

Mrs Dowdell's Parenting Pointers

All change!

Next week, you'll find out who your child's teacher will be for next year. The classes in years 3 and 4 are also being mixed, so children will be discovering who their classmates will be. How parents react to this news will influence how confident our children feel. The children will get an opportunity on Wednesday 3rd July to spend a day with their new teachers, let's do all we can to prepare them for a positive experience. Here are some things to think about ...



Change is inevitable, it's part of life. Some of us thrive on change, we don't like getting stuck in a rut and we enjoy new experiences. Others find change really challenging, we like consistency and predictability and change feels uncomfortable. Our children are no different. A few will be very ready to move to a new class teacher and a new year group and enjoy this rite of passage. But for many children, and especially those with additional needs, getting used to new faces and a new classroom can be very unsettling. We recognise this in school,

which is why we let children and parents know early in July who their teacher will be from September. We will be doing all we can to help the children feel positive about the next school year.

How we model managing change to our children will have a huge impact on how they cope. If we show that we are anxious or disappointed, our children will pick up on that. Alternatively, if we are positive and excited for them (even if we are feeling unsure ourselves) we are setting up positive expectations for the next academic year. As parents, we will be anxious about some changes more than others, the crucial thing is that we are always positive and supportive of school changes in front of our children. Sometimes building new relationships in school can be tricky but if we provide reassurance and a calm approach to challenges, our children will learn to build resilience and adapt to change more quickly. We all want the same outcome; happy children who enjoy learning and are progressing and achieving their potential. The Foundry Lane school motto is "Working together" and we need to make sure that as parents we are modelling this in our attitudes.



Finally, for our year 6 children (and their parents), this is a time of huge change as they move on from Foundry Lane to secondary school. I remember being unprepared for the lack of connection I felt with my children's secondary school, just because I wasn't doing the school run every day. I found I had to be more intentional in finding ways of connecting with my children as they became more independent. Maybe arrange times when you can hang out together, take them for a milk shake and chat about how they are getting on. They may not want to talk, but keeping lines of communication open means children know we are available and ready to listen when they need us. Familiarise yourself with who you need to contact if your child does develop any problems. It's far better to resolve any issues early on. Even if contact with secondary school feels a bit more remote, parents can be proactive in building positive relationships with tutors and year group leaders.

If you need to chat about this article or any other parenting-related issues, please email me at parenting@foundrylaneprimary.co.uk.