

"Kids of Today"

Top tips to help your 'kids of today' cope well tomorrow!



“For children of primary school age, parental involvement – particularly in the form of good parenting in the home – has the biggest impact on their achievement and adjustment.


The effect is more significant than the school itself.

Parents continue to have a significant impact through secondary school, shown in staying on rates and educational aspirations...”

Know How booklet: Parenting Support, DfES, 2006



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...statistically average attendance rates drop by at least 1% in that first year at secondary school.

The transition to secondary school is Emotional, Physical, Intellectual and Physiological,

...breaking the cycle of behaviour to improve later life choices and employability.

www.schoolhomesupport.org.uk



SO WHAT IS DIFFERENT ABOUT SECONDARY SCHOOL?

- Classes may be larger
- Bigger school environment
- No personal desks and the use of lockers to store belongings
- Subject specific teachers
- Independent travel to school
- Homework – greater volume and expectation
- The need for greater organisational skills and meeting deadlines.



There are things you can do to make things easier, and things you can think about now that will help your child adjust and settle in quickly.

Build your child's confidence.

Settling in well is all about self-esteem.



Children with high self-esteem are less likely to be bullied, or to bully, or belong to gangs.



They are more likely to gather a wide circle of friends. They can confidently say "no" to anything with which they don't feel comfortable.

So tell them how great they are. When did you last pay them a compliment?

They don't have to have done anything special to deserve one; a compliment on how well they look after a pet, or that they are kind or thoughtful, goes a long way.

Do this daily and watch their confidence develop.



Listen to their fears

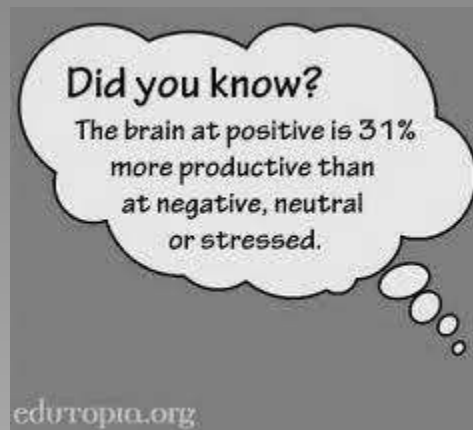
Your child is possibly anxious and also afraid their concerns will appear trivial.

For instance, if they become lost in the maze of corridors, what should they do?

They could make their way to the school office – they should have a map – or find a pupil or teacher to direct them. What they shouldn't do is hide in the toilets until the lesson is over.

Talk through the options with them. Do this for every concern they may have so that they know you take it seriously.





Show that you feel positive about their school ... If you have high expectations, these will be sensed by your child.

- Have a trial run of the route, especially if they walk or cycle. If they miss a school bus home you need to talk through what they will do, especially if you are working and can't pick them up straight away.
- Get up earlier during the last week of the holidays so that early starts for school aren't a shock to the system.



Stick to the uniform code. Your child will feel more comfortable from day one.

- Make sure they have emergency money and credit on their mobile phone – if it's allowed in school.
- Think about any changes you might need to make at home so they have the time, space and energy for homework. One parent who has three children shared her strategy: homework begins at a set time every day, after dinner, with all three children working simultaneously to avoid distractions.

In the early days you should check their homework diary daily and if it looks empty, check with other parents or the school. Your child may simply forget to write it down.



Encourage them to join lunchtime or after-school clubs. They are a great way to make friends. If after half a term they really don't enjoy it, they can drop it.

Give your child a few weeks to settle in.

Ensure you know who to contact for any situation, and the school's preferred means of contact.

If they are having any problems, social or educational, make an appointment to see their form tutor.



For most children the move from primary to secondary school is characterised by a potent mix of excitement and anxiety.

Alongside the anticipation of making new friends, being treated in a more adult way and learning new things, comes uncertainty about exactly what the new school will be like and worries about stricter teachers, more homework, not being able to make friends and being around older pupils.

All of this is perfectly normal.



Preparation: As a parent there's lots of practical matters you'll need to consider before the start of school and thereafter.

Having all of the required school uniform is an obvious one, as well as more sophisticated items of stationery and various books.

You might need to buy: Calculator, pencil case, plenty of pens, pencils, rubber, ruler, pencil sharpener, etc. and an appropriate sized rucksack/bag

Ask the school about lockers, lunches, term dates, uniform guidelines (including **hairstyles, jewellery and footwear**) after school activities, equipment needed, school policy brochures, school transport etc.



Help your child get organised. Together make a checklist of equipment and books needed, names of teachers and timetables.

If your family is split and your children divide their time between two households, ensure they have a replica checklist at both homes.





Ensure the school knows how to contact you

It is your legal responsibility to ensure that your child attends school regularly and on time.

Punctuality is an important part of a routine and will also help prepare them for the world of work.

Important information can be missed if your child is late to school and it can leave them feeling lost and unprepared for the day.

Find out what time school starts and ensure your child arrives at least 5 minutes before to enable them to be at registration on time.



A few test runs of the route to school before term starts can help give you an idea of the time needed to get there.

If your child is to be absent for any reason inform the school in writing with as much advance notice as possible.

This may not be authorised as it is at the discretion of the Head Teacher to grant leave of absence.

Contact the school on the day of an illness before 9:30am and on your child's return provide a note.



Any lengthy absence due to illness may require a doctor's note. Non-emergency medical and dental appointments must be taken out of school time and any holiday taken during the school holidays.





Every day counts at school and with the increase of subjects and coursework any time missed can be difficult for your child to catch up on if they are absent.



QUIZ

FAST FACTS



1. How many school days are lost through absence each year?
2. 90% attendance over an academic year is how many missed weeks?
3. Five minutes late every day is the equivalent of missing how many days a year?
4. How many hours sleep is needed for the average 11 year old?



QUIZ Answers

FAST FACTS

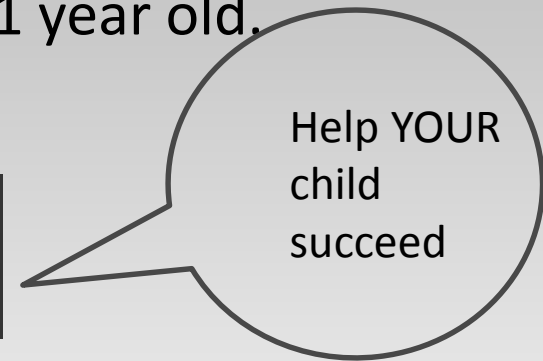
7.7 million School days are lost through absence each year.

90% Attendance over an academic year is 4 weeks missed

5 minutes late every day is the equivalent of missing 3.4 days a year.

8–10 hours Sleep needed for the average 11 year old.

EVERY DAY COUNTS



Encourage their independence and free thinking

Try to provide a **stimulating home environment** where their opinions on things – such as current affairs or music - are listened to and integrated into adult conversation.

Not only will this **help** your child to **develop good social skills** but it will give them a strong sense of self and help them to know their own minds.

Remind them of the importance of not blindly 'following the herd'.



Blaby Stokes C of E Primary School
Transition Information

JL



Giving them more **responsibility** now with things such as:



- ❖ getting themselves up with an alarm clock,
- ❖ setting out their uniform the night before and
- ❖ ensuring their bag is packed ready



are all good ways to start to increase their **independence** .



It's inevitable that your child will fall in and out of favour with different groups of friends during their secondary education.



Girls in particular can be extremely changeable and cliquey at times so assure your child there is nothing 'wrong' with them if they're feeling excluded from the 'in crowd' or are having difficulty forming special friendships.

Friendships take time and effort and sometimes they don't work out.

This is one area where **children have to find their own way** - but if you have any concerns that your child is struggling to settle and make friendships contact the school for advice.





Remind your child that being a good friend, especially to shy and quiet children, is one way to make friends.

Be encouraging if they want to invite friends home and suggest it if they don't.





Devote **quality time** in the evenings

- take the time out to read their essays or find out what happened in PE today.

Don't focus solely on academic success - sports and extra-curricular activities they have excelled at are equally worthy of praise.

Emphasise the fact that **everyone makes mistakes**

- if your child has had a bad day and not done so well in something try not to be critical.



The important thing to **remind your child of is that sometimes failing at things is part and parcel of life –**



we can't be brilliant at everything!

When we are born, we have the same opportunity as everyone else to achieve success.

Don't let your past be the excuse for your failure.

- John Di Lemme



Homework (Secondary)

Moderate impact for very low or no cost, based on moderate evidence.



+5

Homework refers to tasks given to pupils by their teachers to be completed outside of usual lessons. Common homework activities may be reading or preparing for work to be done in class, or practising and completing tasks or activities already taught or started in lessons, but it may include more extended activities to develop inquiry skills or more directed and focused work such as revision for exams.

How effective is it?

On average, the impact of homework on learning is consistently positive (leading to on average five months' additional progress). However, beneath this average there is a wide variation in potential impact, suggesting that how homework is set is likely to be very important.



Games Consoles



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Fighting for childhood

Preventing abuse

What you can do

Services and resources

Helpline

[Home](#) | [Preventing abuse](#) | [Keeping children safe](#) | [Online safety](#) | [Playing games online: how to avoid risks and stay safe](#)

Playing games online: how to avoid risks and stay safe





PopJam

PopJam is a creative website where you can share drawings, photos and audio messages.



Minecraft

Minecraft is a game that lets you build and create a virtual world using building blocks.



Bin Weevils

Bin Weevils is an online virtual world where you can play online games, chat with friends, adopt a virtual pet, grow your own garden and watch cartoons.



YouTube

YouTube is a place to watch, create and share videos. Videos include things like music, animation, online blogs and TV clips.



Club Penguin

Club Penguin is an online multiplayer game where you can explore a virtual world using a cartoon penguin character.



More than just a game?

From Minecraft to Club Penguin, many games allow children to chat with strangers – visit Net Aware for a parents' guide to the safety of most popular social

games



51% OF teens report to have done *at least one of the following* with someone they do **NOT** know personally:

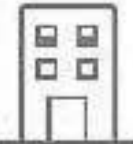
mentioned the **city or town** where they live



shared their **first and last names**



mentioned the **school they go to**



or shared their **phone number**



Monday mornings in school can be very negative places for children at the receiving end of cruel social media conversations... learning becomes impossible – friendships destroyed... Whichever side your child is on – make sure they realise the implications



Before you



T Is It True?
H Is It Helpful?
I Is It Inspiring?
N Is It Necessary?
K Is It Kind?



Social media can be very destructive ...
 make sure your child knows how to use
 social media safely and appropriately



FAILURE
ANXIETY
END OF THE WORLD
TRAUMATIZED

KID CAN'T COPE?



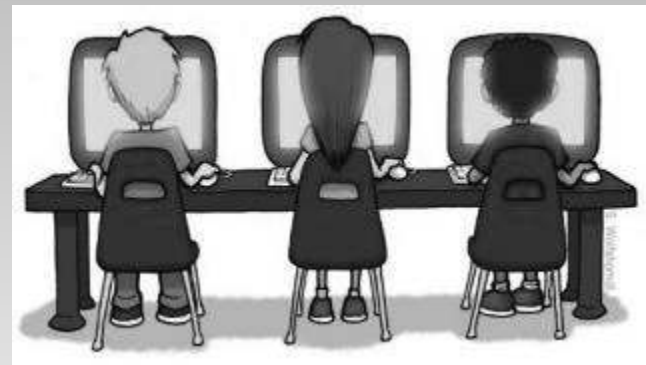
Make sure that your children are safe...

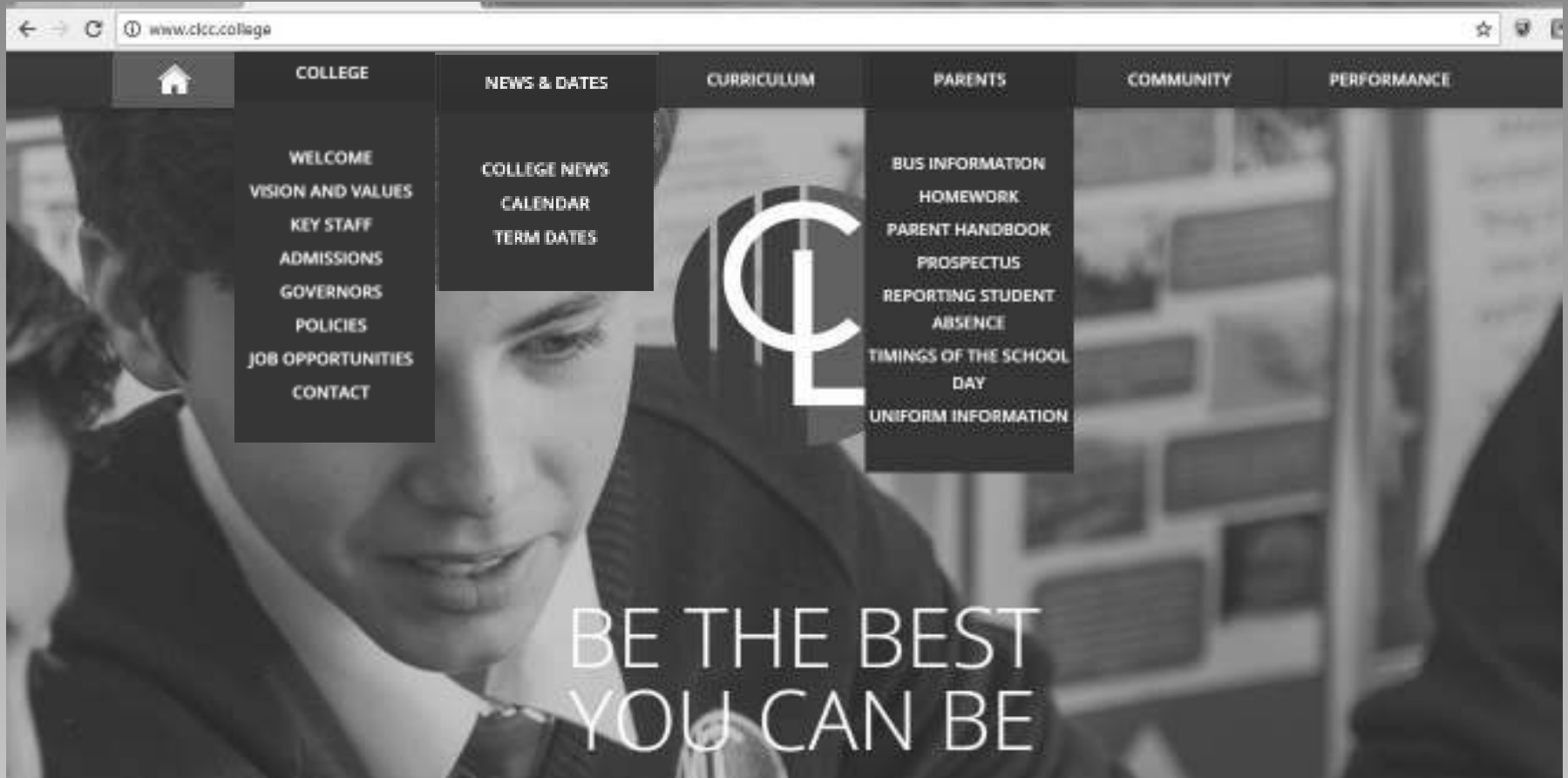
Don't assume they are being responsible

Use parental controls on any piece of equipment that has access to the internet – this includes phones!

Contact The Child Exploitation and Online Protection Centre (CEOP) if you have any concerns

Make sure you are aware of your children's internet activity



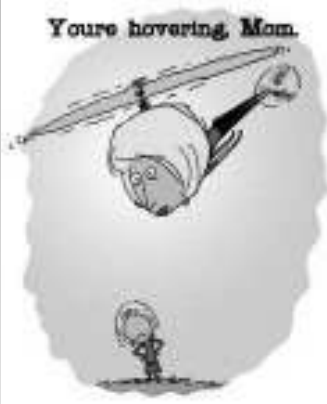
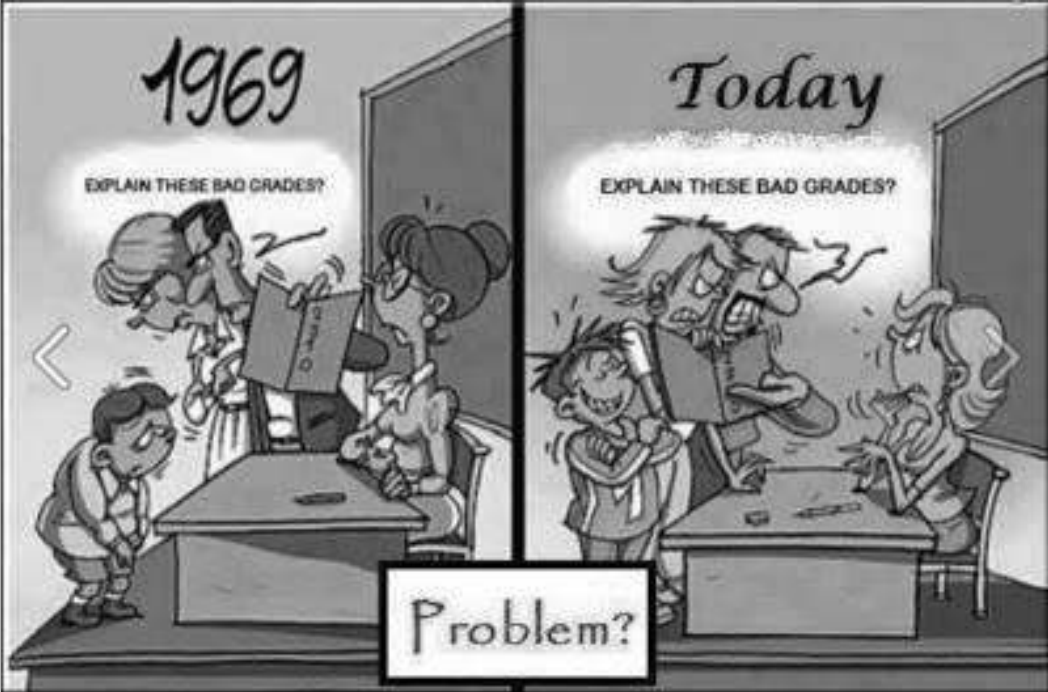


Remember ...

...You can use the school website to help you support your child



Some Final Thoughts



Your child isn't always innocent

Homework is important

Attendance is important

Your child needs to work things out for themselves

Friendships come and go

DON'T DE-SKILL YOUR CHILD

Allow them to sort things out for themselves and take responsibility for their actions



Thank you for coming

Remember if you have any questions or need more information please ask

