



Transition Talks

Helping Students Navigate Change with Confidence

Change brings opportunities for growth, new experiences, and building new friendships. As our schools undergo redistricting, it's natural for students and parents to have questions and emotions about the transition. This guide is here to help you support your child, offering practical tips to foster open communication, provide reassurance, and make this change a positive and valuable experience.

We can also empower our students to play an active role in welcoming new classmates. By encouraging kindness, inclusion, and being a “bucket filler” (someone who spreads positivity and support), current students can help create a warm and inviting environment for everyone. Together, we can embrace these changes and build a stronger, more connected school community.

Supporting Your Child Through Transitions

1

Open Communication is Key

- Talk openly about the changes. Avoiding or not discussing it can make children more nervous, as they may imagine worst-case scenarios.
- Encourage them to share their thoughts and feelings. Let them know it's normal to feel a range of emotions. For example, excitement one day, and sadness the next.

2

Be Available and Honest

- If your child asks a question you cannot answer, it is okay to admit you do not know. Let them know it is a great question and promise to find out the answer.
- HCSD staff are here to help answer questions you may not know the answer to. Please contact your current building principal for support.

3

Lead by Example

- Children mimic adult behavior in stressful situations. Stay calm and accepting of the change, as your demeanor will influence how they handle it.
- Maintain a positive tone, regardless of personal feelings on this change. It is important to make sure your child (regardless of their age) does not overhear adult conversations as you share your frustrations or concerns with other adults. Kids are like sponges; they absorb and repeat what they hear. You have the power to impact how your child processes change. Use this opportunity to teach them about resilience and adaptability, both essential life skills.

4

Normalize Their Feelings

- Reassure your child that it's okay to feel nervous or sad about the changes. Acknowledge their emotions and remind them we will all adapt over time.

5

Seek Help if Needed

- If your child struggles significantly with the transition, please consider reaching out to your school social worker, teacher, or principal.

Explaining Changes to Your Child



Keep it Simple and Age Appropriate

- Children can get overwhelmed with too many details at once. Share a single piece of information and let them ask questions.



If They Are Changing Buildings

- Highlight the positives: they will meet new friends, participate in school events, and some current classmates will be with them in their new building.
- Reassure them that their new school will offer many of the same opportunities and that you will be able to visit the new school before the new school year begins.



If They Are Staying in the Same Building

- Share some of the great things that can come out of the change, like new friends and teachers. Share that they will still get to play on the same team or club outside of school.
- Talk to your child about being a bucket filler and emphasize the importance of being a good friend and helping others feel included.
- Suggest simple ways they can welcome new classmates, like inviting them to play at recess, sitting with them at lunch, or showing them around the building.



Celebrate the Opportunities

- Celebrate the current school year and frame the changes as an exciting chance to learn, grow, and experience new things together.

Learn More

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