Making the Change

Information for parents and carers

What you need to know

Many young people feel a mixture of excitement, fear and nerves as they go to secondary school. Secondary schools are very well aware of how big this transition is and, even with the restrictions, will do all they can to help your child, and you, settle into a new routine.

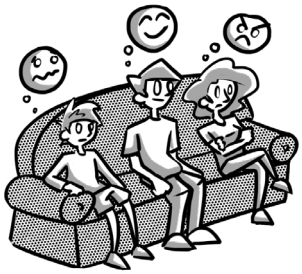
Matthew Burton's book 'Go Big', is written for young people who are about to make this change and is written to help them navigate some of their fears. This may be helpful for them to read alongside the lessons from Be Awesome, Go Big. There are also some things you can do as parents to help them too. Remember, the book is written by a Head Teacher from England, so 'Year 6' is our 'P7' and 'Year 7' is our 'Year 8'.

What can you do?

1. Help talk them through some of the changes – they move around the school to their next teacher, have different lessons and have lots more people to communicate with. They are also able to be more independent than perhaps they have been used to.

2. Getting ready becomes their responsibility – get them to pack their bag the night before, check their equipment and check their homework diary to ensure all required homework has been completed. Make sure they know which day they have PE or Games. This will pay off in the future if you start now!

3. Create a space for them to work quietly at home – they will get homework and will need to be able to complete it and concentrate without distractions. Often it is easier if they get this completed when they come home, before they get into social time and then don't want to do it!

4. Contact your child's Teacher, Class Tutor or Year Tutor if you are concerned about anything.

5. Keep encouraging a growth mindset: make sure they understand they won't be good at everything YET – things take time and practice and they should not give up. As a culture, we are often used to seeing supposed 'overnight success' without seeing the hours of effort that went into that success. This is worth reminding them about when they start to say negative things.