

## STARTING A NEW SCHOOL FOR ALL AGES

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No matter their age, ability or stage of development, living through a global pandemic has been a great time of upheaval and uncertainty. In September some children will also have to cope with transitioning to a new phase in their education.

As a mother of 4 children ranging between the ages of 20 to 11, I have experienced supporting all my own children through the transition to nursery, nursery to primary, primary to secondary and finally on to university. As a former teacher, I have also seen that process from the school's perspective.

This session will explore how parents can prepare their children for the transition through various educational stages and how to manage change in general.

## SESSION OUTLINE

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- Practical preparation
- Think throughs & role play
- Setting boundaries & expectations
- Solution time
- Fostering independence
- Managing emotions

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- Handbook complete with information covered on the session
- Open forum for questions and discussion

## RACHEL VECHT (FACILITATOR)

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Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. Over the past 20 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, writes for the national press, speaks in schools and offers one-to-one consultations to parents globally.