

Helene

School move

Helene is 9. Her dad's got a new job and the family are about to move to another city, so Helen has to move schools. She is very worried about the move as it took her a long time to settle in to this school following the last move two years ago. At first, Helen was bullied and found it hard to make friends. Now she feels settled and has made a few close friends, and the bullying has stopped. She's very worried that with the new move she'll be bullied again and that she won't make new friends. Helene's mum has asked you for some support in preparing Helene for the school move.

- Ask child how she got through move last time – congratulate her on getting through – boost her confidence
- Arrange a family visit to new school – maybe 2 or 3 building up to ½-day.
- Pick out 2 or 3 children at new school that school would recommend as buddies.
- Try arranging with families to visit – Playday.
- Penpal groups to keep in touch with friends.
- Find out interests of Helene for clubs in area or after school clubs.
- Give parents information about clubs in area.
- Make parents aware of signs of bullying and who and contact.
- Positive spin on move.