

Independence at home for a smoother transition to secondary school

Where possible independence should be encouraged within the primary school setting and at home to ensure pupils are leaving primary school with appropriate independence and organisational skills.

Developing independence

Avoid doing too much for your child. Try asking them to do some of the following:

- Selecting their own clothes and get dressed independently.
- Making their own bed.
- Packing their own school bag with a check list e.g. pencil case, water bottle, lunch
- Finding what they need for a home school lesson e.g. pencil, pen, workbook etc.
- Deciding the order that they will do their tasks in.
- Using the pre-learning curriculum booklet and completing tasks for the different subjects.
- Pouring their own drinks and making snacks.
- Use task boards to structure what they need to do and check off their completed tasks.

Small jobs around the house

Try introducing small jobs around the house for your child to complete. This gives them responsibility for something and builds their self-esteem. Try some of the following:

- Sorting washing into colours.
- Hoovering.
- Helping younger siblings get dressed/organised.
- Laying the table for dinner.
- Hanging out washing.
- Learning how to cook some basic meals.
- Taking rubbish out.
- Washing up.
- Responsibility for feeding a pet.

Emotional support

You can support your child transitioning to secondary by having conversations around:

- The Transition Booklet and the new values and rules of the school.
- How to talk to new people.
- What friends do and do not do.
- How to stay calm when feeling angry.
- What to do when things go wrong.
- What to do if they need help.

Basic life skills

Build your child's independence by teaching them life skills such as:

- How to add up money and knowing the value of all the coins.
- How to tell the time.
- How to pack a bag.
- Personal hygiene skills e.g. the importance of washing daily, brushing teeth, combing hair
- Folding clothes and putting them away when getting changed.
- Trying new school uniform on and knowing how to do a tie.
- Walk to the school and back as part of the daily exercise guidelines so the route is familiar.
- Road safety rules around walking and cycling.
- Stranger danger rules.
- Setting an alarm and getting up when it goes off.

Contact the secondary school

- Explore the Transition section of our school website with your child and create some questions you and your child would like to ask.
- If SEND, contact the SENCo (Molly Booth; Molly.Booth@oasismayfield.org) and arrange a chat over the phone or via E-mail.