



# DARWEN VALE

An Aldridge Community Academy 

## ***Advice for Anxious Parents***

Moving school can be daunting;

For some of us, school is a distant memory and it is tempting to let our own experiences influence our judgment, both positively and negatively. Just because you found secondary school easy/hard/awful/amazing doesn't mean it will be the same for your child. If you are worried this can sometime make your family worry as well. Try and approach the subject positively. Contact us if you want some reassurance and have a look through all the information we have sent to you.

We find that students who transition well generally have a good level of resilience; they can cope with ups and downs. There is a lot of science and additional reading you can do around these areas (here's a link if you are interested in this) but improving resilience is something you can work on at home with your family.

Resilience is the foundation to progress: it allows children to learn how to pick themselves up, how not to worry about making mistakes and how to learn from them. Very rarely do we do anything perfectly the first time; this is true of education as well as life beyond school which is why resilience is so important. We will dedicate lots of time during year 7 to this principle. We will support students in gaining confidence and helping them to understand that it is okay to get things wrong sometimes and what is more important is what happens next.

Our actions are heavily driven by our emotions which in turn feed off our thoughts. Happy thoughts lead to positive emotions which lead to positive actions. Negative thoughts (e.g. worry) lead to negative emotions and negative actions. If we can equip our children up see the positives even in failure they are more likely to be resilient and therefore make better progress.

Children who have low resilience often have low self-esteem and this is something with which you can really support your child over the summer. Young people often judge themselves on their competence (what they can do) rather than their character (who they are/their values). This can lead to developing low self-esteem. At Darwen Vale we build character in our students by ensuring that the Aldridge Attributes (problem-solving, creativity, determination, passion, risk-taking and teamwork) underpin all lessons in our curriculum.

Setting achievable goals has proved very effective in raising self-esteem. Try and set goals around activities your child enjoys and can achieve (but make sure they do have to work for them). When they achieve this goal they feel good thanks to the release of the hormone dopamine. This reinforces the child's thinking that they can be successful.

Here are some other ideas on how to help improve self-esteem: [Improve self-esteem](#)

We are really excited to welcome you to #Teamvale and have lots of information about what we are doing to support transition on our website: <http://www.darwenvale.com/year-7/>