



# Ormskirk School

## Proud to belong

### Parent Advice Sheet: Supporting Your Child's Move to Secondary School

The move from primary to secondary school is a big step. Your child might be excited, nervous, or a mix of both — and that's completely normal! As a parent or carer, your support and encouragement can make a huge difference. Here are some helpful ways to support your child during this transition:

#### 1. Talk and Listen

- Have open, relaxed conversations about how your child feels.
- Let them share their worries, even if they seem small.
- Reassure them that feeling nervous is normal and that most children feel the same way.

#### 2. Encourage Independence

- Help them practise getting organised – packing their bag, planning homework time, and checking their timetable.
- Encourage them to take more responsibility for things like setting an alarm or making lunch.
- Praise small successes to build their confidence.

#### 3. Practice the Journey

- Travel the route to school together a few times before term starts.
- If they'll be going by public transport, help them feel confident with tickets, timings, and safety.

#### 4. Stay Positive

- Focus on what they might enjoy: new subjects, clubs, making new friends.
- Avoid sharing any negative school memories – help them build their own experience.

#### 5. Stay Informed

- Read the school's welcome packs and websites together.
- Take note of key dates and requirements (e.g., uniform, equipment, start times).
- Encourage your child to ask questions at transition events or taster days.

#### 6. Get Involved (but not too much!)

- Show interest in their new school life without taking over.
- Be there to help, but encourage them to solve minor problems independently too.

#### 7. Support Friendships

- Encourage friendships, old and new – arrange meetups or walks to school with friends if possible.

- Reassure them that it's okay if friendships shift or change – they'll make new connections.

#### **8. Look Out for Signs of Struggle**

- If your child seems unusually withdrawn, anxious, or upset, gently ask what's going on.
- Keep communication open and contact the school early if you're concerned.

#### **9. Help with Routines**

- Establish a good bedtime and morning routine a week before school starts.
- Create a quiet space for homework with minimal distractions.

#### **10. Celebrate the Milestone**

- Acknowledge that this is a big step – a treat, a card, or a special dinner can mark the occasion and show how proud you are.

Remember: You don't need to have all the answers. Just being present, patient, and encouraging goes a long way.

If you feel like you or your child would benefit from additional support during transition, we are here for you:

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