

BOOK CLUB

The No-Panic Parent's Checklist for STARTING SECONDARY SCHOOL

Starting secondary school is a big step, for parents and children alike. This checklist is here to help you feel prepared, without the overwhelm.

Practise the journey together

Whether it's walking or public transport, a dry run makes it feel familiar and safe.

Sort the uniform and kit early

Go through the school's list together and buy supplies ahead of time to avoid last-minute stress.

Label everything

To avoid any hassle with lost property!

Build a simple evening routine

Bag packed the night before, a consistent bedtime, and a little screen-free wind-down time goes a long way.

Talk about who to turn to at school

Teachers, form tutor, pastoral staff. Knowing there's support available can be really reassuring.

Nudge them towards independence

Small things like organising their own bag or managing their time build confidence gradually.

Normalise the nerves

Remind them (and yourself!) that feeling anxious about a big change is completely normal.

Get set up on the school portal

So you're in the loop on attendance, homework and messages.

Look over the timetable together

Talk through what each day will look like and keep a photo of it handy in case it gets lost.

Keep an eye on how they're doing

Changes in mood, energy, or behaviour during the first few weeks are worth noticing and gently talking through.

RECOMMENDED READS

Here are some books we'd recommend to make the transition to secondary school even smoother.

Go Big: The Secondary School Survival Guide

The bestselling secondary school handbook, from the nation's favourite head teacher, Mr Burton.

Moving Up

THE title to have for kids transitioning from primary to secondary school.

Level Up for Secondary School

Designed for children ages 10 to 12, who want to feel ready, prepared and positive about starting secondary school.

