



Kings Langley School

Unlocking Potential for Life

Managing the Transition to Secondary School

Student and Family Services



Starting Secondary School

Starting secondary school is a significant milestone in a child's life. It marks a passage into adolescence and brings about several significant changes. They will go from being the oldest in school to being the youngest, having to find their way around a large new school with different teachers for different subjects. They will also have to take more responsibility, such as:

- Taking a new and unfamiliar route
- Planning for each day's timetable
- Making sure they have the right books and equipment
- Doing homework most evenings, which has to fit into their routine alongside other interests
- Being responsible for communicating with friends and teachers and not having parents around to speak for them all the time

All of this will have to fit into your child's new routine, alongside their other interests and the often daunting prospect of becoming a teenager. It can take time for children to adjust to these new responsibilities.

Communication is Key

Communication is important at this stage and many parents will find that communicating with their child is a struggle. Give your child space to talk but don't always demand to know what they have done and when. When starting Secondary school they may often find it hard to put their feelings into words, but knowing parents are listening can be enough.

Communication with School is also important. Use every opportunity to keep in contact with the school - this may be more difficult now that classes are bigger and your child has many different subject teachers. Be sure to check the schools web site regularly, and other communication tools they may use, for information updates and news.

Help your Child get the Best out of School Life

- Give encouragement and show appreciation of your child's achievements, this will boost their confidence and self esteem
- Be realistic and avoid putting your child under pressure by having over-high expectations
- Encourage your child to get organised for school the evening before. This can save them (and you!) a lot of undue stress in the morning. Remind them to check their timetable for the following day, pack their bag and lay out their uniform if necessary.
- Try and resist the temptation to do everything. Your child needs to learn to manage their time efficiently and they won't do it if you get everything ready for them.





- Your child will probably have several homework tasks to complete each night and many schools have a homework timetable. Make sure you have a copy of your child's timetable and ensure you read and sign their diary regularly so you can keep up with any notes from teachers.
- Have a calendar on display at home clearly marked with different equipment needed for different days (sports kit, music, projects etc.)
- Friendships are always a concern for parent and child. Encourage your child to be confident in making new friends and support them by keeping an interest. Where you can, encourage the opportunity for you all to meet new friends and keep involved.

Out of School Support

Education is more than just Maths, English and Science. Sports, Art, Computers, whatever your child's talents, you can help them aim high by boosting their confidence and you can do this by:

- Encourage them to join after-school clubs or activities
- Tell your child how proud you are when they do well
- Let them hear you praising them to other people
- Talk together about their future and what they might be interested in
- Ask them to help you with things they are good at

Supporting your Child

- Listening and talking openly about the risks and challenges they will come up against can help encourage their confidence and resilience when facing difficult challenges.
- Let them know that you understand the pressures young people face can be difficult and give them practical ways to help them stay safe so they don't have to learn through their mistakes.
- Help them say 'no' to pressure. Help them see that they can have a mind of their own.
- Be clear about what is and isn't allowed in your house. Help them understand what your worries are too.
- Don't try to force conversation. It's a good idea to keep an open mind and accept that talking about difficult issues might be tricky for you both.
- Give them practical ways to help them stay safe so they don't have to learn through their mistakes.
- Don't expect instant solutions. Let them know you are there to talk and don't try to solve everything with one conversation. Don't be afraid to ask for outside help.
- Positive messages help. Your behaviour will influence them most.
- Sometimes the best way to help your child is to get help and support yourself. Don't be afraid to ask for it.





Student and Family Support Services

Useful Sources of Information



Kings Langley is the Lead School for the delivery of family support services in Dacorum. As part of this provision Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.

- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND.

Service Information

<https://www.kls.herts.sch.uk/student-wellbeing/student-and-family-services/>

Hertfordshire Parenting Providers

<https://www.hertfordshire.gov.uk/familiesfirst>

<https://www.familylives.org.uk/>

National Support for Mental Health and Wellbeing

<https://www.hertsmindnetworkcyp.org/>

<https://www.healthyyoungmindsinherts.org.uk/>

www.healthforteens.co.uk

www.kooth.com

www.youngminds.co.uk

www.themix.org.uk

School Nursing Service Chat Line: 07480 635050

