

# 10 things you should know about moving school

A guide for foster carers with looked after children starting secondary school



Moving schools, sometimes referred to as *transition*, can be difficult for looked after children in normal circumstances so in these unusual times we need to take into account the additional anxieties children and young people will have. The ESLAC team is working with designated teachers to put things in place that will support looked after children through what will be a very different transition experience this year. Here are 10 things you need to know to support the child/ren in your care to enjoy a successful transition to their next school.

1

Encourage the child/young person to complete the transition booklet from the Virtual School. It would be a nice activity for you to help younger children to do. Send the 'information for my new designated teacher' bit back to ESLAC and we will get it to the new designated teacher.

2



Have a look on the school's website, all schools have them. Look at what the children do and look at the staff list so the children can become familiar with some staff names until we know who their form teacher will be.

3

Talk to the child about what they are looking forward to most and least. If they have access to the *Mind of My Own* app encourage them to pass their thoughts and views on to their ESLAC worker and social worker.

4

If you live close by and are able to take your daily exercise, why not walk past the school talking about the building and what they think they will do - where they will go in, who they will go with.

5	If the child/children are expressing concerns and are displaying anxious behaviours contact ESLAC for support. We have educational psychologists who can offer support and guidance. We can also signpost you to some helpful resources to support children and young people's mental health and well-being during these uncertain times.
6	If you are Thrive trained, have you used the resources on Thrive online? Do you have a plan in place which could be shared with the new school?
7	The designated teacher from your child/children's new school will make contact with you to introduce themselves to you and the child/children. They will also make contact with the designated teacher from their old school and together they will review PEP outcomes and make sure they are appropriate for September. PEP reviews may happen by video where possible, so if you have the technology you should be invited. Speak to your ESLAC education support worker.
8	Talk about the things they will need for their new school, uniform, equipment and also things they will not be able to take/wear/do in school.
9	Before the child/ren go back, make sure they know where to go to, who their teacher is and who they ask if they need help.
10	Once the schools do go back to school their new designated teacher, ESLAC and IRO will continue to regularly monitor how they are settling in over the first year. This will be reflected in the PEP and the regular progress reviews the school submit to the Virtual School. If you have any concerns about how the child/young person is coping with the transition then please contact the designated teacher or ESLAC to discuss.
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