

PARENTING NEWSLETTER

VOL. 2 JUNE ED.

1ST JUNE 2026



**BACK
TO
SCHOOL**

**New Year, New
Beginnings:
Helping Children
Transition into a
New Academic
Year**

Dear Parents,

A new academic year brings with it fresh opportunities, new friendships, different teachers, and exciting possibilities. While many children look forward to returning to school, transitions can also bring feelings of uncertainty, nervousness, or hesitation.

Whether your child is entering primary school, moving to a higher grade, or beginning a crucial academic year, adjusting to change takes time. As parents and educators, our role is to help children approach these changes with confidence, curiosity, and resilience.



Did You Know?

Children often need 4-8 weeks to fully adjust to new school routines, teachers, peer groups, and expectations.

During this period, temporary changes in mood, confidence, sleep patterns, or behaviour can be a normal part of adaptation and growth.

A calm and supportive home environment significantly helps children settle more comfortably into the new academic year.





A review of transition studies found that children who experience positive school adjustment programs and supportive relationships during the beginning of the academic year show stronger engagement, healthier peer relationships, and smoother emotional adjustment. Research further suggests that students who feel understood, included, and supported during transitions are more likely to develop a positive attitude towards school and learning throughout the year.

How Parents Can Help

Establish Consistent Routines

Predictable schedules help children feel secure. Regular sleep, meal, and study routines provide stability during periods of change.

Focus on Feelings, Not Just Performance

Ask questions such as:

- "What was the best part of your day?"
- "Did anything surprise you today?"
- "Who did you enjoy talking to?"

These conversations encourage emotional expression and connection.



Encourage Independence

Allow children to take responsibility for age-appropriate tasks such as organizing their school bag, preparing materials, or managing simple routines.

Be Patient with the Adjustment Process

Avoid expecting immediate comfort or confidence. Every child adapts at their own pace.



Stay Connected with the School

Open communication between home and school helps identify concerns early and ensures children receive consistent support.

A Gentle Reminder

The beginning of a school year is not a race—it is a period of adjustment, discovery, and growth. Children thrive when they feel safe, supported, and understood.

Together, as parents and educators, we can help them embrace new beginnings with confidence and enthusiasm.

