

Starting a New School

Before you visit

- ❖ Take your child for a walk or drive to the school to point it out.
- ❖ Go at different times, to see the children going in, playing outside, coming out.
- ❖ If your child has a brother, sister or friends who goes to or has been to the school, get them to talk about the good things about it.
- ❖ Talk about the things that go on in the school that you know will interest your child – computers, music etc.
- ❖ When you are arranging to visit the school with your child, ask to look at the year group or the class your child will be going into.

When you visit

- ❖ Have a good look round, meet staff and children.
- ❖ Get to know the layout of the building and some of the routines – assembly time, play-time, etc.
- ❖ Try to learn the names of key staff and ask which person to contact if there are any questions or problems.
- ❖ Talk to the school about any special educational needs your child has, what you find helpful at home in working with them, and what tends to cause problems.
- ❖ If your child has any medical problems, make sure the school knows about them.

Before your child starts at the school

- ❖ If the school has a uniform, try to get everything that will be needed. If this is a problem, discuss it with the school – they may be able to help.
- ❖ Be positive about the school with your child – your attitude will be very important. If you have any serious concerns, discuss them with the school.
- ❖ Keep calm and cheerful! If you are anxious, your child's anxiety will increase.
- ❖ If your child is nervous, reassure him or her that this is only natural.
- ❖ Talk through any worries your child may have and what to do if things go wrong.
- ❖ Look through the school prospectus together and check out any rules and regulations.
- ❖ Practise the journey a few times beforehand.

NORTHUMBERLAND

C O U N T Y C O U N C I L

When your child starts at the school

- ❖ Encourage him or her to talk to the family and friends about what has been happening at school, but pick your moment! When your child gets home from school, he or she is likely to be tired, hungry and ready for a break.
- ❖ Show you're pleased with any achievements.
- ❖ If there are problems, talk about them with the school and try to work together to overcome them.
- ❖ Be positive with the school about things that are going well.
- ❖ Starting at school or changing school can be difficult for some children – try to keep the familiar routine going at home so that there is not too much change to cope with.
- ❖ Establish a routine for week-days – checking the timetable, kit and any homework the night before, making sure your child gets enough sleep and is up in time for breakfast!