

STRATEGIES TO MANAGE ANXIETY AND BUILD RESILIENCE FOR PARENTS AND STUDENTS AS WE TRANSITION TO A NEW SCHOOL YEAR

Have faith in the decisions made by the school for your child's class placement. A huge amount of effort, thought and collaboration between teaching staff, wellbeing staff and leadership goes into the placement of your child. Thought is given to friendships, abilities, personalities and where that particular child is likely to flourish as an individual and as a class member.

Don't make judgements about teaching staff based on others' experiences or anecdotal information. Be prepared to have an open mind and a positive, optimistic outlook in the year ahead. Children are well aware of your attitudes and can follow on from your lead.

Help your child to realise that it is important to work with a variety of peers throughout their school years. Often friendships can be made unexpectedly, simply because you have been placed in a different group than usual and discover that you have mutual interests or similar sense of humour.

Encourage your child to be more adventurous and to trust themselves. Resilience is built from change and experience.

Be role models for your children. Demonstrate to them your ability to problem solve and to adapt to new situations, to make mistakes but to continue on with renewed enthusiasm that "next time I'll get it right".

Model patience, understanding and compassion for your children. Often students faced with a different class grouping instantly make judgements about who they "like" and "don't like". Encourage them to be open and accepting – others will follow suit.

Children mostly fear not being with their friends. Point out how lucky they are to have the opportunity to meet new friends. Encourage play dates and introduce yourself to new parents. Once again, model the behaviour you would like your child to adopt.