
Going to Secondary School

Tips For Parents

2021 - 2022



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Children's Top Worries About Starting Secondary School

- Being bullied
- Not making friends
- Getting lost
- Homework
- Not being able to do the work
- Getting to school and back
- Not having the right equipment
- Not knowing what to do if there is a problem
- Not getting on with the teachers
- Getting into trouble



How Can I Help as a Parent?

Moving from primary or mainstream school to Friars Academy is a significant event in the life of your child.

When your child starts Friars Academy, they may encounter a whole variety of new experiences they have not had before. The problem is these skills do not spontaneously appear in the weeks leading up to their start. They have to be taught them, and may need support in developing them.

We are aware families want to reassure their children, and support them in developing the skills they need to cope with any changes, but some may feel they lack the information and expertise to do so. At Friars, we aim to make these changes as stress free as possible. The two most common worries on the 'worry list' are social concerns. Although common, most children report that these are no longer worried about after just a few weeks at their new school!

If your child expresses these worries it is useful to tell them this, and to emphasise that there will also be many other children feeling anxious. Talk to your child's class teacher, who will arrange areas for your child to be during break and lunch times, or perhaps a buddy until they feel comfortable.

The remaining worries are nearly all to do with the new organisational demands.

The aim of this booklet is to provide you with the information you need to help your child to achieve independence, while supporting them in getting there. To achieve a balance of doing too much or too little for your child is hard – a useful rule of thumb is:

'Never do anything regularly for your child that they are capable of doing for themselves'.

This booklet is here as a guide and may provide some practical tips and ideas to help you help your child develop the skills for success.

What May Be Different About Friars Academy?

- Children often have to travel further, some may be making their way to and from school independently or catching school transport for the first time.
- They will have a different school uniform, and a new list of rules to remember.
- Instead of one teacher, who has known them since their early years, they will be taught by a number of different teachers and will have to get to know a number of different adults within the school.
- The site will be much bigger and the children will have to move between classrooms for different lessons, (support may be given to pupils in accordance to their needs).
- Class sizes may be smaller, they will not have a single person support, instead the Learning Support Assistant will be shared by the whole class.
- For the first time children may be responsible for ensuring they have the correct academic equipment (supplied) or PE kit for lessons.
- There may be new lessons on their timetable (e.g. PDC - Personal Development Curriculum) and new variations of familiar ones (science in a laboratory).
- Teaching and Learning styles may be different.
- Break and Lunch-time will be organised differently with different levels of supervision (depending on the needs of the child) and children having the independence in terms of getting to class on time.
- There is the option to have a hot lunch (£2.40 per day – subject to change).
- As students move throughout the school they will be supported in being more independent, self-reliant and self organised. A welcome development for many pupils, and a challenge for most.

Getting There and Back - Tips for Students

Tasks for Pupils

1. Get up on time.
2. Get washed and dressed without a fuss.
3. Leave on time for transport.
4. Be in the right place at the end of the school day.
5. Know what to do if there is a delay.



Getting There and Back - Tips for Parents



Before Your Child Starts

1. Know how long you have in the morning before transport arrives / you child has to leave and add 10 minutes!
2. Be sure your child is clear about what time they are expected home / who will be there / what strategies to use if they are late
3. Make sure they know how to contact you.
4. Agree a routine for the morning:
 - Will they shower / bath in the morning or evening?
 - Who will get their bag ready?
 - Will they have hot / cold lunch?
5. Agree a suitable bed-time for school days, so they get enough sleep.
6. Have a practice run.



When They Start

7. Go through the routine regularly, if necessary, provide a tick list
8. Insist that the routine is stuck to.

Uniform Matters

At Friars Academy we wear:

- A black polo shirt with a logo or a white shirt and tie.
- A black cardigan / jumper with a red trim and / or a blazer with our logo.
- Black school trousers or skirt.
- Plain black shoes.

Jewellery, make up and extreme hairstyles or hair that is not of a natural colour is not allowed.

For PE pupils are required to wear:

- Black and red PE top (purchased from The Uniform Shop)
- Plain black shorts or tracksuit bottoms.
- Plain black sweatshirt for cold weather
- Trainers or plimsolls

*Uniform is available for purchase from the uniform shop.
www.uniformshopwellingborough.co.uk*

- Please make sure everything is named, even shoes. It is almost impossible to return items that are not named. A marker pen is as good as labels.



The main school office has some items of high quality pre loved clothing in a variety of sizes available at a reduced cost. If you wish to access these please contact them on: office@friars.northants.sch.uk or by calling 01933 304950.

The New Timetable - Tips for Students

Tasks for Pupils

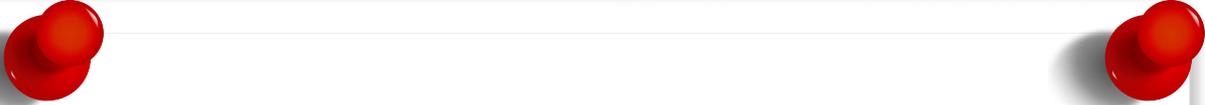
1. Get to know what lessons are on which days.
2. Get to know where the classrooms for each lesson are.
3. Get to know who your different teachers are.
4. Look at your timetable. If you are unsure about it tell your teacher, who will go over it with you or put it into symbols if that is easier.

You will get your new timetable in your first few days.

| | 8.55 - 9.00 | 9.00 - 9.45 | 9.45 - 10.30 | 10.30 -10.45 | 10.45- 11.00 | 11.00 - 11.45 | 11.45 - 12.30 | 12.30 - 1.15 | 1.15 - 2.00 | 2.00- 2.05 | 2.05 -3.00 |
|------------|----------------------|-----------------------------|-------------------------|-----------------|-----------------|---------------------------|---------------------------|---------------------------|-------------------|----------------------|-------------------------|
| Mon | R E | English TSt Room 11 | Maths TSt Room 11 | B | S | Science TSt Room 11 | Music LDa | Ethics TSt Room 11 | L | R E | PSHE TSt Room 11 |
| Tue | G I | Assembly KS3 | English Phonics | R | O | C&N CBa | History TSt Room 11 | Maths TSt Room 11 | U | G I | PE |
| Wed | S T | Computing TSt Room 11 | PE CFa | E | C | English TSt Room 11 | PDC TSt Room 11 | Maths TSt Room 11 | N | S T | PD AGa |
| Thu | R A T | English TSt Room 11 | Geog TSt Room 11 | A | I A | Drama GBa | Maths TSt Room 11 | Science TSt Room 11 | C | R A T | Form Studies Room 11 |
| Fri | I O N | Assembly | PE CFa | K | L | Maths TSt Room 11 | English TSt Room 11 | Science TSt Room 11 | H | I O N | Art Room 33 TUn |

(Sample Year 7 Timetable)

The New Timetable - Tips for Parents



Tips for Parents

1. Get a copy of your child's timetable. These are sent home in the first week, but if you are in any doubt just ask your child's class teacher.
2. Encourage your child to learn what lessons they have on which days so that they can become independent.
3. Make sure your child knows what to do if they are late, (go to reception).
4. Reassure your child that they will quickly get to know their way around (most have mastered it within a couple of weeks), and that they will move around as a group to start with. Teachers are very understanding about children getting lost to begin with, and help is at hand if it is needed.
5. Friars provide all basic school equipment. So you do not need to worry about this.
6. At Friars, we provide a homework menu. This is linked to our learning blocks – you can find this on the school website

Contacting the Academy

During this transition period, during term 6 2021, and the summer holiday, there is an email address you can use to contact us with any questions or concerns:

For many parents the use of a communication book is essential. Once your child has started Friars Academy we have diaries for this. This allows home and school to communicate about everyday issues that may have an effect on your child.



You know your child best, and if there is any aspect of school life is persistently distressing them it is best to err on the side of caution and intervene early. We want the Friars experience to be a positive one for them.

Mrs Pinfold, our Family Support Worker is always available to talk to about any issue surrounding your child and their welfare.

You will be invited into school to attend your child's annual review, and "parents' evenings". Please do not feel you have to wait until this time to raise any concerns. At Friars we are happy to talk to you throughout the year.

Problems Children May Experience When They First Start a New School, and What to Do About Them

Falling out with friends:

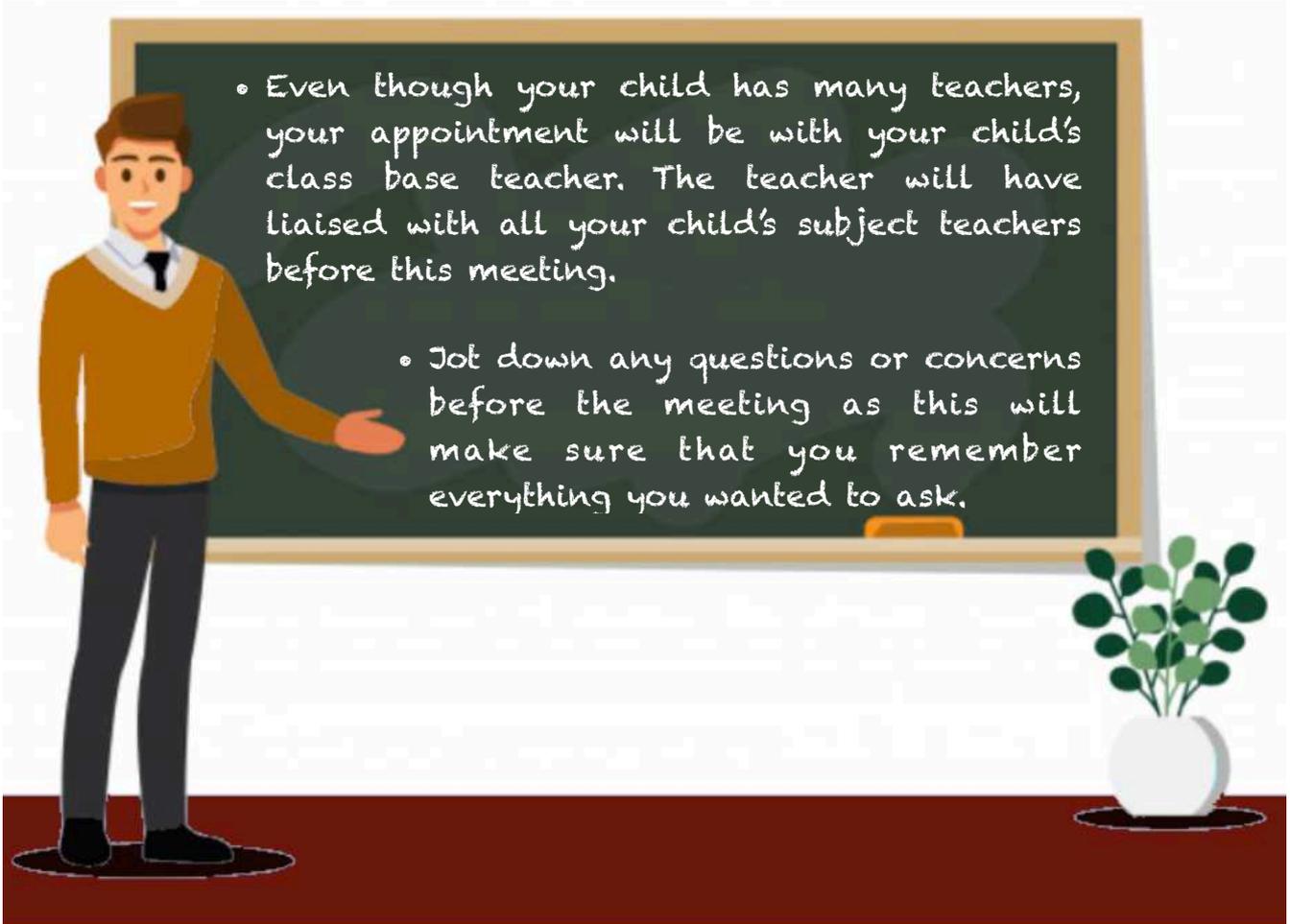
This is very common as children form new friendships and new 'pecking orders' are established. Please give constructive advice but don't overreact in front of the child. Most friendship patterns sort themselves out without adult intervention, but if you are concerned let your child's class teacher know.

Many children use the term 'bullying' after one incident. The hallmarks of bullying are intentionality (a deliberate attempt to make someone unhappy); persistence (i.e. an ongoing 'campaign', not isolated incidents or arguments about specific issues) and an imbalance of power (if the perpetrators are older, bigger, more powerful or if they are operating as a gang against an individual).

At Friars Academy we have an anti-bullying action group with a clear charter, which we take seriously. Our aim is for Friars to be a safe and happy environment for all.

A Guide to Parents Evening

Structured Conversations



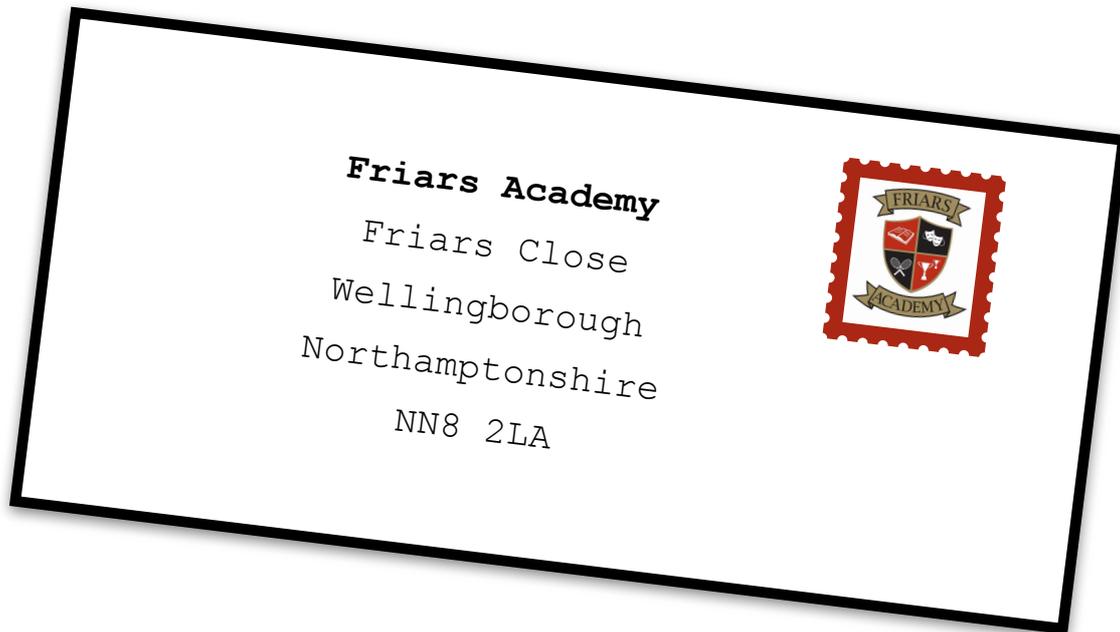
Additional Information

Your child will be placed in a form prior to their entry into the school. This will be based on the information received from your child's primary school.

Most of your child's lessons will take place in their form room, though they will mix with other peers throughout the school week.

The Key stage 3 Manager will continually assess the students in the first few days and weeks to make sure they are in the correct group. If they feel that a change of form needs to be made, they will notify you before this happens to discuss the reasons.

Contact Information



Phone: 01933 304950

Email: office@friars.northants.sch.uk

Twitter: [@AcademyFriars](https://twitter.com/AcademyFriars)

The Management Team

Mrs Ijewsky- *Head Teacher*

Mr Gay- *Deputy Head Teacher*

Mrs Stockham- *Assistant Head Teacher*