

# Resilience in Schools: Supporting Transitions

Tuesday 7<sup>th</sup> June 2022

Barnet Inclusion Advisory Team (IAT)

# Welcome and introductions

- Welcome and Introductions
- Register - share your name in the chat



# Focus for this session

- What is a transition?
- Why are transitions important?
- The different types of transitions children and young people experience through school
- How to support transitions – tips and strategies
- Helpful Resources



## Chat Activity:

Share any questions you may have about transitions

What would you like answered today?

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**What is a transition?**



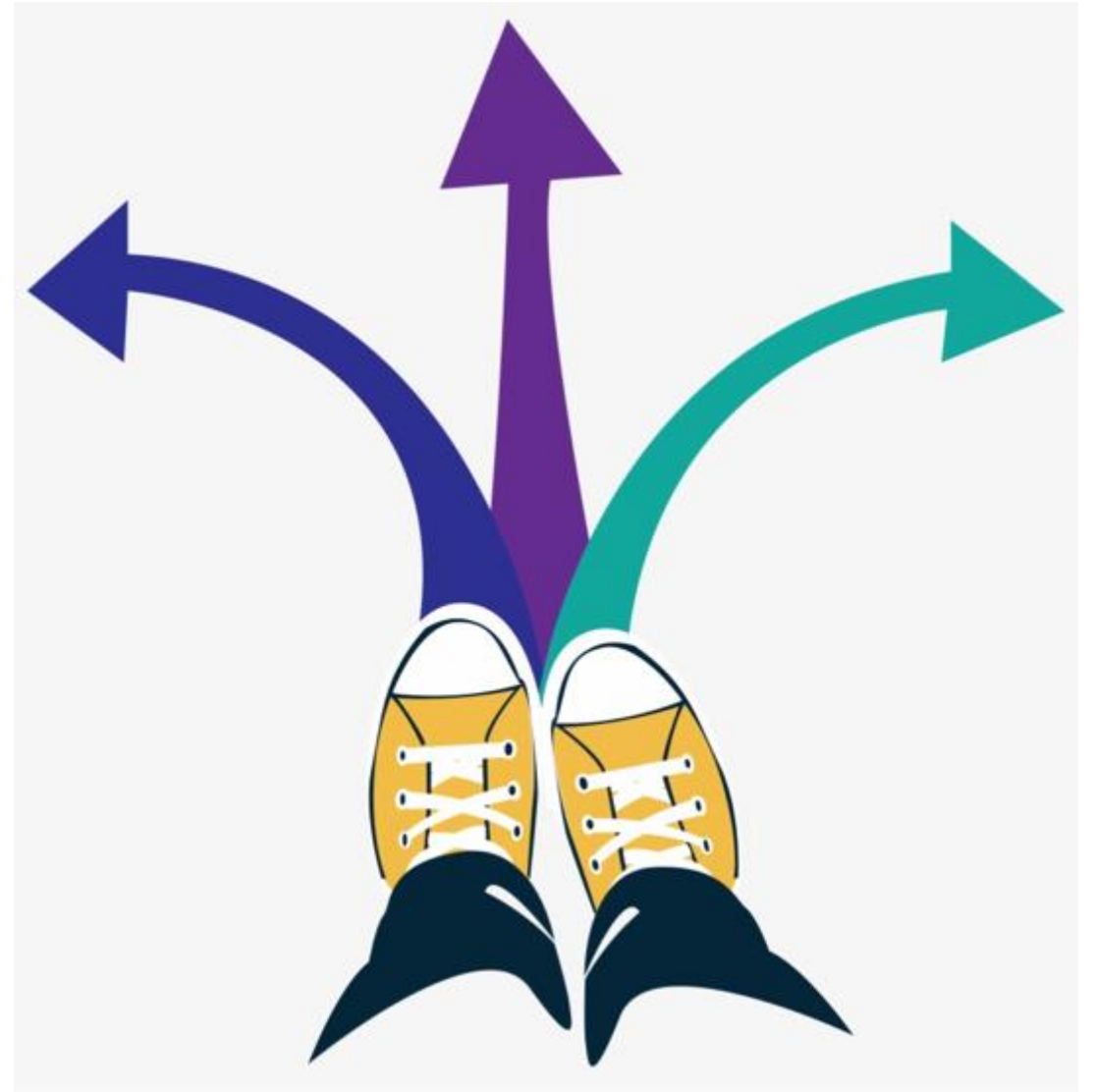
# What is a transition?

Dictionary definition:

*'the process or a period of changing from one state or condition to another'*

School transitions are the changes children and young people go through as they change schools throughout their lives.

These transitions play a major role in the development of young people's decisions and serve as a milestone which can direct them in a number of ways.



Change is external,  
transition is internal.

‘Transition is a  
process and not a  
single event’

[www.myheartsisters.org](http://www.myheartsisters.org)



# Change Vs Transition

*Change is the shift, transition is the process of one state of being to another*

## Change

- External
- Organisational
- Quicker
- More visible
- More predictable
- Physical
- tangible

## Transition

- Internal
- Personal
- Slower
- Less visible
- Less predictable
- Psychological
- Intangible





# Reflection

What affect might transitions have for a child or young person?

# Why is transition important?

It is important that children and young people are supported to experience a successful transition back to school, or other educational setting, recognising that transition is a process and not a single event.

We know that an individual's experiences of transition can have a powerful and long-lasting effect on outcomes as well as impacting on their self-esteem and emotional wellbeing.

(Alexander, Entwisle & Horsey, 1997; Gutman, Sameroff & Cole, 2003)



# What research tells us

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- Almost 40 per cent of children fail to make expected progress during the year immediately following a change of schools....'
- 'average progress drops between key stage 2 and key stage 3 for reading, writing and Maths.'
- This is amplified by risk factors such as poverty and ethnicity and other vulnerabilities



# Supporting Transitions

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Whilst transition can be a time of great excitement and opportunity, children and young people can also experience:

- loss of attachment to familiar people, friends, the environment and objects within that environment
- Uncertainty their role and identity
- entry into an environment that is less predictable
- a perceived loss of control
- a feeling of being de-skilled and less valued
- uncertainty about the future



## What's important to consider

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- Creating a sense of safety
- Promoting calm
- Creating a sense of control
- Promoting positive relationships
- Develop a sense of belonging
- Time to adjust

# TRANSITIONS

The word "TRANSITIONS" is written in a large, bold, sans-serif font. The letters are colored in a sequence of yellow, dark blue, yellow, dark blue, yellow, dark blue, yellow, dark blue, yellow, dark blue, yellow. From the bottom of the letters 'S', 'T', and 'I', a solid arrow points downwards. From the bottom of the letters 'S' and 'T', a dashed line extends upwards from the top of the letter, ending in a solid arrow pointing downwards.

The different types of transition

## Chat activity

Think of the different types of transitions that a child or young person may experience as they move through school



A stylized illustration of a classroom. In the foreground, there is a wooden desk with a black office chair. On the desk, there is a pink pencil holder with pens and a stack of books. Behind the desk is a large blue chalkboard and a whiteboard. Above the chalkboard is a clock showing approximately 10:10. On the wall, there are three small framed pictures in light blue, orange, and green. To the left, there is a window with a dark frame and a shelf with books and a small potted plant.

# Different types of transition

- Class to class
- Key stage to key stage
- Nursery setting to Reception
- Primary School to Secondary School
- Secondary school to Post 16 education or training
- Change of setting



# Different types of transition

## Emotional transitions

Children may be impacted emotionally through a range of personal experiences. These may include: parents separating, bereavement, entering or leaving care.

**Physical transitions** moving to a new educational setting, a new home or care setting, or even something as simple as just moving from one activity to another.





## How to support transitions Tips and strategies

# How to support transitions

There are different approaches that can be used according to the age of the child and young person

However, these are helpful approaches overriding principles that research shows helps children and young people to transition:

- Early intervention
- A clear Transition plan in place
- Listening to the child and young person's wishes
- Helping them to feel part of the decision-making





# Nursery to Reception

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# Transitions at Primary and Secondary





Extra visits – new schools, new classes, new staff to visit child in their current setting, virtual home visits



New class project – information gathering activity



Passport – who?, what? Where? How? Photo books of their new environment , videos of the new environment and structure



Positive affirmation – so looking forward to you being in my class



Key adult – meeting introduction with current adult and new adult, then additional time together



Personal profile – written by pupil with input from current support staff and current teacher for the child to share with new staff



Pupil voice – questions, allow time to talk, circle time, worry box, what do they want to know? What are they worried about?

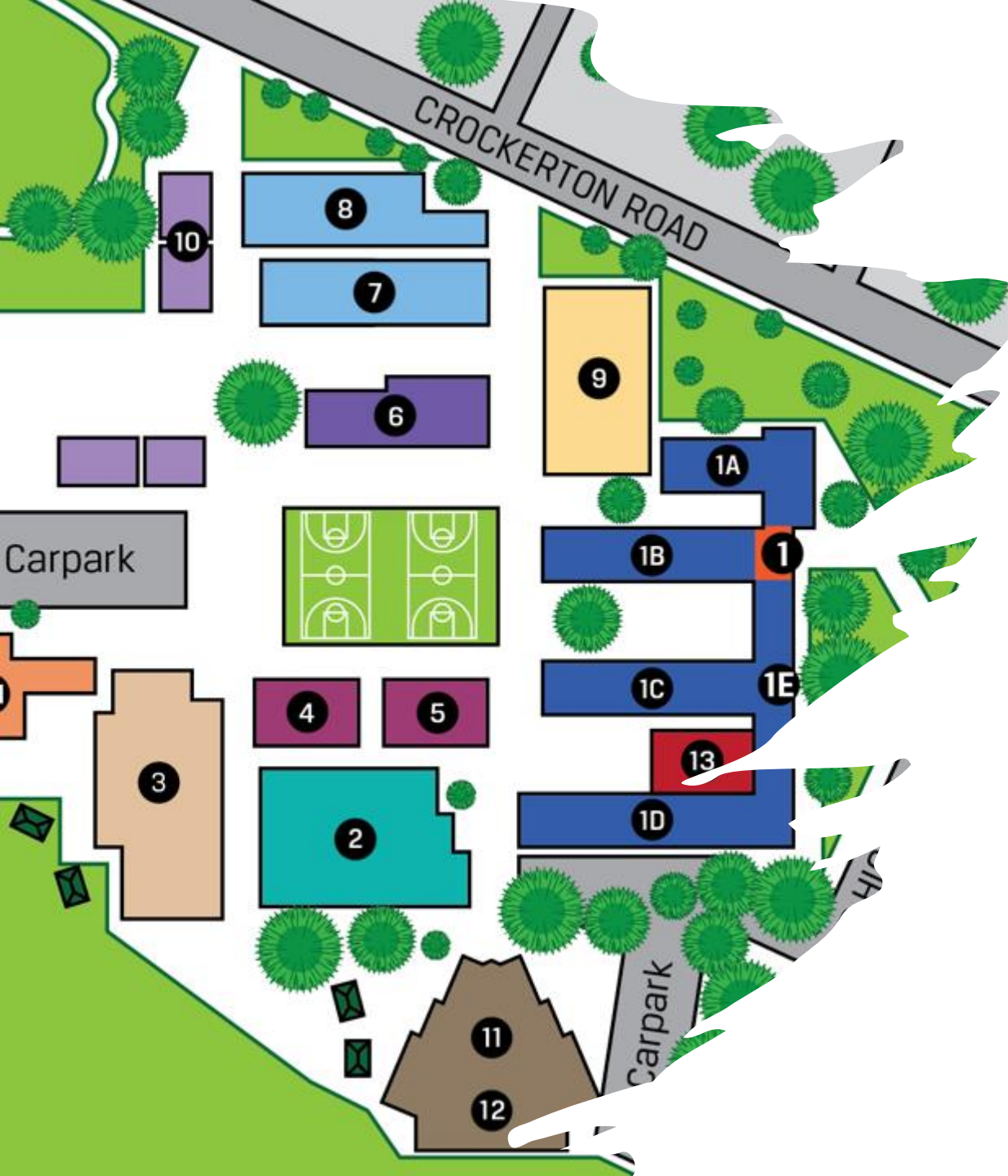


Social Stories



Preparing to say goodbye





# Secondary transition Approaches that can help

- Emotion coaching – acknowledging how they are feeling
- Colour coded maps – secondary
- Daily check list for pupils (particularly secondary transfer)
- Clear structure and expectations, visual timetables
- Transitional objects
- Transferrable routines
- Check ins with key staff
- Additional visits
- Welcome letter from Inclusion dept / postcards over the holidays
- Transition Projects



A row of approximately 15 colorful books standing upright on a white surface. The books have various spine colors including red, orange, green, yellow, blue, purple, and pink. The text "LINKS & RESOURCES" is overlaid in large, white, bold, sans-serif capital letters across the middle of the books. The entire scene is set against a light gray background with a white, torn-edge effect at the bottom.

# LINKS & RESOURCES

## Moving Up! The transition to secondary school animation



## The Anna Freud Centre

<https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/>

# BBC Teach – Transitioning to Secondary School

<https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>



## YoungMinds teaching resources

A selection of films and resources that can be used in the classroom to help students about to transition.



## Inspirational transition projects

Helping students bridge the gap between primary and secondary school





## Starting Secondary School

### BBC Bitesize - Starting Secondary School





BBC Bitesize has a website full of peer-to-peer advice for students and parents who are transitioning to secondary school.



 <p><b>MR BURTON</b></p> <p><b>Starting secondary school this summer? Get the lowdown from Mr Burton</b></p> <p>Mr Burton gives his advice for those starting secondary school this summer</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>BRAYDON</b></p> <p><b>Braydon on starting secondary school</b></p> <p>Year 6 student Braydon talks about how he's feeling about transitioning to secondary school this summer.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>Making new friends</b></p> <p>How to make new friendships at school.</p> <p>STARTING SECONDARY SCHOOL</p>
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# Starting Secondary School

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 <p><b>GETTING LOST</b></p> <p><b>The size of the school</b></p> <p>Get used to the size of your new school and find your way around.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>FAVOURITE THINGS</b></p> <p><b>Favourite thing about secondary school</b></p> <p>Some of the new and exciting opportunities to look forward to when you start secondary school.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>A DAY IN THE LIFE</b></p> <p><b>Year 7: A day in the life</b></p> <p>Follow Alfie through a typical day in Year 7.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>BRAYDON VS MR BENT</b></p> <p><b>Braydon vs Mr Bent: the truth about starting secondary school</b></p> <p>YouTuber, Bray Bent challenges teacher, Mr Burton about the real truth about starting secondary school.</p> <p>STARTING SECONDARY SCHOOL</p>
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<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

A brilliant range of information about starting secondary school from 'A Day in the Life' to 'Making new Friends'.

 <p><b>FRIENDS</b></p> <p><b>Will I lose my old friends?</b></p> <p>How to keep in touch and make new friends.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>CLASSWORK</b></p> <p><b>Coping with classwork</b></p> <p>Getting used to new lessons, new teachers and avoiding detention!</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>MYTHS</b></p> <p><b>Myths about teachers</b></p> <p>Clearing up the rumours to help you settle in.</p> <p>STARTING SECONDARY SCHOOL</p>	 <p><b>FRIENDS</b></p> <p><b>Developing friendships</b></p> <p>Talking to new friends and being understood.</p> <p>STARTING SECONDARY SCHOOL</p>
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# Young Minds – Transition resources to support wellbeing and mental health

Resources for school staff

## Supporting school transitions



Resources to help pupils, schools, parents and carers to cope with the changes and transitions they experience during their time at school.

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>

## Transition resources for school staff

### Find Your Feet: Staff webinar

Transitioning from primary to secondary school is a particularly significant change for children. Learning about change and how to cope with it will help them with this particular transition and prepare them for many other changes and challenges they will face in life.

To support school staff, we've created a webinar that focuses on how you can help your pupils through the change from primary to secondary school.



## Transition activities for pupils

Our pupils' resources will help young people learn how to cope with the changes associated with moving from primary to secondary school.



[Find Your Feet pupil resource pack](#)



[Transitions activities for year 6 pupils](#)



[Transitions activity for year 7 pupils](#)



## Choose health

**Know what affects your child, what makes them grumpy, hyper, disconnected...**



- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

## Work together

**Share ideas about how to:**



- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

## Move on up

**Encourage independence:**

- help them to move positively from child identity towards teen identity
- increase their responsibilities
- be positive whenever they act maturely



Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

## Be calm

**Try to stay calm whilst your child is feeling distressed.**

**Your child may show:**

- highs and lows
- blame
- melodrama
- self-centredness
- anger



# Communicate

**The small things you do make all the difference:**

**Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting**

## Get learning

**Be involved, find out more and talk about:**

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world



## Be wise

**As they discover new things, try to:**



- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

## Be the anchor

**In times of change you are:**

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home



## Have fun

**Provide lots of light relief:**

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside



## Look after yourself

**Support yourself, to best support your child:**

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day



# Moving On....

Top tips for pupils moving on to secondary school

## Moving On Transition Resources

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[Moving on to secondary school | Foundation for People with Learning Disabilities](#)

Three practical guides:

- Young person
- Parents / Carers
- Teachers








# Transition Projects

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Create a Transition project which involves finding out and meeting:

- New teacher
- New support staff
- New school site
- Fact finding about the next year
- Talking to other pupils
- What they are looking forward to
- What they would like their teachers to know about them

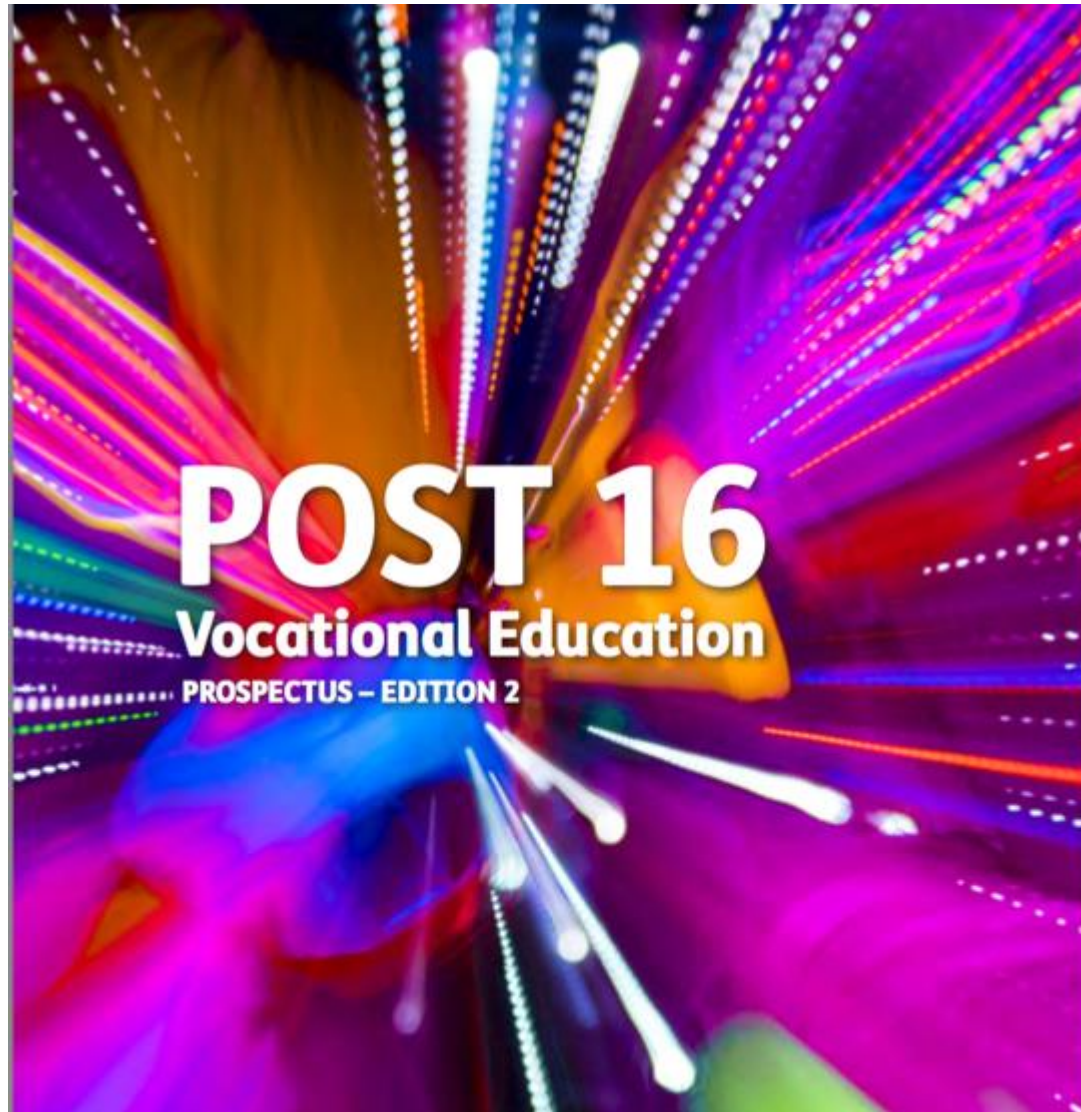
 <p><b>My new classroom</b></p> <p>Take some pictures of your new classroom and stick them in the box below.</p> <div data-bbox="1286 599 1617 899" style="border: 1px solid black; height: 210px;"></div>	 <p><b>Fact finding...</b></p> <p>What things can you find out about your new class? What might be different? What exciting new things will you learn? Write them in the box below.</p> <div data-bbox="1668 642 2000 913" style="border: 1px solid black; height: 190px;"></div>	 <p><b>Talk to other children</b></p> <p>Go and speak to children in Year ____ What can they tell you about the fun things you do?</p> <div data-bbox="2051 599 2395 942" style="border: 1px solid black; height: 240px; display: flex; flex-wrap: wrap; justify-content: space-around; align-items: center;"><div style="width: 50%; height: 50%; background-color: #4a7ebb; border-radius: 15px; margin-bottom: 10px;"></div><div style="width: 50%; height: 50%; background-color: #4a7ebb; border-radius: 15px; margin-bottom: 10px;"></div><div style="width: 50%; height: 50%; background-color: #4a7ebb; border-radius: 15px; margin-bottom: 10px;"></div><div style="width: 50%; height: 50%; background-color: #4a7ebb; border-radius: 15px;"></div></div>
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# Post 16 transitions

PREPARING FOR  
ADULTHOOD

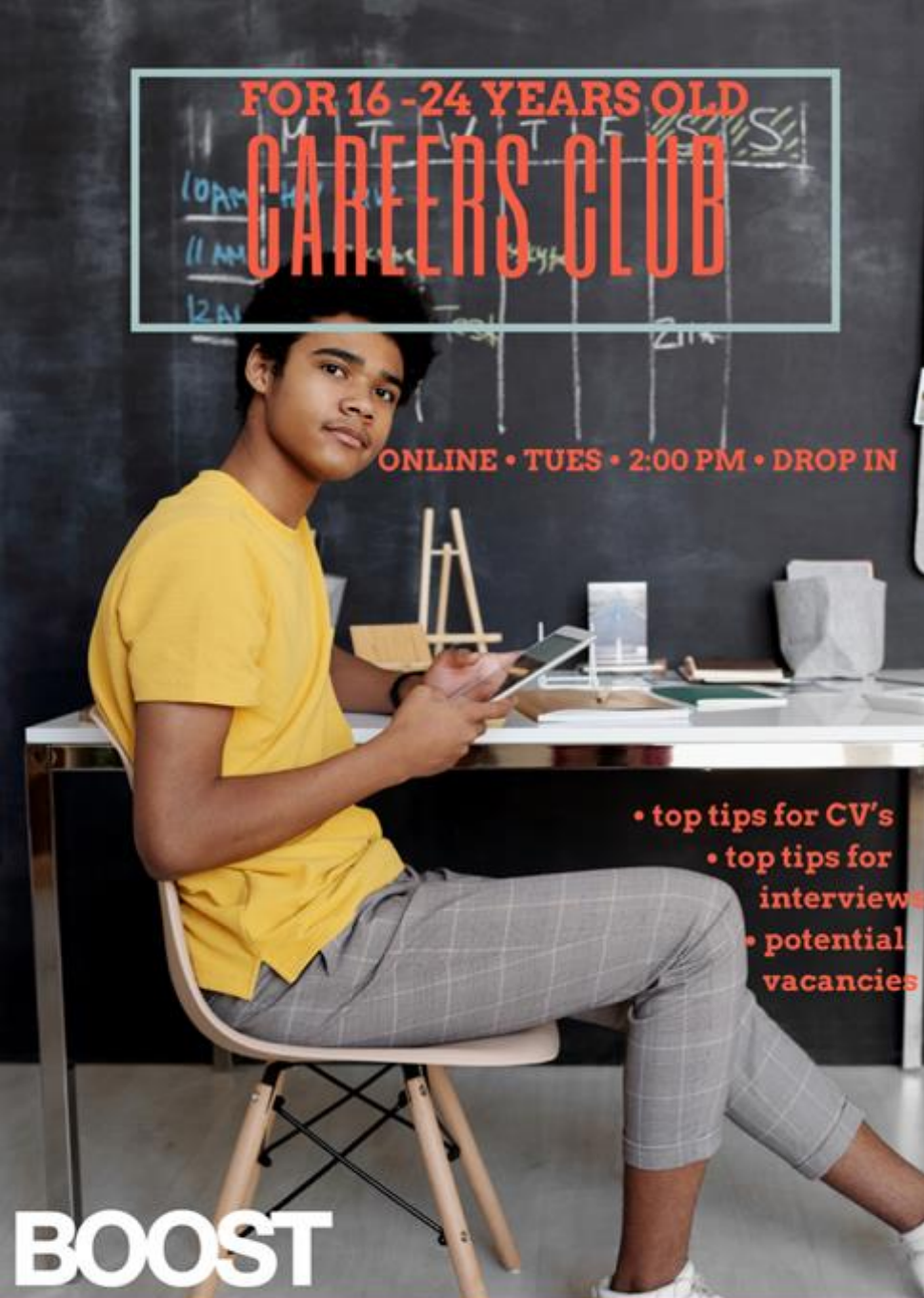


<https://www.preparingforadulthood.org.uk>



# Barnet Post 16 Vocational Prospectus

[https://www.barnet.gov.uk/sites/default/files/022063\\_barnet\\_post\\_16\\_prospectus\\_2021\\_e.pdf](https://www.barnet.gov.uk/sites/default/files/022063_barnet_post_16_prospectus_2021_e.pdf)



EVERY TUESDAY - 2:00 PM - WWW.BOOSTBARNET.ORG

# BOOST - Online Careers Club

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- A new online Careers Club that is being run locally in Barnet
- Takes place every Tuesday at 2pm as a drop in

Places can be booked through Eventbrite:

<https://www.eventbrite.co.uk/e/careers-club-for-young-people-tickets-151088468677>

Details are also on the Barnet Local Offer Young People's Zone:

[https://www.barnetlocaloffer.org.uk/young\\_peoples\\_zone](https://www.barnetlocaloffer.org.uk/young_peoples_zone)



# Barnet Local Offer



**Barnet  
Local Offer**

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## Barnet Virtual SEND Conference 2020

Our free virtual conference for Barnet parents, carers and professionals will be held on Tuesday 10th November, Wednesday 11th November and Thursday 12th November. Click here to find out more and book your place.

## Welcome to the Local Offer for Barnet

This website helps children and young people with Special Educational Needs and/or Disabilities and their families find the information and support they are looking for, from across the Barnet local area.

We aim to update the website regularly and welcome your feedback and suggestions.

[Find Out More](#)

Please let us know how we could improve your experience.

# Secondary Transition Programme

[https://www.barnetlocaloffer.org.uk/blog\\_articles/3603-secondary-transition-programme](https://www.barnetlocaloffer.org.uk/blog_articles/3603-secondary-transition-programme)

The Barnet Autism Advisory Team has devised a Secondary Transition Programme (see attachments) to support all Year 6 Autistic pupils in Barnet primary schools who are transferring to a Barnet mainstream secondary school. For further information please contact your allocated Autism Advisory Teacher or email [Autism.team@barnet.gov.uk](mailto:Autism.team@barnet.gov.uk)

Other available documents - click to download

[New secondary school information book.pub](#)

[Primary transition book.pub](#)

[Barnet Autism Advisory Team Advice for Transition to Secondary.docx](#)

[Barnet Autism Advisory Team Transition Plan.docx](#)

[Primary one-page transition passport.docx](#)



# Barnet Transition Resources

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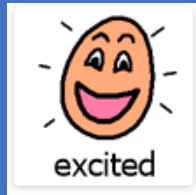
## **Barnet Transition Passport**

Four different formats of the Transition Passport have been developed to ensure that these can be personalised and illustrated in accordance with the wishes of the child/young person.

[Barnet Local Offer :: Home / SENCO Zone / News / New Barnet Transition Passport](#)

The four different versions are available to download here:

1. [Mini-Passport \(no background\)](#)
2. [Mini-Passport](#)
3. [Transition Passport \(no background\)](#)
4. [Transition Passport](#)



# Communication Friendly Transition Resources

## **Communication Friendly Environments**

Resources to support transitions throughout the school day and bigger transitions such as moving between stages.

[School Transitions | Communication Friendly Environments \(glowscotland.org.uk\)](http://glowscotland.org.uk)

Supporting the transition to secondary school

- Editable Transition Booklet
- Most FAQs about the transition

[Transition to High School Support | Communication Friendly Environments \(glowscotland.org.uk\)](http://glowscotland.org.uk)

## **Widgit – Covid-19 Symbols and Resource Packs**

[COVID-19 Support | Widgit](http://glowscotland.org.uk)



# Barnet Transition Resources

## Secondary Transfer: Ideas for Supporting Remote Transitions

Some helpful suggestions from our Barnet secondary SENCOs on how to support remote transitions for secondary transfer during this time: [Supporting Remote Transitions](#)

### Ideas for supporting remote transitions

#### Establishing an initial connection

Write a welcome letter to the pupil and their family saying how much you're looking forward to them joining your school  
Plan remote meetings with the pupil's primary school teacher and SENCO  
Find out what the pupil and their family might need to help their transition  
Send a welcome postcard from their new Form Tutor

#### Supporting emotional wellbeing

Consider the impact of school closure's on the pupil's emotional wellbeing  
Have they experienced feelings of anxiety, grief, worry and loss  
Prepare for this as part of their transition curriculum, for example, providing a safe space for them to talk about their feelings or providing support pathways.

#### Building positive connections

Establish regular contact from Form Tutor  
Consider a regular email, letter, phone call or even informal video chat to get to know them  
Allocate a key member of staff from your Inclusion/SEN Department who will be their main point of contact  
Create a Transition Project  
Create an area of the school website that has fun activities, key information, who's who gallery, tours of the school etc

#### Virtual Transition Meetings

Choose a way that is comfortable for the pupil and their family  
Include key professionals in the meeting (e.g.: outside agencies, Form Tutor, Primary SENCO, Head of Year, key support staff etc)  
Ensure you make time to capture the views of the pupil and their family  
Consider arranging separate virtual meetings with the new teachers to share information  
Virtual coffee morning for parents/carers where you can share key information

#### Transition Passports

A Transition Passport is a helpful way of capturing pupil voice and learning more about the young person.  
There are four different versions available to download from our Barnet SENCO Zone:  
[https://www.barnetlocaloffer.org.uk/senco\\_zone/](https://www.barnetlocaloffer.org.uk/senco_zone/)  
You can also find other examples from Nasen and other SEND websites

#### Virtual School Tours

Create an introductory/welcome video to the school  
Share photos of key areas of school (e.g.: classroom, main school hall, playground, canteen, library, etc)  
If possible, take a video tour of the school to share  
Share example timetables, lunch menus, homework planners and school expectations  
Make a quiz or fact finding task, challenge or competition

#### Summer Holidays – Maintaining a Connection

Arrange to send postcards over the holidays / create a summer project / continue to share messages & activities on the school website

Created by Barnet Inclusion Advisory Team with Barnet Secondary SENCOs as part of the Challenge Workshops

# Autism Education Trust Transition Resources

## **Autism Education Trust**

### **Transition Toolkit (covers all transitions)**

[Transition toolkit | Council For Disabled Children](#)

### **Secondary Transfer (remotely)**

[Supporting Autistic Pupils with Transition to Secondary School...Remotely - Autism Education Trust](#)

### **Post 16 Transitions Training Information**

[AET post 16 transition from school to college - Autism Education Trust](#)



**Questions**