

TRANSITION



Be Kind, Be Curious, Be Connected...

Practice makes Perfect 😊

Make time to rehearse key routines for starting back to school in September:

- Practise wearing school uniforms and school shoes so that they are not uncomfortable when they have to be worn all day long;
- Take a walk past the school building. Practise making the journey to school – whether walking, driving or taking the bus;
- Re-establish sleep routines a few weeks before school re-starts:
 - Limit access to TV and video games before bedtime;
 - Limit sugar and caffeine intake before bedtime;
 - Create predictable, calming bedtime rituals i.e. bath, PJs, teeth cleaned, bedtime story...
 - Offer a warm, calming drink before bed;
 - Play gentle, soothing music;
 - Make sure that the bedroom is cool and comfortable.

Useful Websites



BBC Bitesize have a great selection of resources – games, videos and information – to support with transition from home to Early Years/KS1 and from Y6 to secondary school.

There is also a great free online course available at [schudio.tv](https://www.schudio.tv/courses/supporting-primary-to-high-school-transition-for-parents-students) to support parents and pupils who are moving from Y6 to secondary school in September:

<https://www.schudio.tv/courses/supporting-primary-to-high-school-transition-for-parents-students>

Be happy!

Each create a 'Happiness Box' in which to store photos, notes, drawing and souvenirs of good memories and things that make you happy. Look through it often, especially when you need a lift!



PARENTS/CARERS

Saying thank you

Consider sending a message to your child's teacher via email or through the post to say 'thank you'. These messages are much appreciated and cherished by school staff.

