

Meden School



SEND Transition

Ideas for pupils, parents & carers to support with the transition from your Primary School to Meden School.

It's normal for children to feel anxious about leaving their primary school and moving to a new school. It can also be a worrying time for parents too

Some children may already be thinking about transition, while for others it is a significant source of anxiety which they are not ready to address. It is important to think carefully about when it is the right time to introduce this with your child. Due to the impact of COVID-19 our children have spent an extended period away from school and it is likely that some children with Communication and Interaction needs will require significant support to fully reintegrate back into an educational setting.

Below are some ideas to help prepare for the transition to secondary school.

Getting Ready

- Look at the transition booklet on the portal and start to discuss transition to Secondary school with your child so they can begin to process the information. This may include looking at the school website and on Meden School twitter account.
- Begin to explore travel plans for secondary. Think about how your child will get to their new school and practise this journey with them, so it becomes familiar. Will they walk, cycle, travel by bus or car? What will these arrangements look like?
- Look at the new school uniform and practise wearing it, so it becomes familiar, and they can attach ties etc independently. Use the Meden School website to check what the rules are regarding uniform (including hair, make-up, nails and footwear) to make sure they are clear about the expectations.
- Draw up a shopping list for equipment needed and buy this together. Create a checklist for packing their school bag and let them have a go at doing this. Try using any equipment they may not have used before.
- Discuss the school's rules about the use of mobile phones and agree how you will manage this.
- If your child will be having school dinners, prepare them for managing new payment systems and support them to be able to make choices independently when ordering food. Information is on the Meden School website regarding this.
- Where possible, and especially through this unprecedented time, help to maintain friendships, particularly with those going to the same secondary school so a support network is in place.
- In the weeks leading up to starting at the new school, create a familiar morning routine which will ease the transition from being at home to going to school.

Helping them to say goodbye to Primary School

It's possible that your child will miss some or have a different experience of the end of Year 6 rituals which usually take place, such as a prom, shirt signing, and leavers assembly. Think about how you could celebrate their time in school and achievements in your own special way and provide closure, before they move onto secondary school. You could:

- Create a memory book or box. Collate together things such as certificates, school reports, work and books that have been sent home, photographs of events in school, and any other mementos they may have collected over the years. Ask your child to write and/or draw things their favourite things, or memorable events from primary school.
- Write letters or make and send cards to school staff and any special friends who might not be going to the same secondary school.

Share any questions and concerns

Although things may be different at the moment, be assured that your child's current school and Meden School have been liaising and doing whatever they can to make sure transition runs smoothly. If you or your child have any questions or concerns, make a note of these and consider how you might be able to have these answered and help put your mind at ease. You could:

- Visit the school's website
- Talk to other parents who have children at the school already. Can they tell you anything you need to know?
- Contact your child's current school and/or their new school and ask to talk to a member of staff. You can contact rcoleman@medenschool.co.uk to speak to Meden School's SENCO.
- Make a note of any important information that the new school will need to know. You could complete the pupil profile document (see '*C&I activities to prepare pupils for transition*' resource pack)
- Read the *Dealing with Change* leaflet for parents, included on the portal.

Supporting transition to Secondary School from home

- Ask your child to create an 'All about me' profile about themselves to share with their new teachers. This could be done on paper or electronically and take any format you like (See '*C&I activities to prepare pupils for transition*' for ideas).
- Direct your child to the websites detailed in '*C&I activities to prepare pupils for transition*'. These have been designed to be used by children to help support their transition to secondary school.
- Talk about any worries together and try and come up with possible solutions. Watch the Young Minds video clip: <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/> if your child is feeling anxious about the move. They have other useful resources to support too.

- Consider creating or personalising a Social Story to aid with transition. This can be drawing what their day might look like, in comic strip style, from waking up, to going home.
- Try to keep your child engaged in some formal learning if they are not able to attend school. This will help to keep them school ready, and not completely switched off to learning
- Direct your child to the websites below. They have been designed to be used by children to help support their transition to secondary school.

Other useful websites for parents:

BBC Bitesize Starting Secondary School website

Lots of tips and advice for students (and their parents) who are about to start secondary. A great free resource!

<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

BBC Bitesize - What's the difference between primary and secondary school?

Five animated learner guides for Y6 pupils, from the BBC Bitesize daily lessons materials.

<https://www.bbc.co.uk/bitesize/topics/zigck2p/articles/zvw48mn>

BBC Newsround Back 2 skool website

Information aimed at kids about starting secondary school, including quizzes and press pack reports.

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/back_2_skool/newsid_2188000/2188695.stm

The School Run.com

Articles and advice for parents to help support transition to secondary school.

<https://www.theschoolrun.com/school-life/transition-secondary-school>

SFSS Inclusive Transitions Webpage

Information and resources for schools, parents and young people to support different educational transitions.

<http://www.em-edsupport.org.uk/Page/10962>

Young Minds

Advice and information on where you can get help if you think your child might be anxious about school. Lots of other subjects covered too.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety/>

Family Lives

General information about supporting your child as they start secondary school.

<https://www.familylives.org.uk/advice/secondary/learning-school/starting-secondary-school/>