

10 Steps to Carshalton High School for Girls for Parents

Build your child's confidence.

Settling in well is all about self-esteem. So tell them how great you think they are. They don't have to have done anything special to deserve one; a compliment on how well they look after a pet, or that they are kind or thoughtful, goes a long way. Do this daily and watch their confidence develop.

Remind them to be a good friend.

Remind your child that being a good friend, especially to shy and quiet children, is one way to make friends. Be encouraging if they want to invite friends home and suggest it if they don't.

Listen to their fears.

Your child is possibly anxious and also afraid their concerns will appear trivial. For instance, if they become lost in the maze of corridors, what should they do? They could make their way to the school office – they should have a map – or find a pupil or teacher to direct them. Talk through the options with them. Do this for every concern they may have so that they know you take it seriously.

'Talk up' the School.

Show that you feel positive about CHSG and "talk it up". If you have high expectations, these will be sensed by your child.

Practice the route to School.

Have a trial run of the route, especially if they walk or cycle. If they miss a school bus home you need to talk through what they will do, especially if you are working and can't pick them up straight away.

Prepare early.

Get up earlier during the last week of the holidays so that early starts for school aren't a shock to the system.

Remember uniform matters.

Stick to the uniform code. Your child will feel more comfortable from day one.

In an emergency.

Make sure they have emergency money and credit on their mobile phone.

Think about Home Life.

Think about any changes you might need to make at home so they have the time, space and energy for homework. One parent who has three children shared her strategy: homework begins at a set time every day, after dinner, with all three children working simultaneously to avoid distractions. In the early days you should check their homework diary daily and if it looks empty, check with other parents or the school. Your child may simply forget to write it down.

Encourage your daughter to get involved.

Encourage them to join lunchtime or after-school clubs. They are a great way to make friends. If after half a term they really don't enjoy it, they can drop it.

Give your child a few weeks to settle in. Ensure you know who to contact for any situation, normally their tutor, Assistant Head of Year or Year Leader. If they are having any problems, social or educational, make an appointment to see their form tutor.