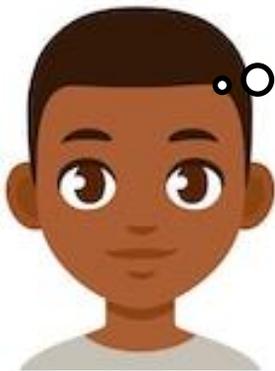




Preparing your child for their first day at secondary school

We won't all feel the same about going back to school after such a long break following lockdown. Some children might not even know how they feel about going back but may show you in different ways. You may notice that they are acting differently or that they are quieter than usual.



Before
Day 1

What your child might be worrying about...

- Starting a new school
- Their friends may not be going to the same school
- They might not be in the same class as their friends
- Being away from Mum and Dad
- New rules

- It's ok to feel nervous
- Others will be feeling nervous too
- You can only do your best
- Visit the school website together
<https://www.sjbc.wandsworth.sch.uk/page/?title=New+Year+7+Info&pid=205>

Children's worries might seem small to adults, but they may seem big to children. We don't have to fix everything, sometimes being there is enough.

Talk to your child about their first day...

- How was your first day?
- What was the best bit?
- What was the worst bit?
- What are you looking forward to tomorrow?
- Is there anything that would make tomorrow better?

After
Day 1

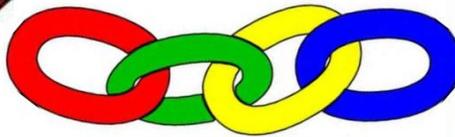


All children will feel differently (tired/ have lots of energy). They might need some quiet to reflect on their day, or take a walk to the park in the fresh air.

Practical advice- 7 top tips for parents

What your child can expect:

- Social distancing
- Different start and finish times
- Areas out of bounds
- Being taught by different teachers.



1. Talk through what school will be like - and what will happen during the day - so your child knows what to expect.
2. Make time to talk about any worries they may have.
3. Let them see you looking calm and in control (even if you feel differently on the inside).
4. Ease them back towards normal bedtimes (so they're not exhausted on their first day back).
5. Digital detox, limit their time with technology- they won't be able to use their mobile phones during the school day.
6. Pass by the school either by walking or driving so that your child gets used to seeing the school building.
7. Take care of yourself (so you can take care of your child).