

# Year 7 Transition Bulletin

## Episode 2: What does being a Y7 parent/carer look like?

Moving from primary to secondary school is exciting – a rite of passage. But, it can also be a daunting or anxious time for children and parents/carers. As a parent/carer of a Year 6 child, there is no right or wrong way to feel. You may feel conflicting emotions: proud that your child is growing up and at the same time sad that their primary school days are over, this is perfectly normal. Your feelings and your child's feelings are totally valid. We've put together a few bits of advice around supporting a successful transition and minimising any anxiety you or your child may have. There will be lots of support from Bodmin College to ensure your child's transition to secondary school is a great one.



### Ahead of September:

#### Stay Positive

Please try and make the conversations with your child a positive experience by asking questions such as:

- What are you looking forward to? (Rather than 'What are you most worried about?')
- What are you most excited about? (Rather than 'What are you not looking forward to?')
- Are you looking forward to making new friends? (Rather than 'what if you aren't in a group with your friends?')

#### Check out the facts

Spend some time checking out some facts about Bodmin College by visiting the school website and Facebook page. It's really important that you and your child form your own opinions about your child's new school, Bodmin College. If there is anything that you cannot find the answer to, please get in touch via [transition@bodmincollege.co.uk](mailto:transition@bodmincollege.co.uk).

#### Normalise worries

It's normal for students to worry about practical things, like getting lost, navigating a timetable, being prepared for whole days at a time etc. This should go in a few days, as they learn the new routine and layout of the school. Rather than saying "there's nothing to worry about", it's more helpful to tell your child that feeling nervous is natural, and that everyone gets nervous when facing new situations. There will be lots of support to help your child manage the routines of their new school.

### Once your child is in Year 7:

#### Engage in dialogue about what your child has done at school

In our experience, secondary school children are less inclined to share what they've been up to at school. However, they absolutely do want to. They are proud of their achievements and they will want you to be too. Please do ask your children what they've learnt at school each day, what new facts they have, what clubs they have joined etc.

#### Support

In September, we'll make sure you have the log-in details to Class Charts. Here, you will be able to monitor your child's attendance, behaviour, merits and their home learning. We really appreciate your support with continuing conversations at home to promote excellent attendance and behaviour.

#### Communicate

It can be a challenge moving from seeing your child's primary school teacher every day at the classroom door to not having such regular contact with all of their secondary teachers. We are always on the end of a phone or email and we'd encourage you to communicate, especially if there is something you are unsure about.

### Practical Tasks before September:

**Bus Pass-** If you think your child may be eligible for free transport to and from Bodmin College each day, you can check eligibility and apply for transport [here](#).

**Free School Meals-** If you think your child may be eligible for free school meals, check out the eligibility criteria and apply [here](#). Even if your child hasn't enjoyed school lunches in their primary school, we often find that students enjoy the greater number of food options available to them in secondary school.

**Uniform-** Read the uniform policy in detail. Please do check any items that you aren't sure of by emailing [transition@bodmincollege.co.uk](mailto:transition@bodmincollege.co.uk) before purchasing.