



Emotional Wellbeing Team in Schools
(EWTS)

A programme of Support for Post Primary Schools



Department of
Health



Department of
Education



Southern Health
& Social Care Trust

SUPPORTING YOUR CHILD AS THEY MOVE INTO SECONDARY SCHOOL



ADAPTING TO CHANGE

The move from primary to secondary school comes at a time of great change for children.

As well as adapting to their new school environment and developing new relationships, they are dealing with the physical and psychological changes that the start of adolescence brings.



Most children adapt to secondary school well. However, if your child struggles with their new environment, it can be stressful not only to them, but for you as parents and carers. It's important to take this into account as you help your child when starting secondary school.

TIPS TO HELP WITH SETTLING INTO SECONDARY SCHOOL

Tip 1: Acknowledge Feelings

Acknowledge your child's feelings about transition and reassure them about any concerns that they have.

Tip 2: Getting Organised

Encourage your child to get organised for school the evening before. This can save a lot of undue stress in the morning. Remind them to check their timetable for the following day, pack their bag and lay out their uniform if necessary.

Tip 3: Understand their timetable

They will have lots of new subjects and teachers, try to understand their timetable so you can help with any issues or worries they may have around certain new subjects.

TIPS TO HELP WITH SETTLING INTO SECONDARY SCHOOL

Tip 4: Homework

Keep track of the amount of time it is taking and let the teachers know if your child is spending hours on something. Avoid doing their work for them, but do support them with questions and information which could lead them in the right direction.

Tip 5: Making Friends

Remind your child that everyone is in the same boat when they start. Friendships take time to develop – don't panic if they haven't made a friend immediately. Encourage your child to join clubs and become involved in school life, this can be a good way to make friends.

Tip 6: Give it time

Too much change at once can feel overwhelming too. So while it's great if they throw themselves into everything, don't worry if they don't. They need to adjust and relax. So resist the urge to quiz them too heavily as well.

Lastly.....

Once your child has started school, make time to talk and listen to your child each day to check how things are going. Just giving attention in this way can help your child feel supported and more confident.

How can you tell whether your child is settling in well at secondary school?

Signs of a successful transition:

- 1. Developing new friendships**
- 2. Maintaining good self-esteem and confidence**
- 3. Increasing interest in school**
- 4. Getting used to their new school routine**
- 5. Continuity of learning**

SOME IMPORTANT POINTS TO SHARE WITH YOUR CHILD

Top Tips for Surviving Secondary School!



Be prepared!

Look at your timetable and make sure you know where to go and when.



Be organised!

Make sure you have the right books and equipment with you for each lesson.

Teachers won't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.



Be enthusiastic!



Be resilient!

Sometimes things won't go your way - they will be difficult or unfair or embarrassing. This is normal and happens to everyone, so don't worry. Just say to yourself, 'tomorrow's another day'...



Be brave!

It might seem hard to make new friends, but everyone is feeling the same way. Say hello!

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.



Be kind!



Be yourself!

Believe in yourself! You can do it!

If you do something wrong or forget something, it's much better to own up straight away.



Be honest!

LOOKING AFTER YOURSELF AS A PARENT/CARER

It's so important that you look after yourself so that you can look after your child.

Talk to family and friends

Recharge your batteries and relax

Self-Care Ideas For Parents

- "Good Morning, I Love You"
- The Maui Habit
- Coffee
- Aromatherapy Eye Pillow
- Himalayan Salt Lamp
- Tidy + Declutter
- Pet a Furry Friend
- Spend time in Nature
- Knit or Craft
- Create Art
- Movie or TV Time
- Bubble Bath or Bath Bombs
- Yoga
- Write a Letter of Gratitude
- Room Spray
- Donate or Volunteer
- Diffuser
- Eat a Balanced Diet
- Garden
- Journal or Write
- Meditate
- Music, Podcasts or Audiobooks
- 5 Love Languages
- Calming Glitter Jar
- Deep Talks with Friends
- Update Your Budget
- Puzzles or Games

Recognise when you're finding things hard

Get support if needed

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Visit

cypsp.hscni.net/youth-wellness-web/

Call Childline on:
0800 1111

Call LIFELINE on:
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