

Top tips for kids starting secondary school

- Encourage your child to be organised. Get them to pack their bag, pencil case etc the night before so they don't have to worry in the morning.
- Remind them never be afraid to ask for help, or talk to someone they trust, like you or their tutor if they're concerned about anything.
- Suggest they make the first effort to make new friends.
- First impressions last a long time, so encourage them to make sure theirs are good ones – for organisation, presentation, and behaviour!
- Encourage them to make the most of all the new opportunities. They will have the chance to try out new clubs and activities.
- Help them to find out about the layout of the school, and learn where classrooms are (and the toilets!)
- Remind them to find out what their timetable is, what time they need to be at school, and what time they can go home.
- Make sure they know what uniform they need, and what to bring in for sport.
- Encourage them to enjoy it! Making new friends and learning new things is exciting. Remind them that everyone else is in the same boat, so they should just aim to have a good time!