

## Secondary school transition workshop

WITH BRISTOL PARENT CARERS & BRISTOL CITY COUNCIL EDUCATIONAL PSYCHOLOGY SERVICE



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## Welcome and Role of an Educational Psychologist

We use psychology to support children and young people learn effectively, be happy and thrive

Educational Psychology Service in Bristol;

- Statutory work
- Work with schools and other settings
- Individual casework including early intervention

This session was asked for by parents and has been arranged with Bristol Parent Carers Forum.

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## Focus for today's workshop

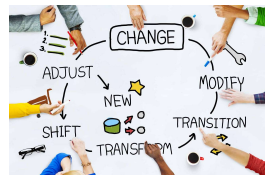
1. Why are transitions important
2. How you and your child are feeling about the transition to secondary school
3. Preparing for the new school environment
4. Strategies to better manage feelings of anxiety
5. The 5 ways to wellbeing
6. A chance to ask some questions

*We will ask you to think about the situation for you and your child. You may want to write things down for yourself, share them on the chat, or just think for yourself in your head.*

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## Why transitions are important

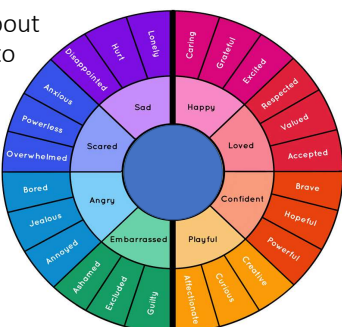
- Greater independence
- Developing new friendships
- Confidence
- Adapting to change
- Practice and preparation for future changes



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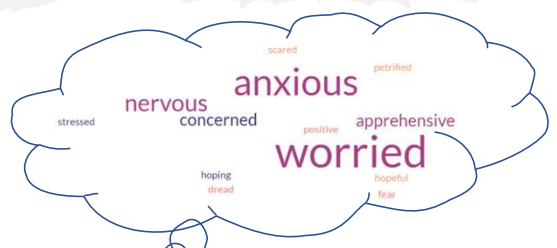
## How are you feeling about your child's transition to secondary school?

Please share in the chat one word to sum up how you are currently feeling about your child's transition to secondary school...

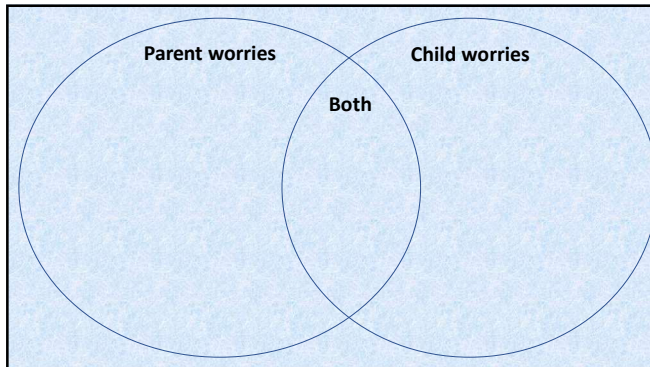


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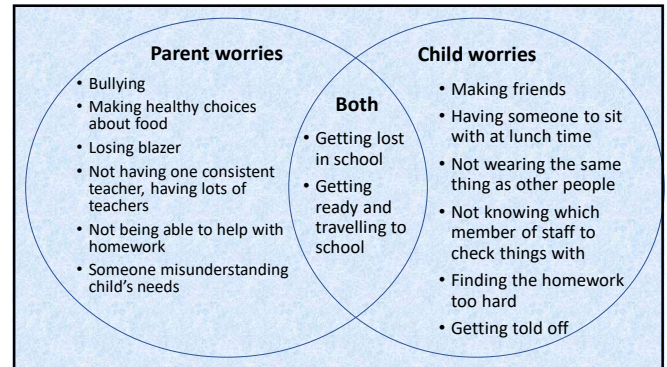
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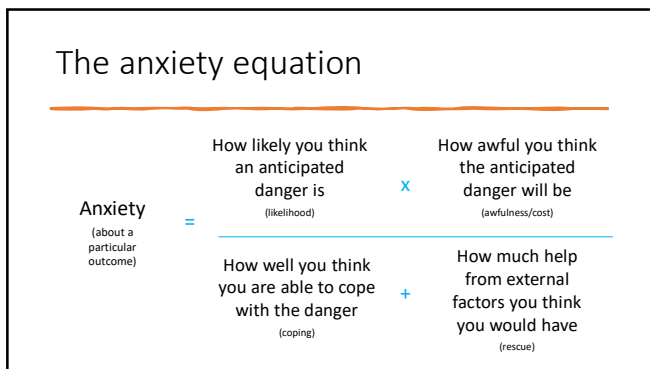
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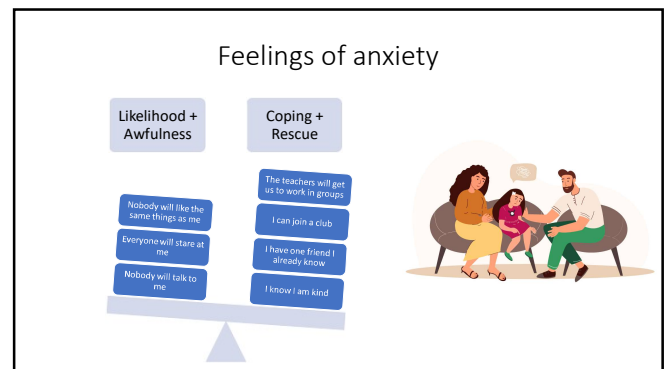
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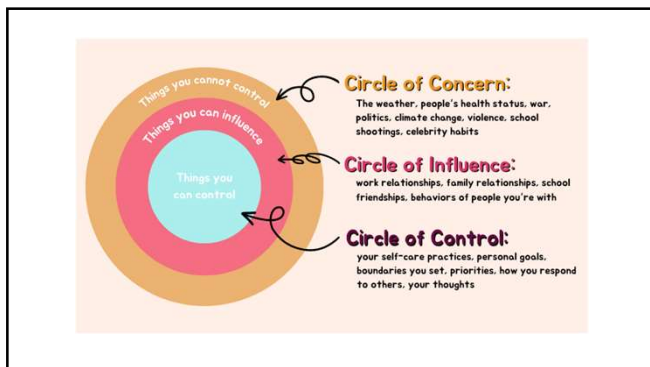
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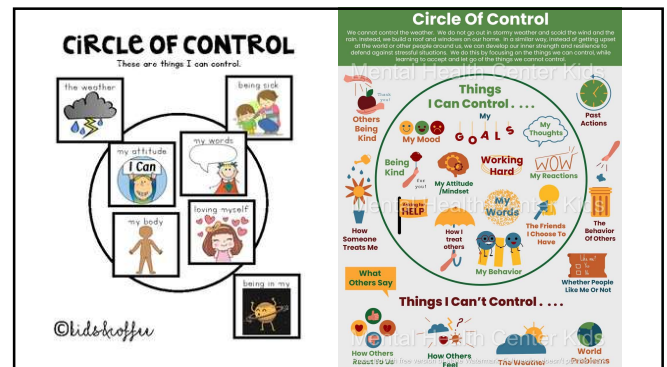
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What is one thing that you child is feeling positive about, excited about, or looking forward to about secondary school?

- For example;
- School clubs
  - Science lab
  - School canteen
  - Sports
  - Making new friends with the same interests



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## Embracing Change

You could work with your child to fill out the table using the ideas listed, and any of their own ideas

Changes that I am looking forward to	Changes that I am worried about



Making new friends	Getting lost	Having a different uniform	Learning new subjects
Being the youngest	homework	Meeting my new teachers	Remembering equipment
Being on time	The journey to school	School rules	Lunchtime

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## Finding Support

Using their completed table from *Embracing Change*, ask your child to explain three of their potential worries in this table.



Why am I worried?	Who can help me to find a solution?	What is the solution
I am worried I will forget to do my homework and get in trouble	My form tutor or subject teacher	I will have my planner to write down all of my homework. When I get home each day I can check my planner, complete my homework and tick it off.
1.		
2.		
3.		

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## Preparing for the new school environment

- Look at the school website
- Look on google earth/google maps
- Make the journey



A video tour of Merchants' Academy



A 'meet the staff' booklet for City Academy



A student area on the website for Bristol Free School

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## Communication with school

Secondary schools are likely to have already...

What might schools have planned next?

What might you do if you are worried?

- Received information from primary school
- Planned staff briefing on children's specific needs for the start of term
- Planned what your child's support will look like

- To meet and get to know your child!
- A chance to meet with you before Christmas
- A review of the support once they get to know your child better

- Give your child some time to settle in
- Help your child to problem solve
- If needed, contact the school to find out who the best person to speak to would be



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## What can you do to support your child's wellbeing?

- 5 ways to wellbeing



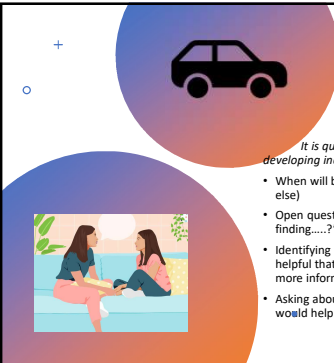
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- Providing family support
- Listening to your child
- Social networks
- Maintaining friendships outside of secondary school, for example from primary school, from clubs or activities, family.




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## Talking about school

*It is quite normal for teenagers to tell you less – they are developing independence*

- When will be a good time? (car journeys, dinner, with someone else)
- Open questions not 'feeding' a possibility 'how are you finding.....?' 'I've noticed...'. Not 'are you being bullied?'
- Identifying the skills they are using to sort things out – 'really helpful that you checked with Mrs X/looked it up, asked for more information'
- Asking about what something means to them or what they think would help rather than being judgemental



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### How this will support transition to secondary:

- Evidence base that physical activity supports energy levels, mood, thinking and sleep
- WHO – 80% of school-going 11-17 year olds not getting recommended hour a day
- Impact on self-esteem, self-worth and relationship with body


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### Planning routines

- Getting to school
- Homework
- Snacks and meals
- Gaming and relaxation, and decompression
- Activities outside of school
- Sleep




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- Model noticing and enjoying things
- Provide a structure such as '3 good things'
- Use tools to manage anxiety such as mindfulness (visualisation, breathing, art, writing)


(links to the management of anxiety earlier with lots of anxiety being anticipatory)

Resources:  
[Mindfulness - NHS \(www.nhs.uk\)](https://www.nhs.uk)

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- There will be lots of learning for your child moving into secondary
- Help them notice how much they are managing
- Keep other things simple



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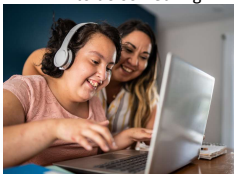





**Give**


Your time, your words, your presence

- Maybe the most overlooked of the 5 ways to wellbeing, and sometimes SEND children have less experience of helping others
- Can cover a wide range of activities from recycling to showing someone else how to do something

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- What are your hopes for your child's secondary experience?
- What would your wish be for their school experience?
- What would you like them to gain/develop from secondary school?



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Recap of strategies:

1. Think of ways of giving your child positive messages about transition and secondary school
2. Identify worries and support your child with ways of managing these. Separate the things you are concerned about from the things your child is concerned about
3. Use the information schools provide – there's lots to help your child know what to expect
4. Use the framework of 5 ways to wellbeing to support your child (and you!)
5. Invite lots of people's stories of starting secondary
6. Support your child keeping in contact with people outside of school
7. Plan a routine with your child
8. Talk about positive things each day – especially when school starts
9. Plan how you will manage your child being tired and grumpy
10. Have high hopes and model thinking about a positive future

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Please share your questions with us in the chat

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**Signposting**



<https://www.annafreud.org/media/13817/supporting-children-through-secondary-transition-final.pdf>



<https://www.supportservicesforeducation.co.uk/Page/19956>

**Meltdowns - a guide for all audiences**

Many autistic people have meltdowns. The public often finds it hard to tell autism meltdowns and temper tantrums apart, but they are very different things. If your family member or the person you support has meltdowns, find out how to anticipate them, identify their causes and minimise their frequency.

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns/all-audiences>



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