

From mountain to sea

Educational Psychology Service.

Tips and ideas for parents/carers to help prepare your child for a key transition during covid-19.



Primary 7 into Secondary 1

Focus on practising skills:

- **Self-organisation:** Helping your child to begin to organise their belongings and resources is an important skill. You may want to help them think about where they are going to store folders/resources for different subjects. When the time comes it can be helpful to help your young person organise their timetable and subjects by colour.
- **Time-management:** focus on using times and deadlines so your child is more independent in getting ready and organised in the mornings. E.g. Can they get themselves up in the morning with an alarm?
- **Money management:** focus on helping your child estimate totals for food items. This is helpful when planning and budgeting the money on their lunch card. You can download meal information from the Aberdeenshire council website and begin to price items. If you are allowing your child to go off site then they will also benefit from being able to estimate change.

Get to know the school:

- Look at the school website and social media pages.
- Look at photos and pictures of important staff.
- Familiarise yourself with the school rules and expectations. E.g. what are the uniform expectations? What are the school rules?
- Look through different extracurricular activities at the school to help build excitement about new possibilities can ease anxiety.
- Find out if there are parent forums- e.g. parent council pages.

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Plan ahead:

- Plan ahead for anything that may need to be bought or sought- e.g. new equipment or new uniform.
- Think through lunch differences- what are your expectations with your child? Young people at this stage have a higher degree of individual choice and it can be helpful to think through appropriate choices before they get there.

Getting to school:

- **Routes to school:** create a plan with your child about how they are going to be getting to school. Do they know where they are going and who with? If possible walk through routes and consider what if scenarios- e.g. What if their friend is off, who will they walk with? What if they miss the bus? Some children benefit from taking pictures or a video of this as a reminder later. You may wish to consider filming this route or walking it daily as part of their daily exercise during Covid-19 to reinforce the route.
- **Familiarise yourself with the building:** Consider (if possible) walking round the exterior of the building- showing key entrances, etc. take notice of specific information and rules.

Helpful Websites:

- ❖ Starting Secondary
- ❖ <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>
- ❖ Financial Support
- ❖ <https://www.aberdeenshire.gov.uk/schools/school-info/assistance/>

