

# Family What To Do: Worries around starting a new school

Top Tips for preparing scholars who might be worried about starting at DMA

## Why might your child be worried about starting a new school?

Big life changes are scary for anyone, whether they are an adult or child. This is completely normal and could be exacerbated by a number of reasons: your child could be the only one coming to DMA from their primary school; they could have had a negative experience at primary school; or they could simply just be nervous.

## How would you know if your child is nervous?

Some behaviours that might lead you to believe that your child is nervous or worried could be:

- Your child expresses negative opinions about the academy
- Your child might verbally say that they do not want to start at the academy
- Your child's behaviours or personality might change the closer to the end of summer we get
- They may become withdrawn, quiet or angry in relation to starting at DMA

## How can you help your child to recognise these feelings?

Before your child starts at DMA it is vital that you talk through this experience with them, even if they have siblings at the academy. If you notice that your child seems nervous you could try the following initial steps:

- Listen to them and understand the worries that they have
- Ask your child to write down all of their worries either before or while you talk to them

## How can you reassure you child?

To help your child to cope with the stress of moving to a new school you can do the following things

- Go through the website with them and watch the videos with them - such as the school tour - so that they can familiarise themselves with the building
- Help your child to be organised – for tips on this please see the Being Organised WTD
- Talk through any concerns and try and focus on all the positives of starting a new school
- Ask them to imagine the academy as an exciting adventure and talk through the types of friends they would like to make and what they would like to achieve
- Reinforce our three-way partnership by reminding them that our staff are kind, helpful and approachable
- If you have any further concerns please email [kjenkins@dixonsma.com](mailto:kjenkins@dixonsma.com)

## Final transition tips

- Worrying about moving to a new school is normal, so please reassure your child that plenty of other scholars will feel the same way
- Remind your child that many of our Year 7 scholars are the only one from their primary school
- Go through the website with your child so that they are familiar with our academy and its routines
- Talk positively about how great our school is – try not to dwell on any negative feelings
- Follow [@dixonsma\\_2027](https://twitter.com/dixonsma_2027) on twitter for some more transition tips
- Email [kjenkins@dixonsma.com](mailto:kjenkins@dixonsma.com) with any questions, queries or concerns