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## Ready for secondary school



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zonova | opvang & onderwijs



## Start your secondary school years well-prepared and with confidence!

**Primary and secondary schools in Amsterdam Zuidoost work closely together to prepare children and parents for the transition to secondary school.**

They organise activities that match the needs and ideas of parents and children, ensuring that the transition goes smoothly and feels familiar. In addition, schools provide the necessary information about secondary school

in good time, and we offer children the opportunity to get used to visiting a secondary school in advance.



## **parental involvement**



**The transition from primary to secondary school is a major change for both children and parents. During this phase, pupils encounter new subjects, teachers, homework and a different way of working. Parental involvement plays a crucial role in this.**

When parents stay involved, children feel supported and confident in their new learning environment. This can be done by planning together, showing interest

in school experiences, and having open conversations about challenges and successes. Parental involvement also helps identify obstacles, such as motivation issues or difficulty with planning. By working together with the school, attending parent meetings and staying in dialogue, parents contribute to a smooth transition to secondary education.

### **Parent Meetings**

In collaboration with various partners, we organise parent meetings to support parents in their role in the development and education of their children. The meetings are interactive, offer space for exchange between parents, and can take place during coffee mornings or themed evenings. The multilingual transition coach plays an important connecting role by conveying information clearly and making conversations accessible for parents with different language backgrounds.

Each theme lasts 1.5 hours and covers practical and relevant topics such as:

1. Core procedure, PO-VO process and timeline (group 8)
2. Get to know the school system in the Netherlands
3. How do I choose a school?
4. The teenage brain, setting boundaries and correcting teenagers.
5. Parenting for self-confidence.
6. How do I help my child with homework?
7. Preparing the home situation for the transition to secondary school.

The parent meetings are organised at the primary school and are intended for parents of group 7 and 8 pupils. Ask the SEN coordinator for more information. In addition, meetings are also organised within the district. Check the schedule and sign up free of charge. We create and share videos for parents in which other parents, based on their own experience, talk about their role and expectations during the transition process. The videos also provide practical tips about the decision-making process, setting boundaries and supporting children in their growth towards independence.

## The Transition Coach

The multilingual transition coach supports parents and children in making a conscious and well-considered school choice, especially when parents do not speak the language, are unfamiliar with the school system or are overwhelmed. The coach helps select secondary schools by using De VO Gids.nl, mapping out each school's level, specialisations and support options. Together with the family, a visit schedule is created, and the coach accompanies them to at least two open days, after which an evaluation takes place. If desired, the transition coach also provides support with the application process and information meetings. This trajectory lowers barriers, reduces stress and increases the involvement of parents and children,



enabling them to make the transition to secondary education with confidence and sufficient information.

## PPOZO website

Visit the PPOZO website for an overview of the PO-VO Connection Agenda. Attend an open day, information afternoon or trial-lesson day to get a good impression of the secondary schools in Amsterdam Zuidoost. Here you can also watch videos of parents with children in their first and second year, in which they share their experiences and offer helpful tips.



# 2 gaining experience

**How fun is it to already take a peek into the world of secondary school?**

**How valuable is it to follow a real lesson taught by a secondary school teacher?**

**How helpful is it to get used to the older students in the school?**

Children in group 8 get the opportunity at several moments throughout the year to gain experience in secondary school. Check the schedule, sign up, and discover for yourself what it's like to be a secondary school student!

## Lely Reading Club

At the Ir. Lely Lyceum, pupils can take part in the Lely Reading Club. During this programme, they follow four interactive workshops based on a reading book, taught by trained role models from Amsterdam Zuidoost. These workshops focus on getting to know secondary education (VO) and increasing their motivation to read.

## OSB-plus Technology

At OSB, the OSB-plus programme is offered, in which children can take part in activities such as Technology. By participating in these activities, pupils experience that they can adapt to a new environment, which strengthens their self-confidence and self-image.



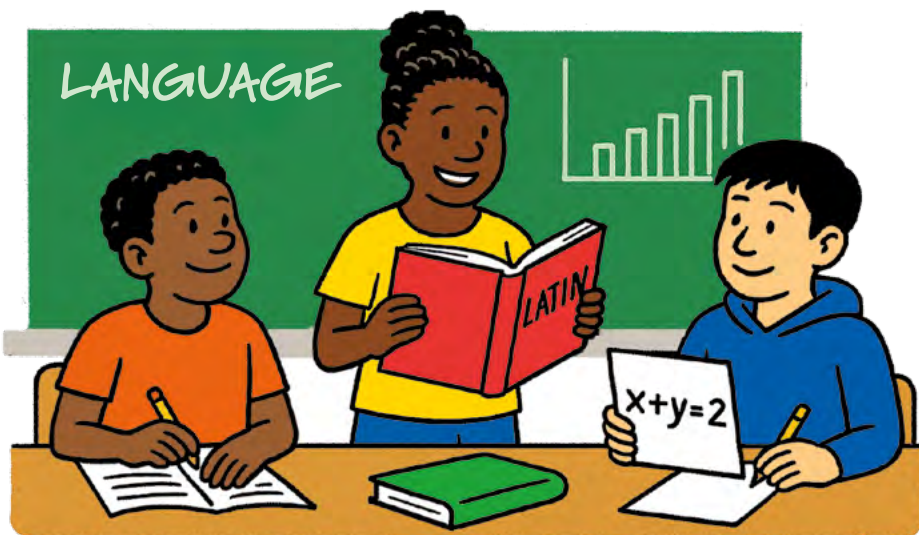
WELCOME TO THE LELY READING CLUB



## Masterclasses

The Ir. Lely Lyceum offers a variety of Masterclasses, including Masterclasses in language, Latin, mathematics and executive skills. These Masterclasses provide pupils with a broad introduction to different subject areas and skills that are essential for secondary education. Experiencing success in subject-focused activities gives them the feeling that they are ready for the challenges of secondary school.





## Talk & grow

The Bindelmeer College organises Talk & Grow. Join in and become the best version of yourself! In a world that is becoming increasingly busy and digital, it is helpful to learn how to communicate well, collaborate and solve problems. This leads to more understanding, fewer misunderstandings and stronger relationships, both at home and at school. We help you grow, succeed and shine in the modern world.

1. You learn digital skills that boost your social media;
2. You get a boost in self-confidence and learn how to become the best version of yourself;
3. You learn and connect together with others;
4. You learn how to make your voice heard and make an impact in the world;
5. You develop skills to turn any conflict around and become the peacemaker everyone admires;
6. You also get to work with art, football, cooking, dance and technology.

## Practical Lab

The Practical Lab at De Dreef is specifically aimed at group 8 pupils with a preliminary recommendation for Practical Education (PrO). Here, they gain a clear understanding of how a practical school works and can achieve one or more success experiences, strengthening their self-confidence and belief in their own abilities.



# 3 Preparing for secondary-education



## The Bridge Program

The Bridge Program helps students make a smooth transition from primary to secondary school. In four days, during the first week of the summer holiday, they develop essential study skills that support them in learning effectively and organizing their schoolwork. The focus lies on: Planning and organizing, Doing homework & applying learning strategies, Taking notes and processing information, Study techniques and memory strategies, Critical thinking & problem-solving learning, Self-confidence and working independently.

## Looking Ahead

Looking Ahead is a specially developed program for pupils in groups 7 and 8, as part of the PO-VO Connection approach in Zuidoost. This program helps children to approach the transition to secondary school with confidence and good preparation.

## Fear-of-Failure Reduction Training

Fear-of-Failure Reduction Training is specially developed for pupils in groups 7 and 8 and helps them gain more self-confidence by understanding their mindset. By working on this consciously, children learn to turn their fear of failing into strength.



# tips for a successful transition to secondary education:

- **Gain experience in secondary education at least five times.**

After five visits you'll have a good picture of secondary school, you'll better understand what is expected of you, and you'll make the transition with more confidence. Check the schedule and sign up!

- **Watch the videos, posters and tips on the PPOZO website together.**

This way, you learn from the experiences of others and prepare yourself well. Map out your strengths. What are your strong points? When you know what you're good at, your confidence grows.

- **Discuss at home how you can become more independent in group 8.**

By already practising independence – such as with homework, chores, or planning – the transition to secondary school becomes much easier.

- **Talk with people who already attend secondary school.**

Ask what helped them and what you can learn from their experience.

**For questions, you can contact the SEN coordinator or project leader Peter Lakke:**  
**[plakke@ppozo.nl](mailto:plakke@ppozo.nl)**

Scan the QR code to  
go to the transition to  
secondary school page  
on the website



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