

TIPS TO HELP YOUR CHILD SETTLE IN AT PATANA

Each child is different, but there are a few things that you as a parent can do to help your child settle in. Listed below are some tips which have helped smooth the transition for other families.

LEARN ABOUT THE SCHOOL

Together with your children, learn as much as you can about Patana, before their first day of school:

- Visit the school website together.
- Look over school publications together. Discuss any differences from your previous school and look at new opportunities. Acknowledge that changing schools may be difficult, but be positive as you talk about the move to Patana.
- If your children will begin school at the beginning of Term 1, attend the Primary or Secondary orientations and inductions in late August.
- If you arrive during the school year, make an appointment for parents *and* children to visit and to tour the campus. Ask if it will be possible for you to meet your children's teacher or tutor.
- Get the name and phone number of your Primary Class Parent and Secondary Year group Liaison, and introduce yourself. If you have general questions which haven't been answered elsewhere, the Parent Teacher Group might be able to help (email ptg@patana.ac.th with the subject line "attention: Newcomers").
- Make sure your child knows that she or he will have a "buddy" for the first few days of school. A "buddy" helps your child find their way around the school and sits with them at lunchtime and break times. On occasions, where practical, the school will try to arrange for a buddy to exchange emails with your child in advance, so please enquire about this.
- Practise the route from the bus (or front entrance) to your child's classroom. Familiarise your child with key places (toilets, nurse's office, canteens etc).

GET OFF TO A GOOD START

- If possible, allow time for your child to recover from jet lag before beginning school.
- Try to keep your Secondary student from being too concerned about placement tests (there may be a possibility of adjusting sets later on).
- Younger children should practise changing from their PE kit (clothes and shoes) back into their school uniform, without assistance.
- Consider taking the bus to school one morning with your children
- Your children might enjoy it if you eat lunch with them at least once during their first week.
- If your child has learning difficulties, help them settle by giving the school full details as soon as possible.
- Provide your older children (Y3 up) with a watch, as there are no "bells" at Patana.
- Encourage your children, from youngest to oldest, to become organised and responsible for bringing their PE kit, library books, home learning, and subject folders to school on the correct days.

- Ensure your children understand their Year group's home learning routine and expectations, especially as the system may be different from that which they are used to (Refer to **Home Learning**).
- Quickly establish routines to help your child feel settled at home, to manage their home learning, and to get a full night's sleep.
- At Patana, perhaps unlike your former school, most students have the opportunity to take part in an extensive range of after-school activities which provide an excellent opportunity for children to get to know each other better. You will need to carefully balance the social and recreational benefits with the extended days involved.

KEEP IN TOUCH WITH THE SCHOOL

- Your children's Primary teachers and Secondary tutors should contact you at the end of the first week of school, to let you know how your child is doing in class. (Please contact the Head of Year straight away if you don't hear from the teacher) Please let the teacher/tutor know how your child is adjusting, if their buddy is a good match, or if they are particularly confused by any aspect of their new school.
- Most children settle in well but if your child seems to be having ongoing difficulties, *please* talk with staff as soon as you can. It is best to *promptly* address any difficulties before they grow into larger problems. Follow-up with appropriate staff members as needed.
- If you have come from a very different educational system, you might need to check how your child is progressing and integrating within an international British school. Don't wait until the next scheduled Report or Conference, speak with their teachers early on if you have any concerns or questions.

HELP YOUR CHILD MAKE FRIENDS

- As early as possible, make the extra effort to arrange social opportunities for your children, as seeing someone outside of class can help them feel connected. It can be difficult to coordinate get-togethers in Bangkok, due to traffic and widely dispersed families, but it is worth the effort. Take the initiative and arrange activities which will bring your children and new classmates together
- Remind your children that making friends may take some time. Friendships may grow among those who take the same school bus, or spend time doing activities together
- If you have younger children, you will naturally contact other parents when arranging play dates. Parents of older children are also encouraged to make contact with other parents when their children become friends. The Parent Telephone Directory, behind the Parents' Gateway on the school website, lists all children in a class or tutor group, and gives contact information for all families (unless withheld by the parents)