

Summer Transition Support

A visual leaflet for parents/carers helping children prepare for Year 7

Class of 2031

Key school-day reminder

Arrive by 8.35am | Line up at 8.40am | School finishes at 3.00pm

Small, repeated routines over the summer can help your child feel safer, more organised and more confident. The aim is not to practise everything perfectly, but to reduce uncertainty before September.

Confidence-building steps for the summer

1

Talk positively about the move

Use calm, reassuring language. Ask what they are looking forward to and what feels uncertain. Remind them that staff will help them learn routines and settle in.

2

Practise the morning routine

In the final week, practise getting up, dressed, having breakfast and being ready on time. Work backwards from the time they need to leave home.

3

Learn and practise the route

Walk or travel the route together. Practise where to get on and off, safe crossings, and what to do if the bus is missed, they feel lost or they are running late.

4

Prepare uniform early

Check fit, comfort and labels. Practise wearing unfamiliar items such as the blazer, tie or new shoes. Keep PE kit and spare items together.

5

Build organisation habits

Practise packing the school bag the night before. Use a simple checklist for uniform, PE kit, water bottle, lunch arrangements and key logins.

6

Talk through break and lunch

Discuss where they may go, how they will pay or bring lunch, and who they could speak to if they feel unsure. Encourage them to take a water bottle.

Parent/carer tip

Keep conversations short and regular. A few calm minutes each day is often more effective than one long discussion.

Summer Transition Support

Practical preparation for confidence, independence and routines

Class of 2031

Social, digital and learning readiness

7

Encourage friendship skills

Practise simple phrases such as: Can I sit with you? What lesson do you have next? Do you want to walk over together? Remind them everyone is new.

8

Discuss phone and online safety

Agree expectations before September. Phones should stay switched off and in bags during school. Review group chats, privacy settings and respectful communication.

9

Keep learning habits active

Use short, regular activities: reading, times tables, puzzles, vocabulary, or explaining something they have learned. Little and often helps confidence.

10

Explore clubs and interests

Talk about one club or activity they may want to try. Clubs can provide a positive way to meet others and feel part of the school community.

Journey practice plan

Build independence gradually before the first day.

- 1 Complete the route together.
- 2 Let your child lead while you support.
- 3 Practise at the same time they will travel on a school day.
- 4 Agree what to do if something unexpected happens.

Who can help?

Lost or unsure: ask a member of staff or an older student.

Worried: speak to the tutor or Year Team.

Unwell: tell a member of staff or go to First Aid.

Friendship issue: speak to the Year Team.

Forgot something: tell the tutor calmly and early.

Final summer checklist

Tick off the practical steps that will help September feel calmer.

- | | |
|--|---|
| ☐ Uniform and PE kit ready and labelled | ☐ School shoes worn in |
| ☐ Suitable school bag ready | ☐ Water bottle ready |
| ☐ Lunch arrangements discussed | ☐ MCAS details checked when received |
| ☐ Morning routine practised | ☐ Route to and from school practised |
| ☐ What-if plan agreed for travel problems | ☐ Questions or worries discussed |
| ☐ One or two clubs identified | ☐ Who-can-help plan understood |

Prepared from the Class of 2031 parent/carer transition information, including guidance on timings, uniform, homework, equipment, mobile phones and student support.