

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This top tips poster includes advice for children about how to approach the first few weeks in a new secondary school. Simply download the poster and discuss the points with your child, encouraging them to talk about how they are feeling in the run-up to this big change.

What skills does this practise?

Comprehension

Discussion

Self-Awareness

Self-Esteem

Further Activity Ideas and Suggestions

Twinkl has a range of resources to help ease the transition between primary and secondary school. The activities in this [Year 6 Transition Scenario Cards and Action Plan Activity Pack](#) can help start conversations about the move to secondary school. Alternatively, look at this [information leaflet](#) about how to cope with change.

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

Get Set for Secondary School

Be Organised

Use your new school's website to research the school layout, what lockers are available and whether swipe cards are needed in the canteen. Once you have your new timetable, print a copy for home. Get any books or equipment you might need ready the night before to save rushing in the morning.

Own Your Independence

Start showing your independence in the lead-up to secondary school by packing your own school bag, laying the table for breakfast or putting dirty clothes in the laundry basket. Being able to rely on yourself is a great skill to have when it comes to starting a new school.



Practise

Before term starts, plan the route you're going to take to get to school. Carry out some practice runs, especially during the times when you would normally be travelling to and from school. Arrange to meet a friend at the entrance on the first day so you can walk in together.

Get Talking

If you're not sure about anything, just ask. The teachers at your new school are all there to help you settle in. Talk to your parents or carers if you are worried or anxious about anything. They've been in your shoes before and will be able to offer support and advice.

Stay Positive

Embrace the change. Think about all the opportunities ahead of you - new subjects, new teachers, learning new sports and making new friends. Teachers won't expect you to get every answer right in class but they will be impressed with a positive, can-do attitude.



Look After Yourself

Eat healthily and get plenty of sleep. Look after your physical and mental health. Find time to relax after school by doing things you enjoy - take a walk in the park, meet up with a friend, listen to some music. Being able to 'switch off' may make you feel more relaxed and energised the next day as a result.

Be a Good Friend

Be kind and helpful to others, even if you don't know them that well. Showing kindness and support to someone else might help boost their confidence as well as make you feel good too. Showing empathy and understanding is a great way to start building up positive friendships.

Be Yourself

There is no one else in the world like you. Don't try to be someone you are not. People will like you for who you are. Believe in yourself - you've got this!

