

# Helping Children Cope with School transitions

Children report that moving, leaving friends, and changing grades, schools or classes can cause great anxiety. Transitions for some students result in academic difficulties, social/emotional problems, decline in self-concept, poor motivation, decreased attendance, and increased dropout rates. One way you can help create a smooth transition is by creating a "moving binder". Using a 3-ring binder, dividers and plastic sleeves, create five sections using the following checklist. By filling each section with the suggested information, you can move to a new school knowing that you have helped your child with a smoother transition. You could even place pictures of friends and family in the binder to make a keepsake for your child. **JUST DON'T PLACE THE BINDER IN THE BOTTOM OF THE MOVING BOX!**

## Quick Checklist for School Moves

### From the Parent/Guardian:

- Student's Birth Certificate
- Student's Social Security Number
- Student's Health Record (Immunization, etc.)
- Legal Documents as Needed

### School Information:

- Address, Phone Numbers, Other Contact Information
- Course Description Book/Grading Scale (if available for 6<sup>th</sup> grade & above)
- Copy of the Cover of Each Textbook or the Title Page
- School Profile/Handbook
- School Web Page (URL)
- Other:

### School Records:

- Copy of Cumulative Folder (only the copy mailed between schools is considered official)
- Current Schedule
- Report Cards
- Withdrawal Grade or Progress Reports
- Test Scores (Standardized or Special Program Testing, etc.)
- Other:

### Special Programs Records as Appropriate:

- Individual Education Plan (IEP)/Individual Accommodation Plan (504)/ Gifted Program Description
- English Language Learner (ELL) or Bilingual Education
- At-Risk or Other Action Plans for Classroom Modifications
- Other:

### Other Documents and Example:

- Writing Samples and Other Work Examples
- Activities Records (co/extracurricular)
- Community Service or Service Learning
- Other Work or Performance Examples
- Academic Recognitions and Competition Participation

By Arliene Zeigler, School Counselor  
Evergreen Heights