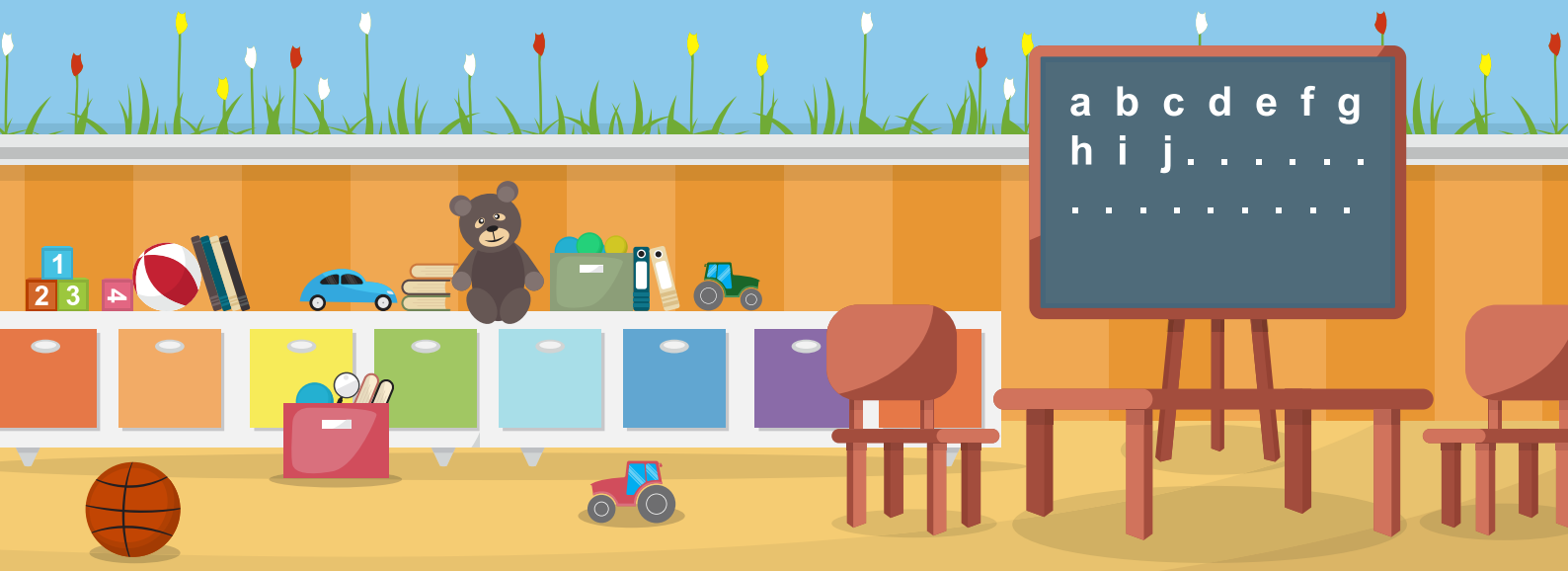




# Moving on up

A useful guide to  
support children from  
Reception Year to Year 2





# Introduction

**Well done, you've made it through a very strange school term.  
It's been different for everyone, so let's see how it's been for you.**

- ☐ I had to do learning at home
- ☐ I missed my friends when I wasn't at school
- ☐ I spoke to my teachers on the computer
- ☐ I missed my teacher
- ☐ I missed running around with my friends
- ☐ My mum or dad stayed home too
- ☐ My mum or dad still went to work
- ☐ I carried on going to school
- ☐ I went back to school but my brothers/sisters stayed at home
- ☐ When I went back to school not everyone was in the same classroom
- ☐ I could wear my own clothes at school
- ☐ I didn't go back to school

Put a ✓ beside the sentences that are true for you!

**Do you know other children that might have put a tick beside different sentences to you?** ☐ Yes ☐ No

I have finished: ☐ Reception / ☐ Year 1 / ☐ Year 2

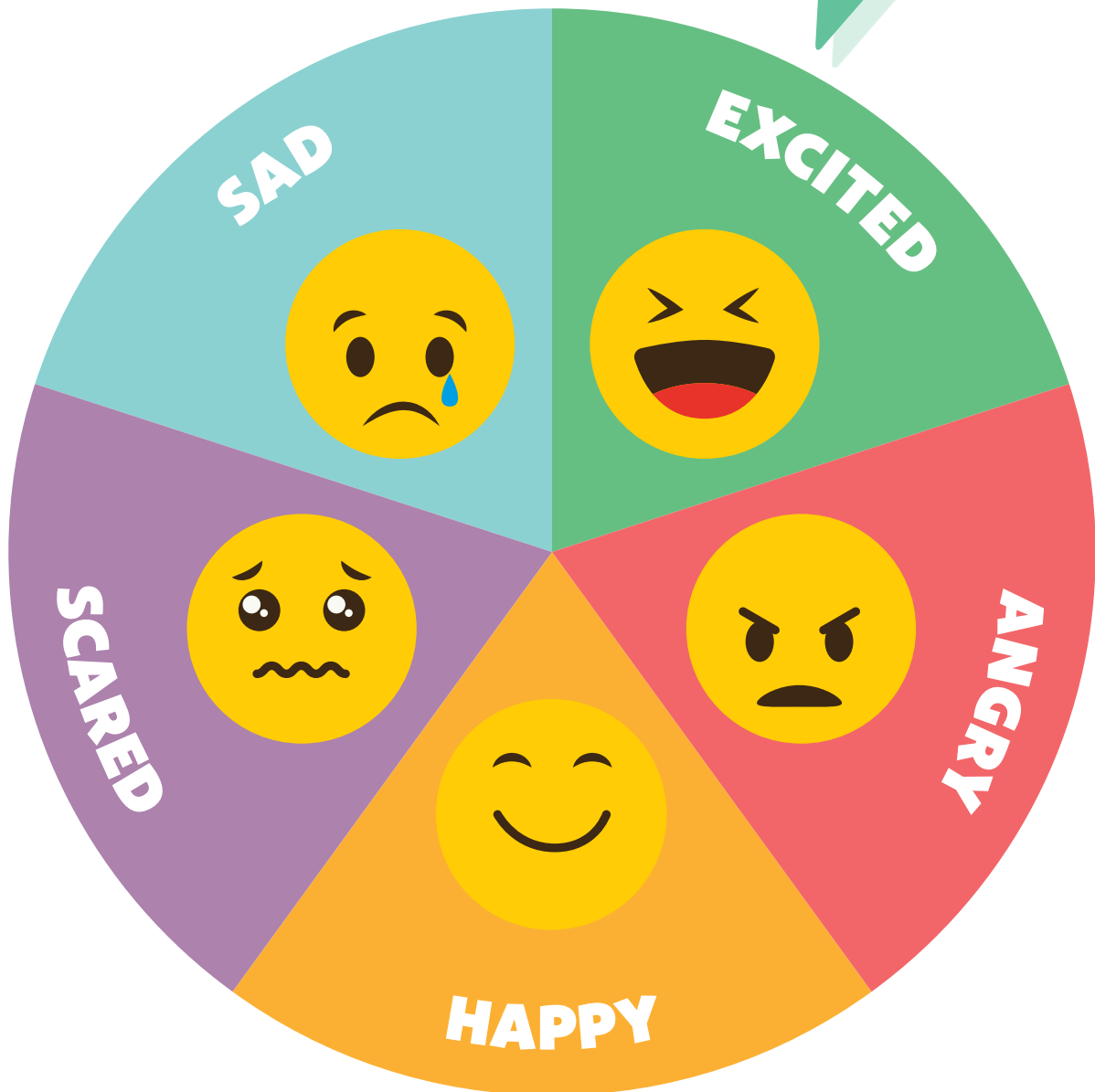
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## Information for Parents and Carers

**D**ear Parents, we've created this guide as a fun way for your child to mark the end of a tricky school year. Working your way through it together will give you the chance to chat about how it's been and for your child to express how they feel about going back to school after the summer.

# This is how I feel right now

You can point to an emoji or just point to a colour.



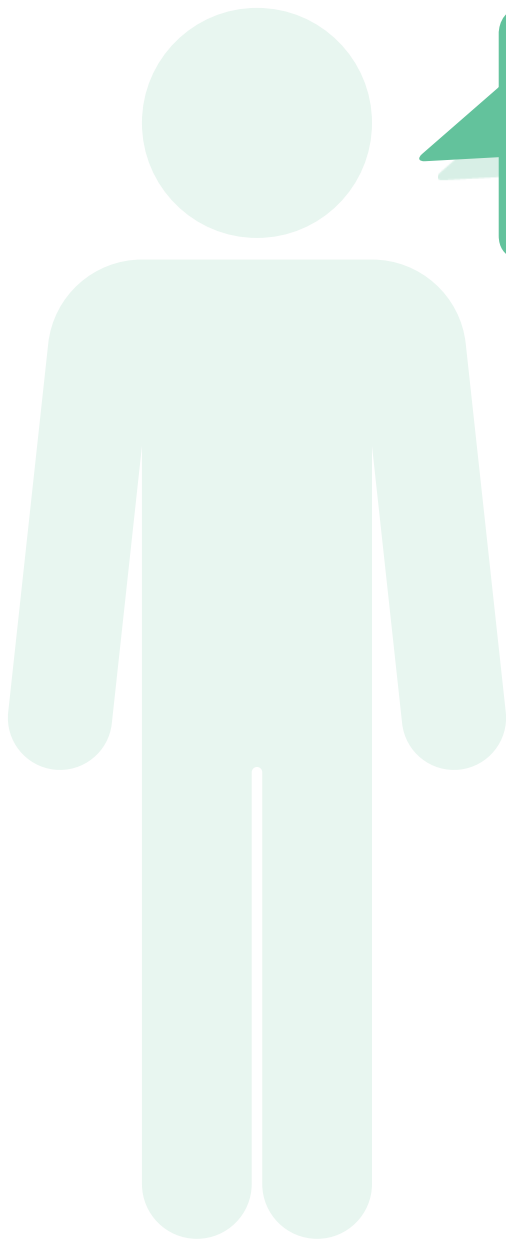
I will miss my teacher and classroom because

I am looking forward to school after the holidays because



# A picture of me

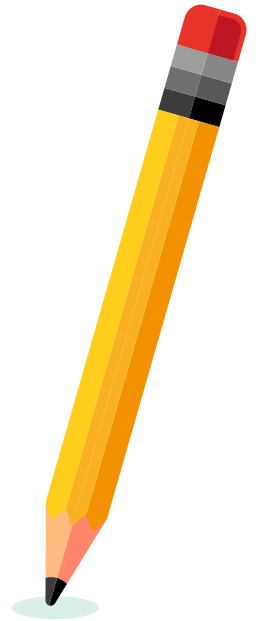
**Draw a picture of what you will wear and the things that you will take with you on the first day back to school after the summer holidays.**



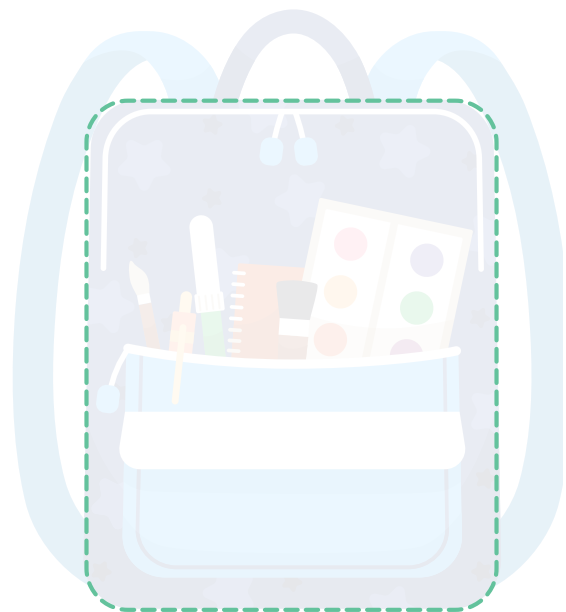
I will be in year .....

My teacher's name

.....



Can you also draw a picture about the fun things you will be doing during the summer holidays? Use the back of this sheet. Perhaps you could make a collage or build some Lego™ if you don't want to draw!



**Have a great summer holiday and well done again on completing this year of school! You can be very proud of yourself.**

# The Big School Bell

Written by Jessica Shaw and Kim McCabe.

If you are feeling worried or upset there are always people who will listen and help you at **Young Minds**.

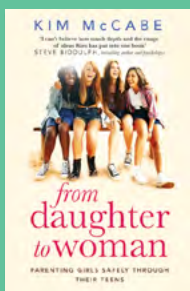
If you are ever in danger or need help, contact **Childline** on **0800 1111**.



This guide has been created by **Rites for Girls** as part of The Big School Bell campaign to help children come to terms with the end of a strange year during a global pandemic. The aim of the guide is to support young people to identify and process their thoughts and feelings about completing this phase of their education and beginning the next. For more resources, information, advice and support, or to learn more about The Big School Bell campaign, head to our **website**, or follow us on social media.



We have also published a **Guide for Parents** which you can find on our website, along with information about our **Girls Journeying Together** groups to support Year 6 and Year 7 girls.



**Kim McCabe** is the founder director of Rites for Girls CIC which, since 2011, has offered year-long Girls Journeying Together groups, support for mothers and training for women wanting to support girls. Author of *From Daughter to Woman* ([available here](#)) and a series of online parenting courses, she guides parents through the preteen and teen years. A passionate believer in the transformative power of creating rites of passage for girls, Kim's on a mission to make the lives of girls kinder, safer and better supported.



This guide has also been endorsed by Steve Biddulph

**Steve Biddulph** is one of the world's best known parent educators. A psychologist for 30 years, he is now retired but continues to write and teach. His books, including *The Secret of Happy Children*, *Raising Boys*, *The New Manhood* and now *10 Things Girls Need Most* are in four million homes and in 31 languages. They have influenced the way we look at childhood and especially the development of boys and men. Today though, the mental health of girls and young women globally is also a major focus.



Rites for Girls®

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