

MOVING ON UP

Leaving primary school is the beginning of an exciting new journey.

Your child will be used to their primary school building, teachers and friends. The routines and structures in place will be familiar to them. They will be excited but also nervous about the changes ahead.

Some may be worried about going to a new environment where they have a timetable to follow. They will be used to one classroom with the same teacher.

Most children will be ready to move on and will be excited about what lies ahead. For some, saying goodbye to a place they have known for the best part of their lives may be hard, especially if they have formed close bonds with their teachers and friends.

There are lots of things you can do to help with this transition.



WHAT CAN YOU DO?

- **Allow** them space and time to share their feelings.
- Help them **plan** for their transition to secondary school.
- Talk to them about how they will **make** new friends.
- **Empower** them by telling them where they can go for support or ask for help.

HAVE A CHAT

The talking points below may help you both explore the transition to secondary school:

- **Talk** to them about their best memories of primary school. Who will they miss and why? What will they miss?
- **Encourage** them to write a letter to their favourite teacher telling them what they will miss.
- **Explore** what they are nervous about. Talk about their first day, what it will be like, who will they meet, where do they go? Reinforce that everybody is in the same boat! All S1s together!
- **Talk** about what they are looking forward to. Is it trying new subjects? Meeting new friends? Starting a new club?



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IT'S ALL IN THE PLANNING

You want your child to enjoy the summer holidays and relax. It is natural that they will be thinking about what's to come next but you can use the summer holidays to prepare them and you for the change. You could:

- **Organise** their uniform so they know what they will be wearing on the first day.
- Try out the **journey**. If it is by bus, take them at the time they would normally be travelling. Inform them about how they will pay for the bus or go a practice walk with friends.
- You could look at the school's **website** and help them **plan** for all the clubs they may want to join.



TOP TIPS

Find out who your contact is. It will be a **Pastoral Care** or **Pupil Support teacher**. Get their email, this can be the easiest way to make contact.



EMPOWER YOUR CHILD

You will be used to having one point of contact in the primary school. It is important that you both know who your point of contact is. You could:

- Put a **note in their phone** which reminds them who they see when they are unwell.
- **Encourage** them to take a photo of their timetable.
- **Suggest** they draw a map of the building in case they get lost.
- **Encourage** your child to use a diary or planner in their phone to get organised.

MAKING NEW FRIENDS

Even if your child is going to secondary school with their primary friends they may move away from them. This is normal and healthy. As they discover new interests, they will also make new friends.



Encourage your child to take up new interests.

Talk to them about new people they have met and whether they could become friends.

Remind them that secondary school is a great opportunity to meet new people and may be easier than they think! They will find their friendship group!