

TIPS TO HELP PROVIDE SUPPORT FOR YOUR CHILD DURING THE FIRST WEEKS OF SECONDARY SCHOOL

The Grange School Day

The School day is made up of the following lessons:

Morning Session

8.50 a.m. Registration/Assembly

9.05 - 10.05 a.m. Lesson 1

10.05 - 11.05 a.m. Lesson 2

11.05 - 11.30 a.m. Break

11.30 - 12.30 p.m. Lesson 3

12.30 - 1.30 p.m. Lesson 4

Afternoon Session

2.05 - 2.15p.m. Registration

2.15 - 3.15 p.m Lesson 5

3.15 - 4.00 p.m. Homework Clubs/ Study Support/School Detentions

General

When children start a new school year or move from primary to secondary school, they face new experiences and opportunities. They may also need extra support at these times. Parents, carers and family members can help children to prepare for changes and settle in more quickly. By knowing as much as you can about the school's arrangements, you can help your child to move on smoothly to the next stage in their education.

Where can I find practical information?

Before the new school year, schools try to make sure you and your child have the right information. They often send out useful details in newsletters.

You may also receive a copy of the school prospectus - or you can ask the school for one. So, you should have answers to most of the things you and your child want to know about.

- The school day - When does school start in the morning? What time does my child finish in the afternoon? When is the lunch break?
- Dress code - What items of school uniform/PE Kit are needed? Where can I buy them? How much might they cost?
- After-school activities - What is available: sports and other activities? Is there a homework club my child can attend?
- Information about support available - Is my child entitled to free school meals or clothing allowances? How do I find out about them?
- If my child has any additional learning needs - What are the arrangements for extra support?

If you are unsure about anything, get in touch with the school. (01743 445493)

What happens during the new school year?

Different books and equipment may well be needed on different days. If your child is at secondary school they will have a new class timetable. The school will give you information about important dates and school events during the year such as parents' evenings, school trips, class outings and so on.

Some steps you might want to take at the start of term:

- Talking to your child about what to expect and what might be different
- Acknowledging anxieties or worries your child might have and offering support
- Having a place where you keep track of school events such as a pinboard or calendar can be a useful reminder for the whole family
- Displaying a copy of your child's timetable at home can help you to remind them about things - like taking books or a sports kit
- Make sure they will have all the equipment, etc they will need for the following day. Keep an eye on their timetable/planner so you can remind them when they will need to take in PE Kit, etc. This will help them become more responsible.

How can I help my child settle in?

Some questions you might want to ask your child:

- How did things go at school today? (the main and obvious question)
- What are the new and different things they like or dislike?
- Is there anything they are unsure of or worried about?
- How are they feeling about the move to their new class or school?

Take time to discuss how they have got on, what they have been doing and any worries or anxieties they may have. If they seem withdrawn, unhappy or worried about something do not hesitate to contact their Form Tutor or perhaps speak to their friends.

School meetings and parents' evenings are a good opportunity to find out how your child is settling in and to ask teachers what you can do to help. This can also be an opportunity to meet other parents and learn from their experiences.

If you are worried about anything it is important to contact the school and arrange to speak with someone - you don't need to wait until the next meeting at the school.

What should I let the school know about?

It is helpful to let the school know how to contact you or your family, and about any changes that take place during the year. You can also tell the school anything about your child that you think they need to know, such as medical conditions, hobbies/interests, who will collect them from school and so on. It helps the school to help your child.

Useful Links

Direct Gov – Starting Secondary School:

<http://www.parentscentre.gov.uk/foragegroup/7to11years/movingtosecondaryschool/>

Comments from new Year 7 students

"Some of the same things are that they both finish at the same time, 3.15, and the teachers are nice at the Juniors and Secondary. We had five lessons like the Secondary School. We also had a diary so we could see what lessons you have next.

I like the Secondary School, it is better than the Juniors because it is bigger and you meet new people".

By Beth

"We used to go to The Grange Juniors, but we moved up to secondary and it is completely different here than it is at the Grange Juniors.

At the Junior School we only had one teacher mostly, but we had three different teachers for three different subjects which were Science, Maths and English. We also had a longer breaktime and shorter dinner. There was a bell to tell us when school began and ended and it was also used for break and dinner. We had a logo which was an owl with a book. We had a different uniform, we wore grey trousers, a t-shirt and a green jumper.

At the secondary school we have more teachers which means more subjects and more rooms. We have a whistle to tell us when to go in after break and

dinner. We wear black uniform and a white t-shirt. We have a shorter break but a longer dinner".

The logo is "GS" which stands for Grange School".

By Beth and Poppy