



• ACHIEVING SUCCESS TOGETHER •

RESPECT

INTEGRITY

SUCCESS

EMPATHY

Welcome to our school community

Transition@stowhigh.com

This evenings Event

Part 1:

Helping parents deal with the change transition brings

Part 2:

What is our transition offer and how can you access it?

Mrs Broxton –
Assistant
Headteacher



Miss Durrant –
Head of Year 7



Mrs K Pascalides
Curriculum & Sims Officer



Mrs Orton -
SENDCO



Ms Thompson –
Oasis Practitioner
SEND



Mrs Doherty –
Oasis Practitioner



Mrs Langley-
Oasis Practitioner



Mrs Gerrard –
SENDCO
Administrator

Transition@stowhigh.com

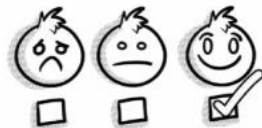
The Transition Team



Did you know?

Research highlights that children who kept the same friend during the transition period between primary to secondary school tend to do better. Supporting and encouraging friendships during the transition period and beyond may help pupils to improve attainment and behaviour.

Research also shows that the transition to secondary school can potentially be as difficult for parents as it is for their children.



The move to secondary schools brings about a lot of change. Such as different classrooms, different teachers for each subject, bigger buildings, new travel arrangements, unfamiliar environments and mixing with new pupils.

Studies suggest that when supported well, it increases attendance, academic progress, school engagement, confidence and self-esteem and decreases the symptoms of anxiety.

Research also suggests that pupils' concerns about transition to secondary school generally involve issues such as:

- Losing old friends
- The size of their new school and getting lost
- Rules, discipline and detention
- Finding their way around school
- Paying for their lunch

What can you do?

New experiences, coupled with your feelings about leaving your child in a new place, can be a stressful time in a family's life. It is normal and acceptable to feel anxious as a parent/carer, but it is important not to pass these feelings on to your child.

Support your child and encourage them to keep in touch with their group of friends.

Talk about up-coming change with your child and approach transitions in a positive and exciting way. Help your child express their feelings, worries and emotions about the change and acknowledge their feelings

YOUNG MINDS

WNN



★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.



★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.

★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.

★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.

★ **Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.



★ **What should I do if I am worried?** You can find some advice and guidance listed on the back of this leaflet. In particular, MindEd for Families provides comprehensive information on a range of mental health problems. If problems persist, become overwhelming or you feel your child is displaying particular symptoms, we strongly recommend that you visit your GP.

1 Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.



2 Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.



3 Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.

4 Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.

5 Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.



6 Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

7 Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

8 Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.

9 Look for clues about feelings: Listen to the child's words, tone of voice and body language.

10 Some ways to start a conversation about feelings might be:

"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



Be Awesome Parents

Building Resilience

Information for parents and carers

Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.


The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal skills to overcome challenges, cope in difficult situations and achieve their potential. Human brains develop and change during the teenage years than most other times in their lives. This is a time when there is huge potential for the development of new skills and capabilities.

Growth Mindset

Information for parents and carers

What you need to know



Most of us have a strange relationship with failure as young people can also find the idea or feeling of failure hard to handle. Sometimes their thoughts can become a place where they hold them back from being able to move forward. You may have heard these kinds of thoughts already:

- No one in my family is any good at maths.
- My sister is the one who is intelligent, not me.
- I can't do creative things.
- I'm not really any good at anything.
- I never understand things.

At secondary school, sometimes these thoughts can become more prominent as they are in bigger year groups and are working out who they are. Young people can often adopt something called a 'fixed mindset', made famous by the work of Carol Dweck. This is when people put limits on what they can do and can't do, believing that intelligence, amongst other things, is fixed. The opposite is a 'growth mindset' and is one of the biggest secrets to success.

What can you do?

Your child will be exploring all kinds of different things at secondary school, including studying subjects they haven't had much exposure to so far in primary school. It is easy for them to give up at the first challenge or to assume "I can't do this". At home, it is good to start to slowly change that narrative.



Here are some pointers that may be helpful to use when talking with them:

- Ability can change with practice. Your talents, gifts and skills can be developed.
- It makes sense to have a go at anything. Putting effort in is the only way to get better at things.
- Mistakes happen, they are nothing to be ashamed of

and they show you exactly what you don't know so that you can work on improving your skills.

- Feedback is good – you can't improve without it!
- You should welcome new challenges; trying is how you learn. If you don't get it right first time, try again and again and again.
- Discuss with your child how they have achieved goals before. Ask them to think about what they did and what they could learn about how to achieve success.


(Material adapted from 'You Are Awesome' by Matthew Syed)

Helping your child get into good habits

Information for parents and carers

Did you know?




Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help your child to form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the amount of alcohol and almost half have tooth decay. The report also found out that most smokers start by the age of 15.

Making the Change

Information for parents and carers

What you need to know



Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Help and encourage your child to get enough sleep. Map out their healthy lifestyle. Help and encourage your child to get enough sleep. Map out their healthy lifestyle.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains.

What can you do?


- Help talk them through some of the changes – they move around the school to their next teacher, have different lessons and have lots more people to communicate with. They are also able to be more independent than perhaps they have been used to.
- Getting ready becomes their responsibility – get them to pack their bag the night before, check their equipment, make sure they have their planner signed (or whatever system your school uses to communicate with parents). Make sure they know which is their PE lesson day. This will pay off in the future if you start now!
- Create a space for them to work quietly at home – they will get homework and will need to be able to complete it and concentrate without distractions. Often it is easier if they get this completed when they come home, before they get into social time and then don't want to do it!
- Get to know their form tutor – this is the person who will see them the most. Contact them if you need to and if you are concerned, always let them know. They will see your child every day in most cases and so they are a great point of contact.
- Keep encouraging a growth mindset: make sure they understand they won't be good at everything YET – things take time and practice and they should not give up. As a culture, we are often used to seeing 'success' without seeing the hours of effort that went into that success. This is worth reminding them about when they start to say negative things.




Transition into Secondary School

Information for parents and carers

Did you know?



The move to secondary school brings lots of change, such as different classrooms, different teachers for each subject, bigger buildings, new travel arrangements, unfamiliar environments and mixing with new pupils. Studies suggest that when pupils are supported well, it increases attendance, academic progress, school engagement, confidence and self-esteem, and decreases symptoms of anxiety. This is good news as you can help with this, and your secondary school staff will be keen to help make this transition as smooth as possible, even in the current situation with COVID-19.

Research also suggests that pupils' concerns about transition to secondary school generally involve issues such as:

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- The size of their new school and getting lost.
- Rules, discipline and detention.
- Finding their way around.

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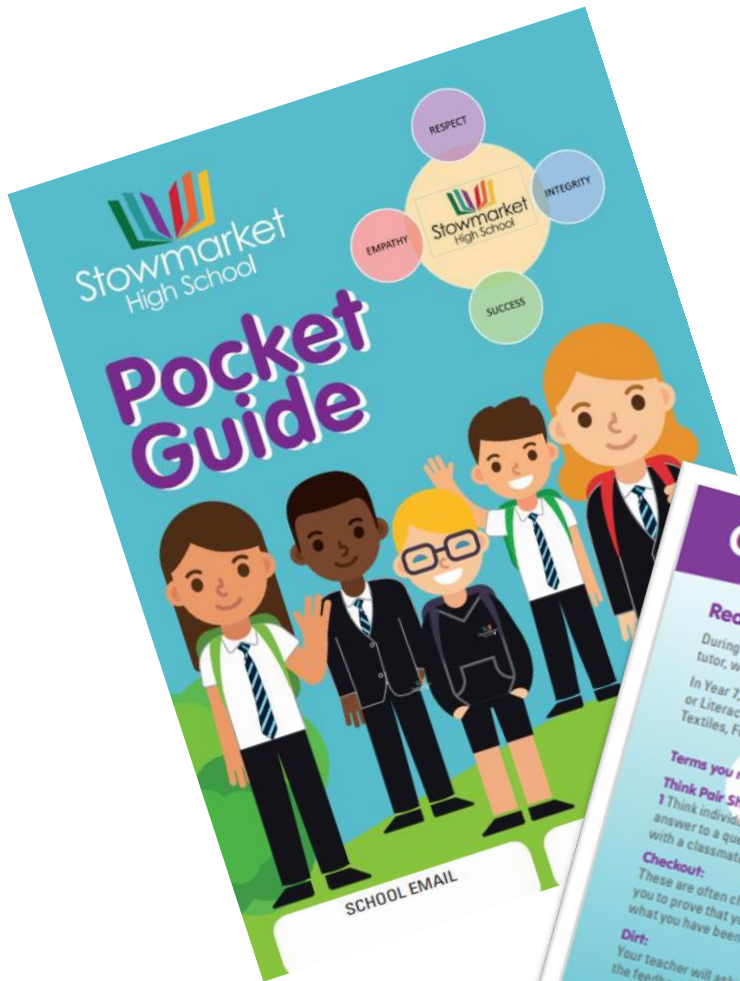
Talk about up and coming change with your child and approach transitions in a positive and exciting way. Help your child express their feelings, worries and emotions about the change and acknowledge their feelings.

Watch the video from Young Minds on YouTube and discuss its content. It reassures children that they're not alone when it comes to their worries about secondary school, that there are ways to cope with change and there are people to talk to when things get difficult. This can be found [here](#).




The Plan

Year 6 Transition welcome event	25th April 2024 6pm - 7pm	Welcome to Stowmarket High School. A chance to bring them all in and welcome them to the school. An evening event in April that is an evening to help year 6 parents prepare their child for high school. Looking at resources and coping strategies and explaining the transition process
Tea and Talk Oasis	1 May 2024 5pm - 7pm	Open invitation to SEMH/SEND parents to come to Oasis and see what we offer. A chance to talk about any concerns they may have about their child and how we can support. A chance to meet up with other parents who also have very anxious children.
Tea and Talk SEND	1 May 2024 5pm - 7pm	Open invitation to SEND parents to come to school and see what we offer. A chance to talk about any concerns they may have about their child and how we can support.
Inspire Wellbeing - Be Big Go Awesome	See dates below	Following the Be Big, Go Awesome Programme - offering 9/sessions for students who are anxious about secondary school - not just SEMH need but anxiety about 'big school' . This is also including students with SEND need. Primary schools will work with you and us to identify need.
Primary Visits	Post SATS	SENDCO and HOY discuss year 6 students on an individual basis. CBR/TGE and transition ambassadors run an assembly with students on school life.
Transition Days	1 July and 2 July 2024	2 full days to attend school while it is in action. Please complete all necessary paperwork before the event.



**Primary Visits:
From late May**

Mrs Broxton/Mrs Gerard and two transition Ambassadors; Assembly and choose your friends.

Mrs Orton/Miss Durrant
Meeting with year 6 tutor to discuss each child's attainment, needs and any support we may need to offer.

Wednesday 1st May 5-7pm



Parents:

Would you feel better coming in and talking to us in a small group?

Do you have questions that an email just can't answer easily?

Do you simply want to come in and talk to the staff who will be supporting your child closely?

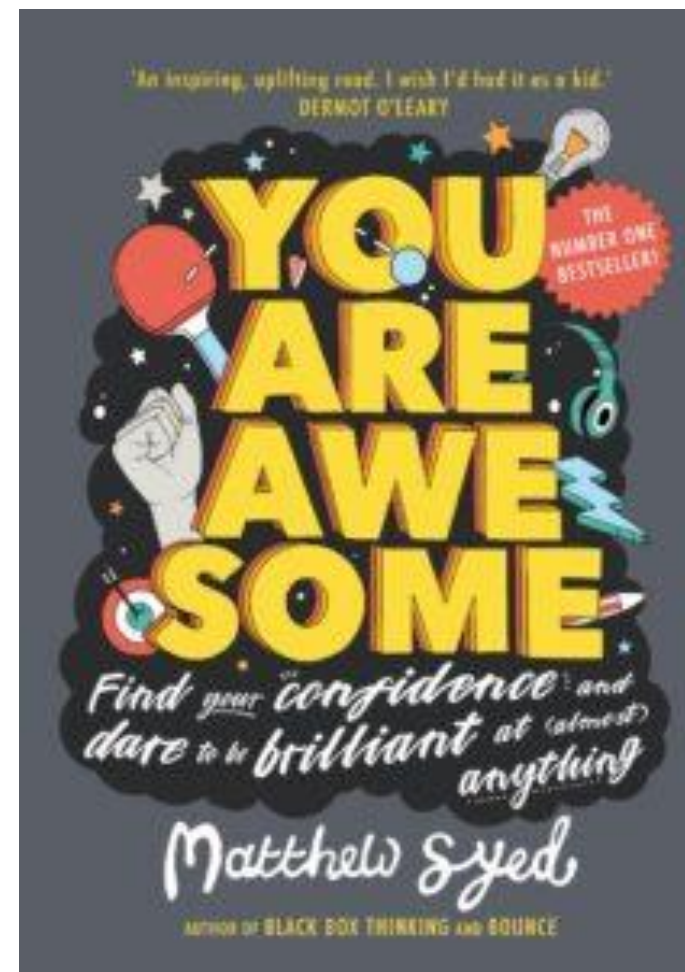
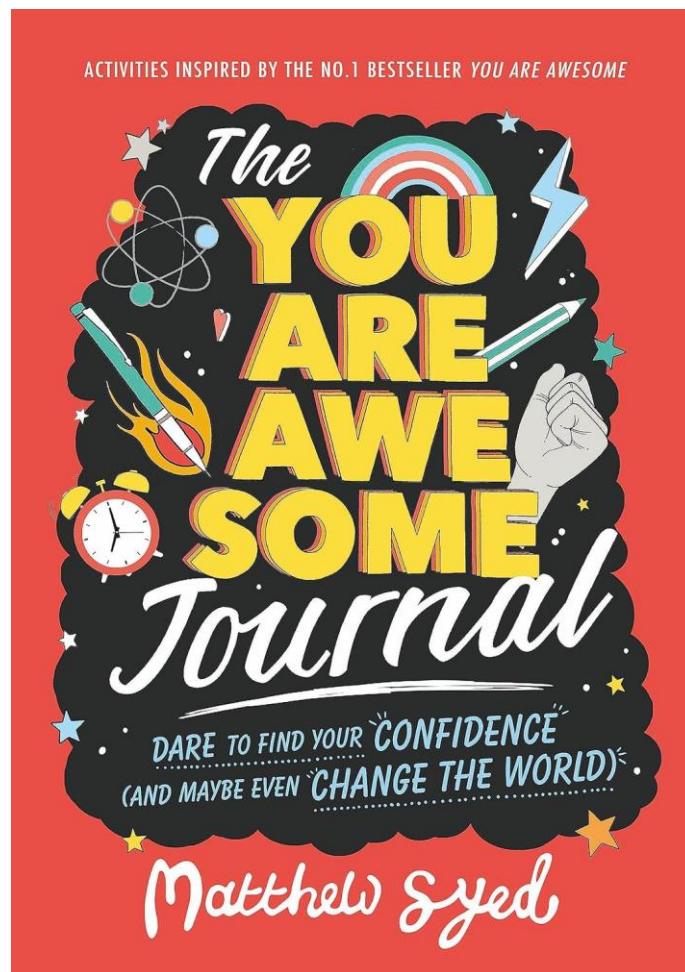
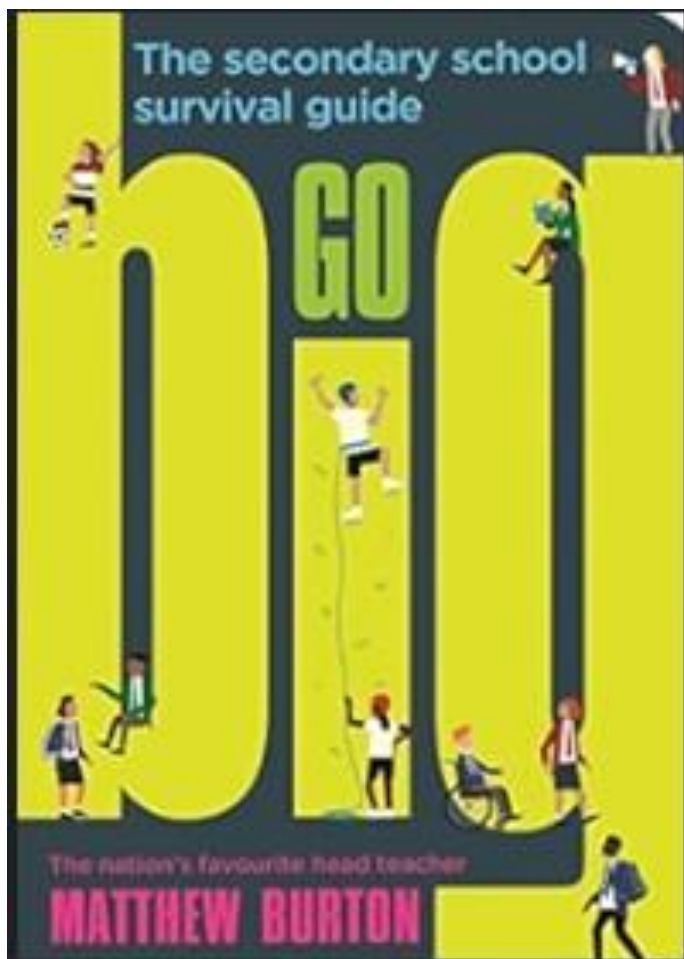
Would you like to meet other parents who also have a SEND/SEMH child?

Year 6 students:

Would they like to talk to one of our transition ambassadors (years 7-9) about what school is like?

Would they like to meet other year 6 students who are anxious and concerned about high school?

Booking a place is essential – please use the QR code to book a place look out for an email for the transition email address



Our hope for you is that you will,



Being awesome
Unlocking your mind
Dare to Take Risks
Making the Change
Lost but not Lost
Bouncebackability
What is normal anyway
Friendships and Fall outs
Living well

School building orienteering and
treasure hunt
Working with the SEMH/SEND teams



HOME | PARENTS | YEAR 6 TRANSITION SEPTEMBER 2024

– Year 6 Transition September 2024

Related Pages

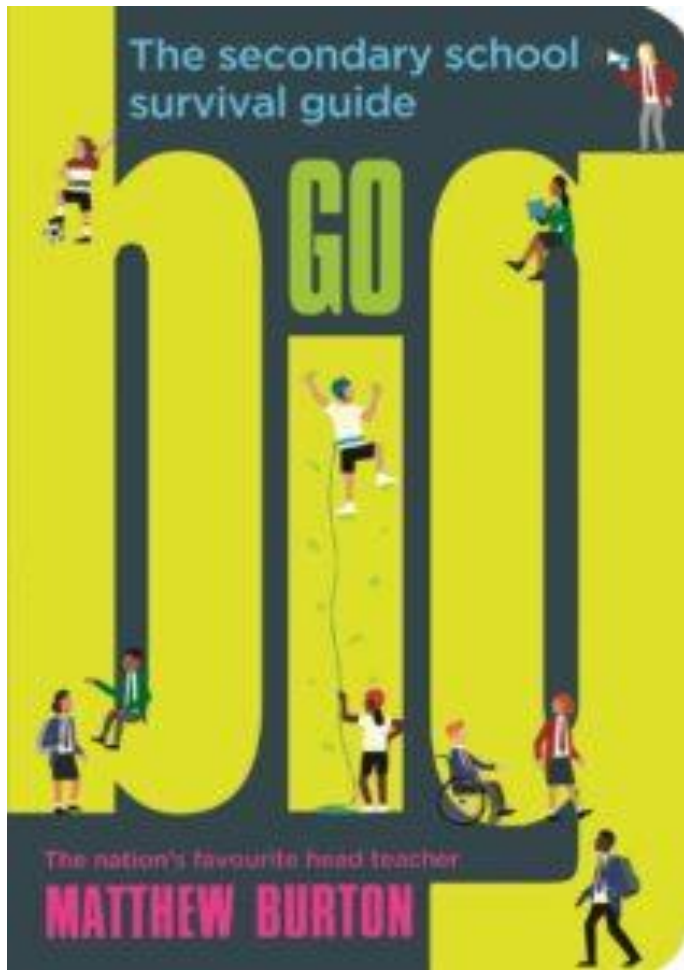
All School Letters

Year 6 Transition September 2024

Newsletters

Important Dates/Actions

- Admissions team : 150/190 - The deadline was the 19th April
- Tea and Talk bookings by Monday 29th April
- Transition Day information letters will be sent out nearer the time, along with our detailed transition booklet (this will be digital. **Food requests must be sent in.**
- Transition Evening for parents is 2nd July 6-7.30pm - a chance to meet your child's tutor, talk to the Head of Year, learn about their transition days and buy some pre-loved uniform.
- Friday 5th July – New Uniform Sale



Raffle
Winners

