



KING EDWARD VI
SHELDON HEATH
ACADEMY

Dear Parent/Carer,

As we prepare to welcome our students back to school, we recognise that returning after the summer break can bring a mixture of emotions for both children and parents. While many young people look forward to seeing friends and settling back into routines, others may feel nervous or uncertain about the new school year.

To help make the transition as smooth as possible, we would like to share some practical tips that may support your child as they prepare for the start of term.

Build Excitement Together

Talk positively about the return to school and encourage your child to focus on things they can look forward to, such as seeing friends, meeting teachers, joining clubs, or learning new subjects. Discuss any changes that may be happening and reassure them that it is normal to feel both excited and nervous.

Focus on Facts

When talking about school, focus on practical information such as start times, lessons, or routines rather than guessing how your child may feel. Often, children simply need someone to listen to their thoughts and concerns.

Encourage Independence

Small choices can help children feel more confident and prepared. Allow your child to make simple decisions, such as choosing school supplies, organising their bag, or selecting their uniform items. These opportunities help build confidence and responsibility.

Re-establish School Routines Early

A week before school starts, begin gradually returning to term-time routines. Earlier bedtimes, consistent wake-up times, and preparing school items the night before can make those first few mornings much easier.

Make the New Routine Familiar

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If your child is starting a new school or experiencing changes to their routine, practising beforehand can help. Walking the route to school, discussing arrangements for the day, or creating a simple visual timetable can reduce uncertainty and build confidence.

Make Goodbyes Easier

For some children, saying goodbye at the school gate can be difficult. Keeping goodbyes warm, positive, and consistent can help children feel secure. Reassure them that you will see them at the end of the school day and acknowledge any worries they may have.

Talk About Worries Positively

If your child has concerns about school, listen carefully and validate their feelings. Instead of immediately reassuring them that everything will be fine, encourage problem-solving and discuss practical ways to manage worries. This helps children feel understood and confident that they can cope with challenges.

Allow Time to Unwind After School

Returning to school can be tiring. Some children may need time to talk about their day, while others may prefer quiet time, physical activity, or simply relaxing. Providing a snack, a little downtime, and a calm environment after school can help them recharge.

Starting a new school year is about much more than academic learning. It is an opportunity for children to develop independence, confidence, resilience, friendships, and a sense of belonging. By working together, we can help every child feel safe, supported, and ready to succeed.

We look forward to welcoming all students back and wish every family a positive and successful start to the new school year.

Kind regards,

Mr M Billyeald
Head of School