



### Transition Tips – Practicalities:

1. Plan and practice morning routines in advance of going to High School. There may be changes to timings or in terms of transport and how your child gets to school. ☐
2. Arrange Summer play dates/activities for your child with friends who are attending the same school/ or who live nearby. ☐
3. Look for apps that will help improve children's organisational skills and school work. ☐
4. Keep an eye out for local/ Summer clubs where children who are going to the same school may attend. ☐
5. Visit the school website and encourage your child to do the same. There will be valuable information about uniform, clubs, daily routines, lunch menus etc. ☐
6. Encourage your child to talk to older siblings, cousins or children who attend High School and who would be a support to your child. ☐
7. Talk to your child in advance about any worries or concerns they may have. ☐
8. Build on the 'Moving Up Kit' which will be provided - coloured folders for individual subjects, personal diary etc. ☐
9. Encourage your child to ask questions during Induction days to clarify their thinking. They can also talk to their Class Teacher's who will be happy to help. ☐
10. Build confidence and self esteem in your child by giving them compliments and praise for how well they have done so far in school. ☐
11. Consider home changes that may affect your child and talk this through with them. For example, areas of the home to concentrate and focus at homework time, having the responsibility of having a key etc. ☐
12. Remember your own 'self care' and having a network of supportive family and friends whom you can talk to. Change is not easy for everyone, including parents/carers and families. ☐