

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

This academic year is flying by and we are already hurtling towards the finish line! With this in mind, we thought it might be helpful to have a newsletter dedicated to transition.

We all experience transition during our lives: new school; new year group; new job; new houses etc. Sometimes this transition can be smooth and not cause any unnecessary worries, but at others, there can be hurdles to overcome or we may just feel overwhelmed. This is a natural reaction to change and uncertainty.

We are here to help both children and adults navigate these times in their lives, so please do get in touch via the school office if you would like some extra support.

### When your child is moving to the next year group, we will endeavour to:

- Ensure they meet their new teacher, see their new classroom etc before the end of the summer term so that they can start to familiarise themselves with their new environment.
- Provide additional transition visits to their new classroom if needed.
- Discuss transition with you in the summer term.
- Provide other materials such as photobooks, social stories etc to aid transition where required.
- Provide enhanced transition with the support of the ELSAs or other support staff in school.



### If your child is moving to secondary school we will endeavour to:

- Discuss this with you as early as possible, for most pupils with SEND this will be in Year 5.
- Liaise with the secondary school to provide additional visits if needed.
- Liaise with the SENCo of the new school if additional support needs to be put in place.
- Year 6 teachers will meet with the secondary staff for more in-depth discussions around needs.
- Some children, particularly those with SEND needs, may have access to enhanced transition in small groups, either through the Marlborough Outreach Team or through the school ELSAs.



For transition to secondary school, here are some useful resources that you can use to support your child during the summer holidays.

- A 5 minute animation from the point of view of a Year 6 child and how they feel about moving schools. <https://www.youtube.com/watch?v=kFpVOIpekSk>
- A short guide for parents to download. <https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/>
- A 5 minute read for parents online. <https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>
- Along with the newsletter we have emailed out a Transition Booklet which you can use with your Year 6 child over the summer holiday.

## TOP TIPS

**Remember - teachers have similar worries about changing classes (and meeting new children) too! Just ask them!**

- Be honest about your feelings now about your child growing up and moving to a new year group or school.
- Explain how you felt at these key times yourself – excited, worried etc. It's helpful for children to know adults have these feelings too. The children have been learning how different emotions can make their bodies feel as well – sweaty hands; butterflies in the tummy. Normalise this for them.
- Remind the children to talk to each other and yourselves or a trusted school adult about how they are feeling.
- Some children find it helpful to have a calendar showing them how many days (or sleeps) until it is time to return to school. You could give them the responsibility to plan this!
- Go through the positives about starting a new year group – new shoes/uniform (we know they seem to grow far too much over the summer holiday); new lunch box etc.
- Give them some choices over what they might like these new items to look like or when they could go shopping for them.
- Use the social story from the school if you have one:
  - ✓ Read the story with you child when they are calm and away from the situation in question.
  - ✓ Read the same story repeatedly over a number of weeks. Your child will need to hear it a number of times before they will be able to follow and use the information.
  - ✓ Don't expect an immediate change.
- Remind them that the teachers don't sleep that well the night before the new school year starts! It's a long Summer Holiday and getting back into the school routine can be daunting!