



Tuesday 18th July 2023

Dear Parents/Carers,

Leaving primary school or transitioning up to the next class can be an exciting time for children, but we understand that it can also come with challenges and for some children, transitioning to the next year group can feel like a big step.

Within school, we support children's wellbeing in a variety of ways. Every class provides a wide range of activities all year round that help to promote emotional health and mental wellbeing. These include our wellbeing check in, worry boxes, 'calm corners', circle times, class assemblies and stories around wellbeing. We also promote mental health and wellbeing through our PE sessions and every class takes part in the Daily Mile.

Wellbeing is also promoted through our weekly PSHE lessons. We follow the Jigsaw PSHE scheme of work. This scheme has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. We understand the importance of building resilience in children. Building children's resilience can equip them for life, underpin their capacity to learn and can nurture their self-esteem and empathy.

There are many ways that you can support children's wellbeing at home too and help to ease any anxiety around transitioning up to the next class. You may find the following resources useful:

Ten Ways for parents to help children cope with change - A practical leaflet with top tips to help children manage change. <https://www.youngminds.org.uk/media/20djlktz/top-ten-tips-for-parents.pdf>

Self-care plan Summer: A plan for children to complete ahead of the summer break, to help them prepare and practise self-care over the holidays.: <https://www.annafreud.org/media/18656/my-self-care-plan-primary.pdf>

Cloud Gazing Activity: Try this simple mindful cloud gazing activity with children to help them focus on the present.

Leaflet- You're never too young to talk mental health: Tips for talking for parents and carers: A leaflet providing simple advice and guidance to parents and carers about how to make conversations about feelings part of everyday conversation.

All of these resources and many more can be found in the wellbeing section (<https://www.grimoldbyprimaryschool.co.uk/wellbeing/>) of our school website.

"Being the best that we can be..."

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Head Teacher: Miss Antonia Brooks

Deputy Head Teacher: Mr Stuart Spendlow

Chair of Governors: Mr Andy Craven



If your child is transitioning to Secondary school this year you may also find the following resources useful.

Supporting children's transition to secondary school: guidance for parents and carers – Anna

Freud- This evidence-based guide for parents and carers provides tips about how children preparing for, or going through, the transition to secondary school can best be supported.

<https://www.annafreud.org/schools-and-colleges/resources/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and-carers/>

My moving up to secondary school booklet- A booklet for pupils and their parents/carers to work through together, to help both parents/carers and children feel more prepared for the change.

https://www.compass-uk.org/wp-content/uploads/2020/09/SecondarySchool_TransitionBooklet_Compass.pdf

Top tips for making friends- Worrying about making friends is very common for children leaving primary school. This advice from Childline answers some common questions and aims to ease those worries.

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>

If you have any questions or feel that we can help in any way, then please do get in touch by emailing enquiries@grimoldbyprimaryschool.co.uk.

Yours Faithfully,

Mrs Waters

(SENDCo)

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