



Tips for Transitioning to The First Academy

The First Academy is a College Preparatory school where preparing students for transitioning is part of our mission statement. Transitioning to a new school, team, neighborhood, and eventually to college is an adventure. Changing and starting something new develops grit, resilience, character, and confidence! Transitioning is a part of life and a skill that will help your child when he/she goes off to college. Some might find it fun and exciting, others a bit nerve racking. Please know reaching out to the teachers and division for guidance is always welcome.

Below are some suggestions and resources to help navigate the transition for your child(re). We hope they will be beneficial to you and your student. For we realize that a smooth transition and a positive experience will help the social, emotional and academic success of the student.

Get Involved! Learn & Ask Questions

Before School Begins:

- Be Prepared: Read New Family Newsletters, [Back to School Packet](#) & [Parent-Student Handbook](#)
- Attend Admissions New Family Orientation
- Attend Admissions Tuesday Tips & Tea during the summer
- [Summer Quest Camps](#)
- Grade Level Gatherings during the summer to meet friends and other parents

Once School Begins:

- [Parent Association \(PA\) Meetings](#) - hear from the Administration and get information, volunteer, meet other parents, and have coffee!
- Attend TFA Events: Sporting events and Theatre productions. Click [here](#) for our School Calendar
- Attend your child's Chapel service
- Stay in the Know: TFA Today emails and Blogs each week

- Upper School Student House Group/Leadership opportunities/Clubs
- Middle School Echo Groups/Leadership opportunities
- Have friends over (3 or more) and maybe even ask their parents.
Or meet at a park, go bowling, swimming, etc . . . Having a group outing is fun for the kids and parents alike. Your child will see you having fun which speak volumes.

Parent Tips!

- When the parent is relaxed, the child will be relaxed - Calm nonverbals
- Prepare: Review the [Parent-Student Handbook](#) for supplies, uniforms, schedule, lunch/extra cash for lunch, bring lunch, etc . . .
- Our 3 Pledges: http://www.christianhomeschoolers.com/christian_pledges.html
- Encourage your child that they also need to put themselves out there to meet friends and try new things. It's a two way street.
- Come on campus so your child starts to feel like it is his/her school: sporting event, theatre production, Christmas program, summer camps, . . .
- Give it time and have some grace, know it will take time to develop new friendships and get comfortable with the new routine and environment. One friend is all it takes:-)
- Start setting up playdates or get together
- Emphasize strengths
- Explain it's natural and healthy to be nervous and use it an opportunity for growth and to rely on God. This is a life skill
- Remind the student they are learning a great skill of handling change, grit,
 - Use this as a way to let them know you're proud of him/her
- Encourage your student to ask for help, teach them how to advocate for themselves. This builds confidence and leadership – role play and practice with them.
- Tell your child stories of when you started something new, were nervous and how you got through it! Everyone loves a good story:-)
- Pray!

***This is a special time to bond with your child.
Optimize the moments and have fun with it!***

Articles that you might find beneficial:

- <http://www.kellybear.com/ParentTips/ParentTip8.html>
- <http://www.parenting.com/blogs/mom-congress/meryl-ain-edd/tips-transitioning-new-school>
- <https://www.education.com/magazine/article/10-ways-child-adjust-school/>
- <http://www.miracle-recreation.com/helping-children-transition-easily-into-a-new-school-environment/>
- <https://www.mommynearest.com/article/10-tips-to-ease-the-transition-to-a-new-school>