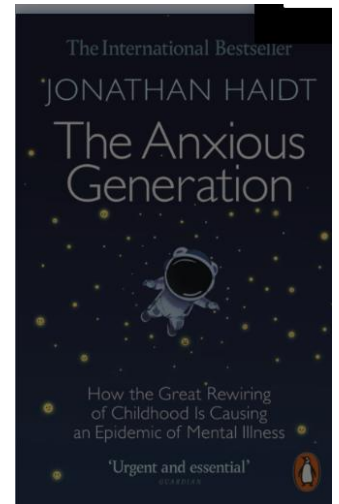


Preparing for Year 7 led by Katryn Green, Head at Oasis Academy

- Create a visual timetable
- Get used to routines – what time do you need to get up? What do you need?
- When on family trips, get them to get ready – get them to plan the trip
- Thinking about adolescence – the children are finding they are unsure of who they are
- There is lots of over-thinking and over worrying
- Keep up clubs, it helps with planning
- They are particularly in need of decompression to begin at the start of Year 7- in the evenings – give them lots of opportunities to verbalise their feelings
- Consider whole family rules/routines this will make things easier to maintain a consistency during the evening – all devices off at 8pm (You will need to be a role model)
- Encourage regular exercise – this promotes great mental health
- Talking on journeys (walk the dog/go to the gym in the car etc) – where you do not have direct eye contact will often allow them to feel less pressure to share
- SLEEP! – Charge mobile phones downstairs
- For information on teen anxiety listen to Jonathan Haidt podcasts -
- Give them some independence
- Huge worries about time keeping
- Remind them it is okay to make a mistake
- We all need to apologise – we all make mistakes
- Make sure they have time in the evening routine for homework
- Enjoy your time with your children



Things that we're already doing at school

- Your bag – you pack it!
- Your homework – you are responsible for getting it done on time
- Prefect duties
- Role models Not just to the younger children but the community – wear your school badge with pride
- Increased levels of homework daily
- Expectations to edit and amend classwork
- Grouped presentations
- Embrace new challenges
- Embrace new friendships
- Liaise with secondary school
- Meet with secondary school
- Make new friends on transition days