

Want to find out more?

- Young Carers www.glosyoungcarers.org.uk
www.babble.carers.org
- Online Safety www.thinkuknow.co.uk
- Wellbeing & Mental Health www.onyourmindglos.nhs.uk
www.youngminds.org.uk
www.gloucestershireselfharm.org
- Bullying UK www.bullying.co.uk
- Drugs & alcohol www.talktofrank.com
- Parenting www.familylives.org.uk
- Free School Meals www.gloucestershire.gov.uk/educationgrants

☞☞ *If you need help, don't be afraid to ask, if you don't ask, you don't get - Jess* ☞☞



Supporting the "YOUNG" in young carer

For more information regarding young carers' issues contact:

01452 733060

www.glosyoungcarers.org.uk

info@glosyoungcarers.org.uk

(Registered Charity No. 1090289)



Moving Up to Secondary School



Supporting the "YOUNG" in young carer

A survival guide for young carers & their families

Moving up? 🤔 Read this!

The transition to secondary school can be a worrying time. You go from a school you know well, where you are among the oldest.....to a larger school, which could be further away from your home, where you will be one of the youngest!

New subjects

New building

New teachers

New rules

New friends

Remember: All young people have some fears about going to their new school.

☞☞ Relax - it's not as scary as it first seems ☞☞
- Michael

Common Worries & some handy Hints to Help!

| | |
|-----------------------------------|--|
| Journey To School | Practice your journey in advance to see how long it takes. Find out if any friends near you are making the same journey. |
| Homework | Be organised, use your planner. Make sure there is a clear space at home to use where you can concentrate. |
| Friends | Everyone is nervous. Remember friendships take time to develop and it will take a while for them to form and settle down in year 7. Be nice – and hopefully others will too! |
| Uniform | Buy early. Don't get caught in a last minute panic. Try it on before the first day. Practice tie tying. |
| Getting Lost Around School | Don't be afraid to ask staff or other pupils if you get lost, they will be happy to help. |

Top Tips for Parents

- Encourage your child to get to know the **Young Carers School Lead** and decide as a family what information you want to share with them.
- Make sure the school understand any special arrangements they need to make sure that your family can fully participate in school events such as parents evenings.
- Ensure that if your child is eligible for free school meals that you apply - as this enables the school to access extra funding.

☞☞ There's a lot more support available to you at secondary school so use and embrace it - don't be afraid to talk about what is affecting you ☞☞
- Helen

Each secondary school has a member of staff (**Young Carer's School Lead**) who takes overall responsibility for the wellbeing of young carers.

At

the person is

School Nurse drop in is on

Both the young carers school lead and the school nurse will understand young carers issues and will respect confidentiality.