BACK TO SCHOOL

Starting secondary school (Year 7)

A bigger site, a new timetable and a journey they may be making alone. Most of the worry is about the practical things, so practise those.

UNIFORM AND KIT

- [ ] Uniform from the school's named supplier where required
- [ ] Blazer with room to grow
- [ ] Tie, and practise tying it
- [ ] Shoes that meet the policy exactly
- [ ] Full PE kit, including boots, socks and a gum shield
- [ ] Coat that fits over the blazer
- [ ] Name everything, especially the blazer and PE kit
- [ ] A sturdy rucksack that can carry a full day of books

BAG AND EQUIPMENT

- [ ] Scientific calculator, if specified
- [ ] Pens, pencils, ruler, rubber, highlighters
- [ ] Maths set with compass and protractor
- [ ] Planner, if not supplied by the school
- [ ] Folders or dividers by subject
- [ ] Padlock for a locker
- [ ] Water bottle and lunch box
- [ ] Reading book for form time

PARENT ADMIN

- [ ] Check term dates and INSET days
- [ ] Update contact and emergency contact details
- [ ] Complete medical forms, including inhalers
- [ ] Apply for a bus pass or travel card
- [ ] Set up the payment and canteen account
- [ ] Set up the parent app and register for reports
- [ ] Check free school meals eligibility
- [ ] Check whether you qualify for a uniform grant
- [ ] Note the form tutor's name and how to contact them
- [ ] Save the absence reporting number
- [ ] Agree phone rules and check the school's phone policy

THE ROUTINE RESET

- [ ] Move bedtime earlier by fifteen minutes every few nights
- [ ] Bring the morning wake up time back a week before
- [ ] Practise the whole morning routine once, start to finish
- [ ] Wind screens down in the hour before bed
- [ ] Get back to a proper sit down breakfast
- [ ] Walk or drive the school route at the right time of day
- [ ] Practise the journey at the real time, both directions
- [ ] Agree a homework slot that survives a longer day

BACK TO SCHOOL

Starting secondary school (Year 7)

SKILLS TO PRACTISE

- [ ] Reading a timetable and packing the right books
- [ ] Finding their way around a large site
- [ ] Using a locker and remembering a combination
- [ ] Travelling independently, including what to do if the bus is missed
- [ ] Buying lunch and managing money
- [ ] Keeping track of homework across many subjects
- [ ] Contacting home, and knowing when not to
- [ ] Getting changed for PE in a busy changing room

TALKING ABOUT IT

- [ ] Ask what they are looking forward to
- [ ] Ask what worries them, and take it seriously
- [ ] Agree what happens if they feel lost or upset
- [ ] Talk about who to go to: form tutor, head of year, student services
- [ ] Agree how and when you will hear from them
- [ ] Remind them that everyone else is new too
- [ ] Talk about friendships changing, and that it is normal

THE NIGHT BEFORE AND FIRST DAY

- [ ] Uniform out and named
- [ ] Bag packed to the timetable
- [ ] Travel money or pass in the bag
- [ ] Lunch or lunch money ready
- [ ] Alarm set, and a backup alarm
- [ ] An early night
- [ ] Agree the goodbye in advance
- [ ] Plan something easy for the evening after

Notes and anything else to remember: