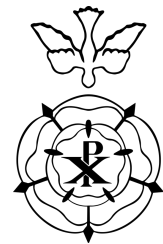




The McAuley Catholic High School



Transition tips

September 2026

FOR PARENTS

Talk positively about the change - Children often take emotional cues from adults. Speaking positively about secondary school helps build excitement and confidence. Acknowledge any worries your child has, but reassure them that it's normal to feel nervous and that support will always be available.

Encourage independence little by little - Secondary school involves more responsibility, so giving your child small independence now can really help. Encourage them to manage their own belongings, organise homework, and follow routines such as packing their bag or getting ready in the morning.

Practise routines and the school journey - Getting used to new routines before September makes a big difference. Practising the journey to school, talking through timetables, and discussing what a typical day might look like can help your child feel more prepared and less anxious.

Listen and keep communication open - Make time for regular conversations about how your child is feeling. Some worries may seem small to adults but feel big to children. Listening without judgement helps your child feel supported and more confident about asking for help when they need it.

Stay connected with the school - Take advantage of transition events, information evenings and communication from both primary and secondary schools. Follow McAuley on social media [@mcauleyhighschool](#) [@McAuleySch](#)

FOR STUDENTS

It's okay to feel nervous - Lots of children feel excited and worried at the same time about starting secondary school. That's completely normal. Remember, everyone else is new too, and teachers understand how you're feeling.

Ask questions and ask for help - If you're not sure where to go, what to do, or how something works, just ask. Teachers, support staff and even older students are there to help you – you're never expected to figure everything out on your own.

Try your best to stay organised - You'll have different lessons and teachers, so using your planner, checking your timetable and packing your bag the night before can really help. Don't worry if you forget sometimes – organisation is something you'll learn over time.

Be kind and be yourself - Making new friends takes time, but being kind, polite and yourself is the best place to start. Joining clubs, teams or activities you enjoy is a great way to meet people with similar interests.

Remember: you've got this! - Primary school has prepared you well for this next step. You already know how to learn, try new things and solve problems. Secondary school is just a new place to use those skills and grow even more.

