

Supporting Effective Transitions for Children and Young People (CYP) Moving from KS2 to KS3

Best Practice Strategies

- ✓ Organise a meeting with parents and staff from both schools to discuss the needs of the CYP for an effective transition.
- ✓ Complete a pupil voice survey to understand the perspective of the CYP.
- ✓ Share information about the new school with the CYP early on to prepare for the new routine and expectations.
- ✓ Arrange several visits to the new school. Consider scheduling additional visits and taster sessions eg. a favourite lesson; lunchtime activities. Include how to use a planner / timetable and a tour of the school. Provide a transition pack of photos of the school and of key staff.
- ✓ Complete a communication passport and a pupil profile.
- ✓ Use a social story to prepare CYP for change if needed.
- ✓ Set up a 'buddy-system' with a peer.

Links / Resources

- BBC Bite Size Starting Secondary School: <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>
- BBC Bite Size advice for setting staff around supporting transition to secondary school: <https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>
- BBC Bite Size Things to Consider on a School Visit for Your Child with SEND: <https://www.bbc.co.uk/bitesize/articles/zfpypg8>
- Autism Education Trust: www.autismeducationtrust.org

Anxiety Management Strategies

- ✓ Awareness and communication are key. Encourage the CYP to discuss their thoughts and address any worries they may have.
- ✓ Introduce activities and programmes to teach that change and transitions are not to be feared, but viewed positively as a challenge. Reframe negative perceptions and teach students about resilience.
- ✓ Encourage students to make time for the activities that they enjoy. This will help them to relax and self-regulate.
- ✓ Try teaching breathing techniques and mindfulness or yoga exercises.

Links / Resources

- Childline Calm Zone: <https://www.childline.org.uk/toolbox/calm-zone/>
- Twinkl – Wellbeing Activities: <https://www.twinkl.co.uk>
- Mentally Healthy Schools: www.mentallyhealthyschools.org.uk
- 'A "5" Could Make Me Lose Control' by Kari Dunn Buron (book and resource)
- 'CBT Toolbox for Children and Adolescents' by Phifer, Crowder, Elsenraat and Hull (Workbook)