



**Education Directorate / Cyfarwyddiaeth Addysg**

**Educational Psychology Service / Gwasanaeth Seicoleg Addysg**

**Support Pack 5: Transition back to school**

Children and young people experience changes at the end of every school year: a new class, new teachers, even a new school. This year, those transitions will feel different.

This booklet has been put together to help you, as parents and carers, prepare your children to prepare of transition. We hope you will find it helpful.



All children and young people encounter natural transitions occurring throughout their lives. Some of these transitions include:

- Starting their pre-school setting
- Embarking on their primary school adventure
- Starting a new chapter of their lives in their secondary school

Other transitions include;

- Break time
- Changing lessons
- Moving house
- A new sibling
- The end of day
- Bed time

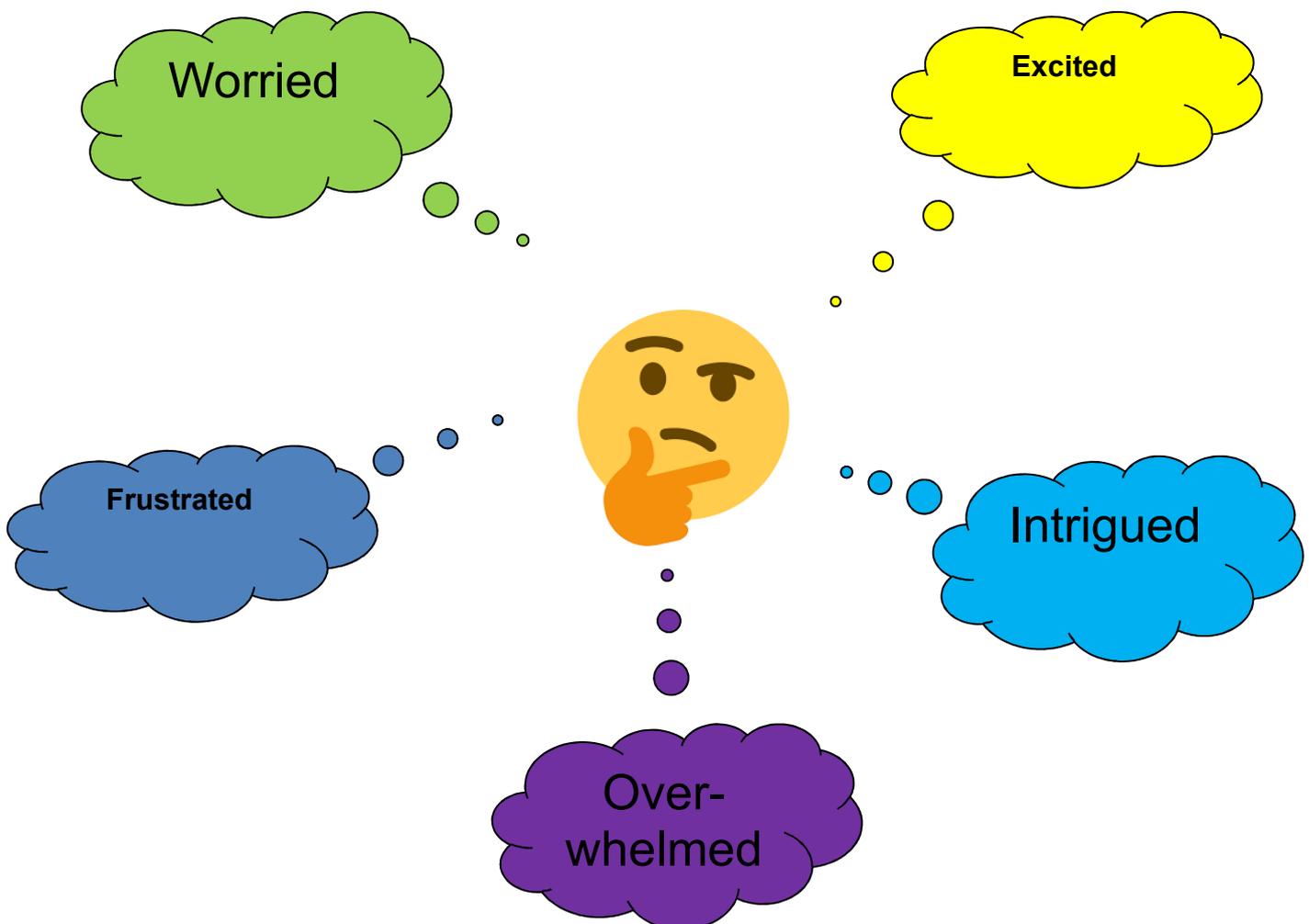
Transition happens all the time. Some transitions can be positive and mark the end of a difficult time. Other times, transition can bring about feelings of uncertainty. Although changes are embedded into our routine, some transitions can be sudden or unexpected.

**In light of Covid-19, children and young people will have experienced changes that they had not prepared for. This may be a daunting time for both yourself and your child. This information was put together to help you to prepare for transition.**

## Feelings

Moving on can be a happy and sad process. Children and young people can feel happy when they have finished one experience and are excited to start a new challenge. They may also feel sad to be leaving their teachers, school and some of their friends.

For many children and young people their school term ended early, this can be confusing as they may have been looking forward to events such as; their end of year celebrations, signing t-shirts, writing cards and letters, school proms or disco's and saying goodbye to their teachers. Missing these events and celebrations can be upsetting for children and young people as they represent part of the process of moving forward. Endings help us to make sense of a period of time drawing to a close and help us to prepare for the start of something new (Eggleston and Smith, 2004).



## Preparing for a new term

- **Celebrating the end of a term** – saying goodbye can be important for children and young people and may be especially important for those moving to a new setting, for example; year 6, year 11 and year 13 leavers. We have included some ideas to help children and young people celebrate the end of the school term and to celebrate their achievements:
  - Writing a letter or card to their teacher/s or a member of school staff who has been important to them.
  - Writing a letter to next year's incoming children/young people to tell them about the different topics or lessons they enjoyed (Eggleston and Smith, 2002). This can help your child reflect on the school term.
  - Slideshow of memories
  - Providing opportunities for children and young people to speak to friends or having a virtual end of term celebration (zoom, skype, facetime may be useful platforms). This can help your child to feel connected.
  - Completing a short sentence such as; "this year I learned\_\_\_\_\_". These sentences could be shared with others in the year group as a reflection.
  - A certificate to celebrate their achievements for the year.
  - Letting children know that although they may not be able to see their friends, teachers or key workers, they are still there (see Appendix A).
  
- **Introduce changes to routine gradually** - Many of you have found yourselves quickly adapting to a new routine including, teaching and learning from home. It is important to remember to be kind to yourself. ***BG EP service have created an information sheet on home school structure and learning at home. This information sheet provides some useful ideas on how to adapt to a new routine.***

- **Keeping some things the same (routines)** – it can be helpful to keep some familiar routines where possible for example; morning routines, lunch times and agreeing times for breaks and relaxation.
- **Acknowledging the range of feelings that you and your child may be experiencing - BG EP service have created and information sheet to support wellbeing.**

## Preparing for the return to school/ education setting

- **Time to prepare** – Although we do not have an exact date for children and young people's return to school. Preparation for when they return to school can help with transition. We have included some ideas below. (see Appendix A for additional transition resources).
- **Search the school website for information.** You may be able to access a school map, timetables, list of teaching staff, after school clubs, school lunch menus and as well as important dates for the school term. This information can help your child to familiarise themselves with the school and may also help them to think about any questions they have. If your child is transitioning to a new class, you may be able to find out information on class topics, school trips or activities for their year group.
- **New school Brochure** – your child's school may have brochure that you can look at together. You could also ask your child to create their own school brochure using the information they have found out from the school website, this may include information about what they are looking forward to in their new school or new classroom.
- **Finding out about pastoral support and wellbeing** – If your child is feeling worried it can be useful to find information about key staff members who they can talk to, such as members of the pastoral support team, their class teacher and Emotional literacy support assistants (teaching assistants who have undergone emotional literacy support training)

- **Plan for a 'Transition' day**
- **Provide opportunities for children and young people to share thoughts and concerns (see appendix A for resources).**

## Appendix A - Activities and resources

### Activities and stories:

- **Where did everyone go? Story by Iain S Thomas** - <https://beaconhouse.org.uk/wp-content/uploads/2020/03/Where-did-everyone-go.pdf>
- **The Invisible String by Patrice Karst** – A story to explain that we are all connected by an invisible string. Even if we cannot see the people we care about, we can still feel connected to them.
- **Recipe for a friend** – an activity to help children and young people think about the ingredients they feel are needed to create a good friend.



What-is-your-recipe-for-a-good-friend.pdf

- **Me, Myself and I booklet for teenagers** – This workbook was created by Powys CAF team. It could be completed as a getting to know me activity which could be shared with form tutors or heads of year.



Teen\_CAF\_Tool\_Me\_MyselfAndI\_ENGLISH.pdf

- **Me and my world booklet for younger children** – This workbook was created by Powys CAF team. It could be completed as a getting to know me activity which could be shared with your child's new class teacher.



Young\_CAF\_Tool\_MeAndMyWorld\_ENGLISH.pdf

- **All about me booklet** – this booklet can be completed to share with class teachers, key workers or form tutors.



all\_about\_me[1].pdf

- **One page profile** – A one page profile helps to capture important information about your child/young person. It helps to gather information about: what people appreciate about your child, what's important to them and how best to support them. This can be helpful for new school teacher or members of staff who will be working with your child.

<http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/>

#### **Transition packs in information:**

- **Transition to secondary school, a parent's guide by Oxfordshire's attendance and engagement team -**

<https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreducationandfamilies/educationandlearning/schools/atschool/absence/transitiontosecondaryschool.pdf>

- **Transition information by Beacon house for vulnerable learners**

<https://beaconhouse.org.uk/wp-content/uploads/2019/09/Supporting-Transitions-2.pdf>

- **Moving on - Suggestions for busy families with a child with special educational needs moving on to secondary school** – Information and guidance for parents who are supporting transition of children with Additional learning needs.

<https://www.mentalhealth.org.uk/sites/default/files/moving-secondary-school-17042013-d2146.pdf>

- **Moving on – tips for pupils moving to secondary school.** This resource provides guidance and a checklist for young people.

<https://www.mentalhealth.org.uk/sites/default/files/moving-on-top-tips-for-pupils.pdf>

## All about me information for my new school/class

<p><b><u>Pupil views</u></b> <b>My name is .... I enjoy:</b></p>	<p><b>Things I am looking forward to when I go back to school:</b></p>
<p><b>I'm worried about:</b></p>	<p><b>Things I would like to know about my new school/class:</b></p>
<p><b>People who are important to me:</b></p>	<p><b>Sometimes I need help with:</b></p>
<p><b>Three targets I would like to achieve this year:</b></p>	

