



London Borough of Barnet Autism Advisory Team

Top Tips for Transition back to school - Language Partner

Tip	Strategy/ Activity
<p>1. Prepare for School</p>	<ul style="list-style-type: none"> • Increase sleep time by moving bedtime in 15min increments. • Use a visual timetable or countdown chart for back to school. • Pupil Voice – before returning ask adults to help pupils fill out a one - page profile to help teachers know what they need – see resources. • Transition booklet or PowerPoint from school showing what will stay the same and what will change in preparation for what will happen next – see resources. • New rules and hygiene expectation explained using social stories or comic strip conversation. • Make reasonable adjustments in collaboration with the families to ensure smooth transition, these may include shorter days, or later mornings etc. <p>Here is an example (from Whittings Hill School) of a Reception to Year 1 transition book. Use a similar structure:</p> <div data-bbox="427 898 1286 1543" style="border: 1px solid black; padding: 10px;"> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%; text-align: center;"> <p>Hello tables in Year 1</p>  </div> <div style="border: 1px solid black; padding: 5px; width: 45%; text-align: center;"> <p>Good Bye tables in Reception</p>  </div> </div> </div>
<p>2. Meet and Greet</p>	<ul style="list-style-type: none"> • Provide a familiar adult to be available at meet and greet. • Meet at entrance and allow quick retreat for parent. • Use visual greeting symbol, say hello or wave. • Allow them to familiarise themselves with the building and staff - point out any changes. • Ensure areas are clearly labelled as to where pupils should stand and sit.

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3. Routine	<ul style="list-style-type: none"> • Introduce new routines or old routines again I.E. bags, lunch box, toilet, activity using visual prompt - see example. • Keep a clear structure to the day even if activities are unstructured E.G. toilet breaks, lunch or snack breaks, exercise and outside time structured – continue to use visual timetables for this. • Use toilet jig, hand washing jig, tidy up jig etc - see resources. • You may need to use or go back to using visual prompts on a First and First, Then, Next.
4. Structure	<ul style="list-style-type: none"> • Use a visual timetable as before – you may need to simplify everything until they are settled and confident. • Use choosing – allow some choosing activities in the day ensuring intrinsically motivating activities are included. • Use a familiar activity in the first few days that they enjoyed at home.
5. Emotional Regulation / Sensory processing	<ul style="list-style-type: none"> • Start with what is familiar – familiar adults and peers, familiar environments and familiar activities. • Help pupils to feel safe by displaying safety rules visually in the classroom. • Give children time to re-adapt both to the environment and to the adults. • Re-introduce your emotional learning strategies of identifying emotions and offering strategies. • Reassure pupils who will be collecting them from school and of home time. • Create quiet/low sensory spaces. • Allow repetitive behaviours that help them stay calm - As long as the behaviour does not harm themselves or others. • Be aware that some families may be experiencing stress, sorrow, sadness and could be grieving.
6. Communication	<ul style="list-style-type: none"> • You may need to reintroduce communication visuals such as keyword lanyards – worn by all adults, visual prompts – task checklists, instructions. • Consider and listen to what is written on the one- page profile. • Speak to parents and listen to their concerns regarding returning to school.

Resources for transition including editable Transition Books and Worksheets

<https://www.reachoutasc.com/resources/transition-to-new-class>

Extra support for transition:

<https://www.schudio.tv/courses/take/preparing-autistic-send-children-for-going-back-to-school/lessons/12474279-finding-hope-in-the-familiar>

Barry Carpenter's Recovery Curriculum:

<https://barrycarpentereducation.com/2020/04/23/the-recovery-curriculum/>

<https://barrycarpentereducation.files.wordpress.com/2020/04/recovery-curriculum-loss-and-life-for-our-children-and-schools-post-pandemic.pdf>