

Warning signs:

It's perfectly normal for children to feel unsettled during the first few weeks of secondary school. However, if certain behaviours persist or become more intense, they could be signs that your young person is struggling to cope with the transition.

Look out for physical symptoms such as headaches, stomach aches, or feeling sick (especially on school mornings) as these can sometimes be signs of underlying anxiety. You might also notice emotional or behavioural changes, such as:

- Ongoing trouble sleeping or frequent nightmares
- Avoiding or refusing to go to school
- Sudden changes in mood or withdrawal from activities they used to enjoy
- Loss of appetite or increased irritability

While a few 'off days' are to be expected, consistent patterns could mean your young person needs some extra support. Start by gently checking in with them and giving them space to talk. If worries continue, it's a good idea to reach out to their form tutor, Pastoral Manager or Head of Year.

The earlier you seek support, the easier it can be to put helpful strategies in place and reassure your young person that they're not alone.

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