekends. You'll be able to exchange stories about your new schools and give each other support. If friends are further away, ask your parent/carer to help you stay in touch. Keep up with clubs you may have outside of school, this way you'll still be seeing those familiar faces.

I'm worried about getting up earlier than I used to

It is always a concern after a long summer break and then if you also have a bus journey or longer drive or walk to your school, then it's a good idea to get organised. You could do a practice run, make sure you know how long it takes and at what time you would need to leave the house. If your day is starting a bit earlier and the school may be a bit longer, it is important to have a good breakfast. Make sure you make time for this. Set an alarm and in the last week of the holidays, start getting up a little earlier than you have been. Prepare your body for the change of routine. There may feel there's enough to do in the morning, so make sure your bag is packed the night before and your uniform is ready to put on.

Will I get a detention for being late?

Teachers will want you to ease your way into your first few weeks. They will not be giving out detentions, they will be there to help you. If you get a little lost and then end up a little late for class, just explain to the teacher. Each school will have their own policy on giving out detentions but if you are ready to learn, you have completed your homework and you are being respectful to those around you, all will be fine.

What if I get bullied?

The most important thing to do if you have any confrontations with other students, is to talk to a trusted adult as soon as you can. Things can then be acted upon and possibly nipped in the bud. Your Form tutor is there to help with an array of issues. You will see your tutor as a constant every single morning, and maybe for afternoon registration too. The school will have an anti-bullying policy and will have a set procedure of dealing with issues that arise.

Who do I talk to if I have a problem?

Your Form tutor is someone you will see every single day. They will be there to help you with any issues you have. If you have a problem in one of your subjects, you can speak to your subject teacher. There may be a counsellor at your school and/or a mental health professional.

There are more places to go for support if you feel the need to talk to someone away from the school environment. See the next page..

Get support



If you're struggling, reach out or speak to someone. Conversations can change everything.

National



Local



Parents:



www.kooth.com

www.youngminds.org.uk

www.thewrapdhi.org.uk

www.boysinmind.co.uk

www.offtherecord-banes.co.uk

www.happymaps.co.uk

Learn about the five ways to Wellbeing to help your
own mental health and those around you



Be Active

Get up, get moving.
Activity boosts your mood, builds
confidence and can help connect
with others.

Walk,
scoot or
bike to
school

Have a
kickabout
with friends
at your local
park

Start a
new club

Can you think of more
ideas of how to active?

Connect

Connect with others. Relationships are important. They enhance our sense of wellbeing and self-worth.

Try speaking to someone new at school

Ask a friend about their weekend. Listen well and find out more

If someone is on their own at break times, ask them how they are.

Can you think of more ideas of how to connect?

Take notice

Slow down. Pay attention to your thoughts, feelings, senses, and the world around you. Taking notice helps us learn about ourselves and feel connected with our world.

Take time
to enjoy
the
moment

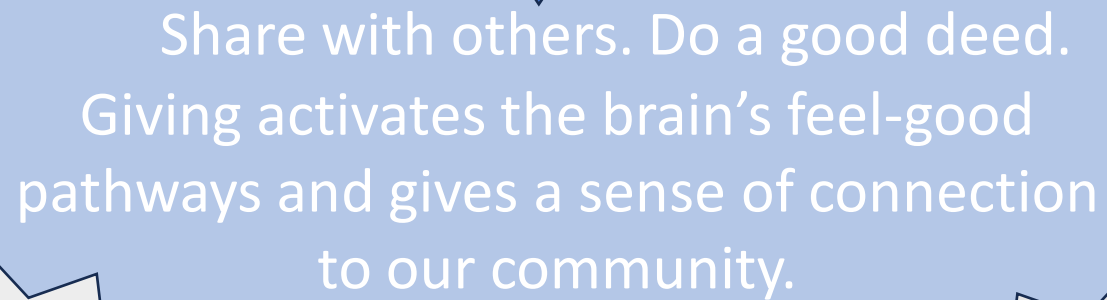
Sit in a quiet
spot and
immerse
yourself in
nature

Take a
different
route to
school

Can you think of more
ideas of how to take
notice?




Give




Share with others. Do a good deed.
Giving activates the brain's feel-good
pathways and gives a sense of connection
to our community.



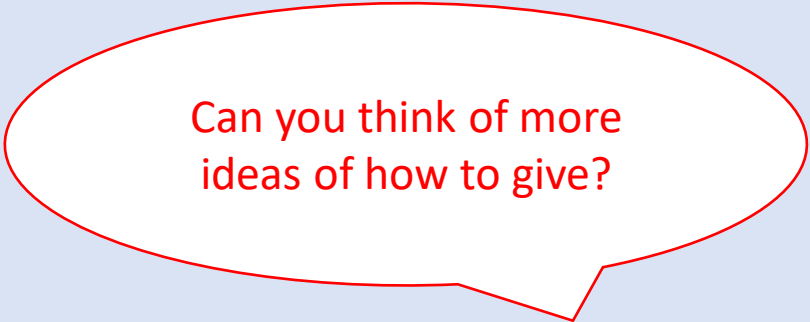
Volunteer



**Help a
classmate**



**Make a
family
member a
drink or
snack**



Can you think of more
ideas of how to give?

Keep learning

Enjoy challenging your mind and learning new skills. Learning boosts our confidence and broadens our horizons.

Go to the library and pick a new book

Arrange a new club at school

Find out more about the people around you

Can you think of more ideas of how to keep learning?

Any further questions?
Get in touch

627@bathmind.org.uk

Find out more - www.room627.com