

Post Primary Resource



Top Tips for Starting or Returning to Post-Primary School

1. Start by talking to your child about going back to school.
2. Discuss the positives and explore any concerns your child may have.
3. Create a back-to-school plan together. Include key preparation tasks, such as getting a new school bag or uniform, visiting the school, meeting the new teacher (or viewing their photo on the school website), and gradually returning to a school routine before term starts.
4. Use social stories to help prepare your child and read through them together.
5. Arrange regular check-ins with your child's teacher to plan, review, and monitor progress.
6. Complete a communication passport with your child and share it with the SENCo to support their individual needs.

Communication Passport

About Me

My name: _____

A few things people should know about me:

Something I enjoy



Something I find difficult



Communication

I communicate best by:

- ☐ Talking
- ☐ Writing or typing
- ☐ Gestures or body language
- ☐ Visual supports
- ☐ Other: _____

When communicating with me, it helps if you:

Please avoid:

My Sensory Profile

Sensory Preferences (circle each that apply)

Things that can affect me:



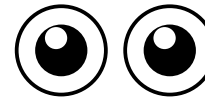
Taste



Touch



Smell



Visual



Sound

I may find these difficult:

Helpful strategies:

I may find these difficult:

Helpful strategies:

I may find these difficult:

Helpful strategies:

How to Support Me

Things I may find challenging

- ☐ Waiting or having to be patient
- ☐ Taking turns or sharing ideas
- ☐ Working with others
- ☐ Following instructions
- ☐ Remembering information or tasks
- ☐ Starting tasks independently
- ☐ Staying focused or managing distractions
- ☐ Asking for help when I need it

Other things that can be challenging for me:

Things that may make me feel stressed or overwhelmed

I may find these situations difficult:

Examples:

- Changes to routines
- Too much noise or activity
- Feeling rushed
- Difficult tasks
- Social situations

How adults can support me:

- ☐ Check that I understand instructions
- ☐ Give me time to process information
- ☐ Prompt me to start tasks
- ☐ Provide clear expectations
- ☐ Give me a 5-minute warning before I need to pack up
- ☐ Give me space

Things that help me feel calm and ready to learn

These strategies help me:



Starting a new school or returning to school can feel exciting, but it can also feel a little scary or overwhelming. It is normal to feel nervous about new people, new routines, and new experiences.

Sometimes, when we feel nervous, our brain can fill with unhelpful thoughts that make us doubt ourselves or our ability to cope. When this happens, we can challenge those thoughts and replace them with more helpful, balanced ones. This can help us feel more confident and ready to face new challenges.

Look at how the first examples have been completed, then use what you've learned to change the last unhelpful thought into a more balanced thought on your own.

If I forget my homework or bring the wrong books my teacher will give me a detention.	Everyone makes mistakes sometimes. If I forget something, I can explain what happened, learn from it, and try again next time. Using my school bag checklist the night before can help me remember everything I need.
The school is so big, I will never be able to find my way around.	The school is new to me now, but I will learn where everything is over time. I can ask a teacher or another student if I need help.
I won't meet anyone who shares the same interests as me.	It might take a little time, but there are lots of students at my new school. There's a good chance I'll meet people who enjoy some of the same things I do.
The work will be too hard.	Have a go balancing this thought



Schoolbag Checklist

Break/Snacks	☐	Geography books	☐
Pencil case	☐	P.E gear	☐
English books	☐	H.E books	☐
Maths books	☐	Homework Diary	☐
Calculator	☐	Art equipment	☐
Science books	☐	History books	☐
I.T equipment	☐	Lunch Box	☐
Water Bottle	☐		☐