



## **Top Tips for Parents during Transition from Year 6 into Year 7**

### **1. Make use of the available resources...**

- There are lots of resources published on our BFS website (including video messages from key members of staff, a virtual tour and survey results from current Year 7 students)
- Take a look at the following link for additional Transition resources and recommendations: <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>
- Email us if you have any questions or queries which cannot be answered by the content on our website: [transition@bristolfreeschool.org.uk](mailto:transition@bristolfreeschool.org.uk)

### **2. Speak openly with your child...**

- Discuss their thoughts, feelings and worries with them prior to September – they need to express how they feel about this big change
- Use the resources on our website as a guide or remedy – we hope that these will alleviate some of the worries your child might have

### **3. Talk about friendships and relationships...**

- Remind your child that this is a fantastic opportunity to either develop existing friendships or to commence new ones
- Relationships may change following Transition – this is OK but something your child will need to be ready for
- Remind your child that they do not know their teachers and teachers do not know them... make a good impression and get to know each other from the outset!

### **4. Talk about responsibilities...**

- Responsibilities may include things such as not over-spending snack / lunch money at school and working out reasonable allowances per day
- If your child is going to carry a mobile phone with them, make sure they know the expectations (it should be off at all times when on site and in bags)

### **5. Get used to the journey to and from school...**

- Making sure that your child knows how to get to and from school in time is a great way to prepare them from September (especially if they are travelling alone for the first time)
- Do some 'practice runs' and time how long it takes – this will help you work out the best route for your child

**6. Embrace the independence...**

- Accept that your child will become more independent very quickly when they arrive
- Support them when they need it but allow them the opportunity to develop and flourish

**7. Use the summer wisely...**

- Preparing over the summer break is a great way to feel more ready in advance of September
- Gather necessary equipment and uniform and make sure your child feels comfortable
- Get used to travel times and routes
- Complete some preparation activities for some key subjects
- Get to know 'who is who' in advance of September (the Head teacher, your child's Head of Year and your child's Tutor)

**8. Keep it positive!**

- Help your child feel excited in advance of September
- If your child feels a bit 'wobbly', remind them of why this school is the right fit for them
- Help them by alleviating any worries and use our website resources for additional reassurance

***We are very much looking forward to welcoming your child to Bristol Free School in September!***

***The Transition Team at BFS***

