



Transitioning to the Ursuline High, Wimbledon – Resources and Top Tips

To prepare your child for starting at The Ursuline visit the [Transitions Hub](#) where you will find a host of valuable information including our Transitions Booklet, FAQs, and these Resources & Top Tips. All these resources in addition to other important information are also shared directly with parents via email during the period from Offers Day to the start of the year 7 term.

Moving to secondary - Top Tips

Talk to your child and listen to any concerns they have. Be positive and enthusiastic about the transition to secondary school. Your child is more likely to look forward to their first day without too much anxiety if you stay positive.

Look at our [website](#) and [Transitions Hub](#) (host to our Booklet, FAQs and Resources/Top Tips) and encourage your child to do the same. This is a good way to become familiar with policies, school life and activities.

Over the summer, introduce your child to older children that attend our school, so they will have a friend to look out for during the first few days at the new school. Arrange to meet anyone you may know starting Year 7; this will help them feel less anxious on day 1.

Involve your child and get prepared in plenty of time. This might involve taking your child 'school shopping' and getting their stationery items, uniform, etc.

Over the summer, gradually increase opportunities for independence and responsibility.

During the Summer holidays plan your child's route/s to school and do some trial runs (Read our Travel Top Tips below). Consider alternative routes too.

Have regular scenario-based conversations with your child, e.g. what to do with cancelled trains, alternative journeys, other concerns.

Agree morning and after school schedules.

Discuss safety and family expectations.

Buy an alarm clock if your child doesn't already have one!

Make sure you/they know what travel cards are needed. Sign up to get the Oyster 11-15 if your child doesn't already have one. They will need this for bus and tube travel, and as ID to buy discounted train tickets. If your child is travelling to school by train, make sure you have arranged a ticket for this journey (Speak with the train provider about options as they all offer different things).



Note any important information they might need and ensure it's in their blazer: School phone number (if they are running late), trusted adults phone numbers, route to school (including alternative options).

No doubt, during the summer holidays, bedtime will be a lot later than usual and getting up in the mornings will also be a late lazy affair! To avoid giving a shock to the system, during the last week of the summer holidays wake up early as if it was a school day.

Once school starts, help your child become more responsible. Get them into the habit of checking their school timetable and getting everything ready for the next day the night before, whether it be phone charging, the right books, PE Kit, or Food Tech ingredients. Having a homework board and activity schedule on their bedroom/study wall and by the front door can help with this. Make sure they pick up the right habits from the start.

Consider any changes you may need to make at home to ensure there is space and peace and quiet for homework to be completed without distractions. You may want to set homework times and spaces - before dinner in the lounge/kitchen/study for example. A dedicated desk for your child's room can be a game-changer but do what is right for your child (some children don't study well in their bedroom as there are too many distractions).

Encourage your child to join lunchtime clubs or after-school activities. This is a great way for them to make new friends with the same interests, outside of their form.



Travel Tips

The move to secondary school quite often involves travelling independently and travelling further distances. These are some points you might like to discuss:

- The safest route to/from school.
- Do they know alternative ways to travel to school if their usual route is down?
- Footpath safety - walk away from the kerb.
- The safer places to cross, and the way to use formal crossings properly.
- How to deal with hazards enroute.
- The importance/benefits of travelling in small groups.
- Location of the bus stop, tube, train station and platforms.
- The bus/train they need to catch.
- How to buy a bus, train, or tube ticket.
- Can they read a bus or train timetable?
- What time does the train/ bus leave in the morning and in the afternoon?
- The need to double check bus/train routes and times, and not to just assume.
- What should they do if the bus or train is late or cancelled?

- Who can they ask for information or help?
- Have they practiced the journey a couple of times?
- Do they have any concerns about travelling by public transport?

General preparation for safe journeys

When children start to become more independent while travelling to school, parents naturally have concerns regarding their personal safety. The points below might be useful for you to consider with your child, so that both of you can minimise risks:

- Encourage your child to travel to school with their phones hidden and avoid wearing earbuds/headphones. It brings a distraction, makes them an easier target and is not good road safety generally.
- Do they know how to behave while walking or on the bus, tube, or the train?
- Does your child know what to do in an emergency?
- Wear high visibility clothing for their journey if travelling at dusk or in the dark.
- Do they know where it is safest to sit on the bus, train, tube etc?
- Do they know what to do if they leave a bag behind on the bus, train etc.
- Do they know who to go to for help? How could they identify a trusted adult?
- Agree places along the way (shops or friends' houses) where they can stop if feeling unsafe.
- know how / when you expect him or her to get home?
- Have an updated list of the phone numbers of your child's friends, friends' parents, school, and a neighbour (including surnames, not just first names or nicknames).



Phones, Smart Devices and Social Media

At the Ursuline, year 7 students are permitted to bring a mobile phone to school for travel purposes, but it must be a traditional 'non-smart' phone only. A non-smart phone has no access to external apps and cannot connect to the internet. [Smartphone Alternatives for Kids](#). Any year 7 student carrying a smartphone will be in breach of our Policy and the Agreement of Expectations signed by parent/carer.

All phones are to be turned off prior to entering the school site and stored in their locked locker for the duration of the school day. Any phone/watch seen or heard around the school site, outside of lockers will be confiscated.

Students can bring internet-enabled tracker devices to school, e.g. Apple/Amazon tags, should parents wish to track their child's journey to and from school in real time. Smart watches are NOT permitted on school premises. Please ensure they are left at home.

In accordance with [our Digital Learning & Safety Policy](#) and minimum age requirements, we have a no social media policy for our Year 7s and ask that this is supported by our families. This includes but is not limited to BeReal, Discord, Facebook, Instagram, Pinterest, Snapchat, TikTok, and WhatsApp.

Visit the '[Keeping Safe Online](#)' page of our website to read our **Smart Devices and Social Media guidance, resources and recommendations**, and access our expansive library of **recommended resources** and **valuable guides**.

Thank you in advance for your support. We need to work together to support our young people, and we are stronger when we all do the same.

PARENTING RESOURCES

Our [Transitions Hub](#) (within the Admissions section of our website) is full of valuable information including our Transitions Booklet, Resources & Top Tips.

[Health & Well-being](#)

[Parent/Carer Support Services](#)

[Online safety, smart devices and social media](#)

[Starting secondary school - BBC Parents' Toolkit - BBC Bitesize](#)

[Supporting children's transition to secondary school: guidance for parents and carers | Anna Freud](#)

[Preparing for the move | Parentkind](#)

[YoungMinds](#)