



# WOODBIDGE HIGH SCHOOL

## Transition: The Research

If you want to read further around transition and how you can support here are some articles, books and research we suggest:

### Articles:

Resilience in Children: Strategies to Strengthen Your Kids

<https://www.psycom.net/build-resilience-children>

Building Resilience in Children – 20 Practical, Powerful Strategies

<https://www.heysigmund.com/building-resilience-children/>

Resilience Guide for Parents & Teachers

<https://www.apa.org/helpcenter/resilience>

### Books:

Go Big: The Secondary School Survival Guide – Matthew Burton

[https://www.amazon.co.uk/Go-Big-Secondary-School-Survival/dp/152636235X/ref=sr\\_1\\_1?crid=1ZF0EBFBJ6FAJ&dchild=1&keywords=secondary+transition&qid=1588414932&prefix=secondary+tr%2Caps%2C377&sr=8-1](https://www.amazon.co.uk/Go-Big-Secondary-School-Survival/dp/152636235X/ref=sr_1_1?crid=1ZF0EBFBJ6FAJ&dchild=1&keywords=secondary+transition&qid=1588414932&prefix=secondary+tr%2Caps%2C377&sr=8-1)

My Awesome Guide to Getting Good at Stuff: World Book Day 2020 - Matthew Syed

[https://www.amazon.co.uk/Awesome-Guide-Getting-Good-Stuff/dp/1526362686/ref=pd\\_bxgy\\_img\\_2/259-2534693-2675322?encoding=UTF8&pd\\_rd\\_i=1526362686&pd\\_rd\\_r=730c9a73-7007-4cc1-a15d-72a0b1289718&pd\\_rd\\_w=xdThL&pd\\_rd\\_wg=9ZT2q&pf\\_rd\\_p=106f838b-b7d1-46e9-83e0-f70facc857bf&pf\\_rd\\_r=DJ9DA6HJSM5K259Z3216&psc=1&refRID=DJ9DA6HJSM5K259Z3216](https://www.amazon.co.uk/Awesome-Guide-Getting-Good-Stuff/dp/1526362686/ref=pd_bxgy_img_2/259-2534693-2675322?encoding=UTF8&pd_rd_i=1526362686&pd_rd_r=730c9a73-7007-4cc1-a15d-72a0b1289718&pd_rd_w=xdThL&pd_rd_wg=9ZT2q&pf_rd_p=106f838b-b7d1-46e9-83e0-f70facc857bf&pf_rd_r=DJ9DA6HJSM5K259Z3216&psc=1&refRID=DJ9DA6HJSM5K259Z3216)

Transition from Primary to Secondary School: Key things Parents need to discuss with their children – Trisha M Samuel

[https://www.amazon.co.uk/Transition-Primary-Secondary-School-children/dp/1492216321/ref=sr\\_1\\_3?crid=1ZF0EBFBJ6FAJ&dchild=1&keywords=secondary+transition&qid=1588415151&prefix=secondary+tr%2Caps%2C377&sr=8-3](https://www.amazon.co.uk/Transition-Primary-Secondary-School-children/dp/1492216321/ref=sr_1_3?crid=1ZF0EBFBJ6FAJ&dchild=1&keywords=secondary+transition&qid=1588415151&prefix=secondary+tr%2Caps%2C377&sr=8-3)

[https://www.amazon.co.uk/Building-Resilience-Children-Teens-Giving/dp/1581108664/ref=mp\\_s\\_a\\_1\\_1?dchild=1&keywords=building+resilience+in+children&qid=1588407126&prefix=building+resi&sr=8-1](https://www.amazon.co.uk/Building-Resilience-Children-Teens-Giving/dp/1581108664/ref=mp_s_a_1_1?dchild=1&keywords=building+resilience+in+children&qid=1588407126&prefix=building+resi&sr=8-1)

### Academic Research:

Project Zero's Thinking Routine Toolbox

<https://pz.harvard.edu/thinking-routines>

Center on the Developing Child - Resilience

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

Identifying factors that predict successful and difficult transitions to secondary school -

[https://www.nuffieldfoundation.org/wp-content/uploads/2019/11/STARS\\_report.pdf](https://www.nuffieldfoundation.org/wp-content/uploads/2019/11/STARS_report.pdf)

Transition from Primary to Secondary (from NZ but very relevant)

Kindness

Tolerance

Respect

Excellence

<https://www.ero.govt.nz/publications/evaluation-at-a-glance-transitions-from-primary-to-secondary-school/6-transition-from-primary-to-secondary-school/>

### **SEN Focused Resources:**

Moving on to secondary school

<https://www.mentalhealth.org.uk/learning-disabilities/our-work/employment-education/moving-on-to-secondary-school>

Moving On... Suggestions for busy families with a child with special educational needs moving on to secondary school.

<https://www.mentalhealth.org.uk/sites/default/files/moving-secondary-school-17042013-d2146.pdf>

(Here is a passport type page we are asking all students to complete)

### **For Children:**

Moving On... Top tips for pupils moving on to secondary school

<https://www.mentalhealth.org.uk/sites/default/files/moving-on-top-tips-for-pupils.pdf>

Don't Worry, Be Happy: A Childs Guide to Overcome Anxiety

[https://www.amazon.co.uk/Dont-Worry-Be-Happy-Overcoming/dp/1786852365/ref=mp\\_s\\_a\\_1\\_10?dchild=1&keywords=building+resilience+in+children&qid=1588407149&sprefix=building+resi&sr=8-10](https://www.amazon.co.uk/Dont-Worry-Be-Happy-Overcoming/dp/1786852365/ref=mp_s_a_1_10?dchild=1&keywords=building+resilience+in+children&qid=1588407149&sprefix=building+resi&sr=8-10)

### **Improving Self Esteem:**

Kids Health – Your child's self-esteem

<https://kidshealth.org/en/parents/self-esteem.html>

Today's Parent - 11 tips on building self-esteem in children

<https://www.todayparent.com/family/parenting/how-to-build-your-childs-self-esteem/>

Young Minds – Supporting Your Child's Self-Esteem

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>