

Organisational tips to help your child

- Keep a list of 'to do' things and tick them off
- Prioritise homework and set dates to complete
- Switch off the TV and mobile phone when working
- Get enough sleep, aim for at least 8 hours
- Set out all the items needed for school the following day the night before

Opportunities

Encourage your child to take part in an extra curricular club. Great options are available at all of our secondary schools.

- Music
- Drama
- Sports
- Art
- Computing
- Food and Design Technology
- School Trips locally and abroad

Agencies for Additional Support

Counselling Services

Kooth <https://kooth.com/>

Place2Be <https://www.place2be.org.uk/>

Resources

Young Minds <https://youngminds.org.uk/>

(Resources for primary and secondary school transition)

Nasen <https://nasen.org.uk/> (For children with SEN)

Contact Details

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Outreach Inclusion Service

Secondary Transition

Parent Information



Educational Support in
South East London



Introduction

As your child's journey at Primary school ends they begin a new and exciting challenge at Secondary. There will be many changes alongside similarities with Primary school. It is important to be supportive not only of your child but also of your chosen school as they help prepare your child for their future. The Outreach Inclusion team have compiled some ideas to help you support them on this journey.

Helpful Hints

- Read through any information (new starter pack) from school with your child
- Make sure your child has the right equipment
- Work out how they are getting to and from school safely
- Support your child with establishing routines to complete homework
- Check their school planners so you are aware of what is happening
- Any concerns please contact your school
- Make links with other parents
- If needed set up their lunch payment account

Expectations

These are the expectations that schools want your child to meet to help them with their learning.

- To come to school prepared to learn each day
- To arrive at school on time every day
- To have the correct school uniform and PE kit
- To follow school rules
- To treat everyone fairly and to be respectful
- To have the right equipment for each lesson
- To complete homework that is set
- To allow adults to support them

Concerns

If you have any concerns please ensure you contact the appropriate member of staff. If you are unsure of who to contact then please phone or email the school's reception team who will be able to help you. To keep your child safe it is important you make them aware of the following:

- If your child feels unsafe it is vital that they must tell an adult immediately as carrying

any form of dangerous weapons/tool into school can lead to exclusion, regardless of what threats have been made to your child.

- Any form of bullying, including cyber bullying, must be reported to an adult or member of staff.
- Be mindful of monitoring friendships with older pupils both in and out of school.
- Inappropriate behaviour out of school can impact equally on your child's educational future.

If your child has any concerns it is important to talk to your school. Schools use a restorative approach to solving problems which enables the children to work on resolving differences that have occurred and how best to move forward.

Lewisham is a vibrant, dynamic Borough with a diverse range of cultures and ethnicities. We want to encourage all children to value each other's differences, support one another, treat each other with respect, to empathise and show compassion. This will help to ensure they learn the life skills needed to develop into citizens that achieve their future goals and aspirations.