



SUPPORTING A POSITIVE START TO SCHOOL TRANSITIONS

A PRACTICAL GUIDE FOR JUNIOR SCHOOL PARENTS AND CARERS

WORKING TOGETHER: OUR SHARED RESPONSIBILITY

Moving to the Juniors and returning after six weeks at home can naturally feel overwhelming for children and parents alike. While our school offers a warm, structured setting, your calm encouragement at drop-off is what helps your child feel secure and ready to learn. By working together—and keeping goodbyes quick, confident, and positive—we can help your child build real confidence and independence in their start at Fleetville Junior School.

1 Establish Calm, Predictable Routines

Reduce morning anxiety by preparing uniform, bags and lunches the night before. Use visual schedules to keep mornings predictable and stress-free. Start establishing predictable morning routines in advance of the school term.



2 Manage Your Own Emotional Cues

Children look to parents to judge safety. If you appear anxious, lingering, or tearful, your child assumes school is unsafe. Project calm confidence—even if you feel nervous inside.



3 Reframe the Narrative

Focus on positive, concrete details: seeing friends, exciting subjects or playground games. Acknowledge worries without dwelling on them: "It's normal to feel nervous, but you can handle this. I look forward to hearing about your great day when I pick you up."



4 Create a Swift Goodbye Ritual

Adopt a firm, confident & calm goodbye. Keep drop-offs brief. Establish a clear ritual—a quick hug, a special handshake, or a phrase like, "See you at 3:30pm"—then leave promptly without lingering or sneaking away. Transitional objects or a simple note can support this.



5 Do Not Reinforce Avoidance

Allowing a child to stay home or rewarding morning distress with extended attention strengthens school anxiety long-term. Consistent and timely attendance is essential to overcoming anxiety.



When & How School Supports You

If your child struggles at drop-off, our staff will receive them quickly and guide them to their classroom. In almost all cases, unsettled children calm down within minutes of parents leaving. If anxiety persists as an ongoing concern, we will work with you to establish a structured support plan.