

Supporting and encouraging new 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 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.

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.

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-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.