

# HINCHINGBROOKE SCHOOL



## MOVING ON UP

### ADVICE FOR PARENTS AND CARERS

Head of Year 7 – Mr Milner

Year 7 Student Support Officer – Mrs Pittock

Lower School Administrator - Mrs Darbyshire

**ALL** can be contacted on 01480 420522(direct dial) or email

[lowerschool@hinchbk.cambs.sch.uk](mailto:lowerschool@hinchbk.cambs.sch.uk)

Medical room extension 5794

Form Tutors name and contact details are:

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Form group is 7\_\_\_\_\_

*For many families of year 6s the Summer Holidays can seem like a long run-up to that great mountain of mystery and fear that is “big school”. Some children will be starting a new school that is 10 times larger than their primary. Moving up to year 7 is a big step for children and parents alike. But there are things you can do to make it easier and things you can think about now that will help your child adjust and settle in quickly. A top tip is never to do anything for your children that they are capable of doing for themselves as this will help promote independence.*

- **Build your child's confidence.** Settling in well is all about self-esteem. Children with high self-esteem are less likely to be bullied, to bully others or belong to gangs. They are more likely to gather a wide circle of friends. They can confidently say "no" to anything with which they don't feel comfortable. Telling them how great they are, paying them a compliment on how well they look after a pet or saying that they are kind or thoughtful goes a long way. Do this daily and watch their confidence grow
- **Listen to their fears and help problem-solve.** Your child is possibly anxious and also afraid their worries will appear trivial so thinking through problems in advance can be really helpful. For instance, if they become lost in the maze of corridors what should they do? They should make their way to the Lower School Office, use the school map in their planner or find a pupil or teacher to direct them. Talk through the options with them. Do this for every concern they may have
- Remind your child that **being a good friend**, especially to shy and quiet children, is one way to make friends
- Have a trial run of the **route to school**, especially if they walk or cycle. If they miss a school bus you need to talk through what they will do, especially if you are working and can't pick them up straight away

- **Get up earlier** during the last week of the holidays so that early starts for school aren't a shock to the system, and make sure that they have a working alarm clock
- **Stick to the uniform code.** Your child will feel more comfortable from day one if they are conforming and fitting in
- Make sure they have **money** on their dinner money account or have packed their lunch
- **Make sure at home they have the time, space and energy for homework.** If children get into the routine of doing their homework on the night it is set, this can help prevent a "build up". You should check their homework via Doodle, log on details will be distributed at the beginning of the year.
- **Encourage them to join lunchtime or after-school clubs.** They are a great way to make friends. If they really don't enjoy it, they can always drop it, but who knows they might discover a new interest, or make a new friend

Show that you feel positive about Hinchingsbrooke and "talk it up" even if it was not your first choice or you lost an admissions appeal. This will help students to take pride in their school

Give your child a few weeks to settle in. Ensure you know who to contact for any situation:

Curriculum matters - their subject teacher

General matters - their Form Tutor, Student Support Officer or Lower School Administrator

Email is often the quickest and easiest method of communication.

Alternatively, you can ring into the school office and they can pass on a message for you. If your child is having any problems, social or educational, make an appointment to see their form tutor, but remember as children form new friendships it is quite common for tears or anger to occur. This is entirely normal as friendship groups shift, meaning things sort themselves out without intervention.

If problems become on-going or more serious, then please do contact the form tutor to discuss further.

• **Tick list for parents for the Summer Holidays:**

- ✓ Have you ordered your child's school uniform and PE kit?
- ✓ Have you named EVERYTHING (including the tie)?
- ✓ Have you got a cycle lock, helmet and lights if your child is cycling to school?
- ✓ Does your child know their form tutor's name and the arrangements for the first day?