

Newsletter

Welcome to our summer term newsletter: Transition Special

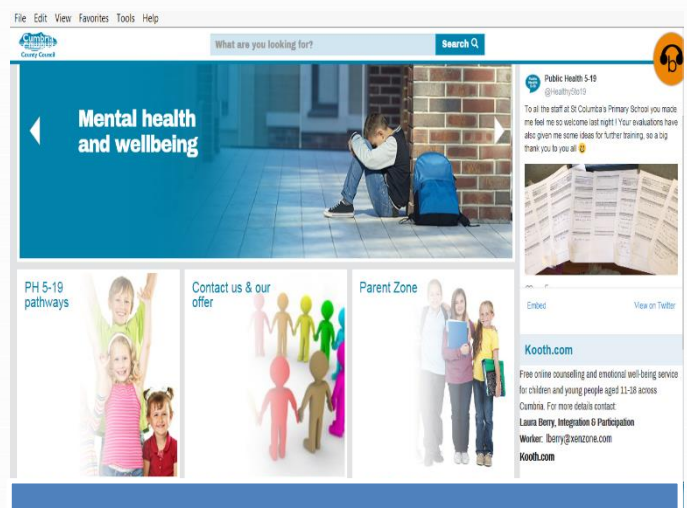
‘Transition’ - The process or a period of changing from one state or condition to another.

There are lots of transitions we make during our lives; some are really positive and can go smoothly, however some can be challenging because they force us to let go of the familiar and face the future with a feeling of uncertainty.

For our children and young people how they feel and deal with these transitions are central to their development and emotional wellbeing. The way in which these transitions are handled could have a significant impact on their ability to cope with change in the short and long term.

In terms of education, transition starts in early years right through to university, and so how we build our children and young people’s resilience will help them for life.

So in this edition, we wanted to have a focus on transition, particularly from primary to secondary, and give some information and ideas to use in your schools and settings.



Why is transition important?

The move to secondary school means a number of major changes for children and it has been identified as one of five important life stage transitions for young people. If there has been little preparation the young person may experience difficulties accessing the curriculum and developing new friendships and peer groups resulting in a less than positive secondary school experience as shown by lower grades, poor attendance and increased anxiety.

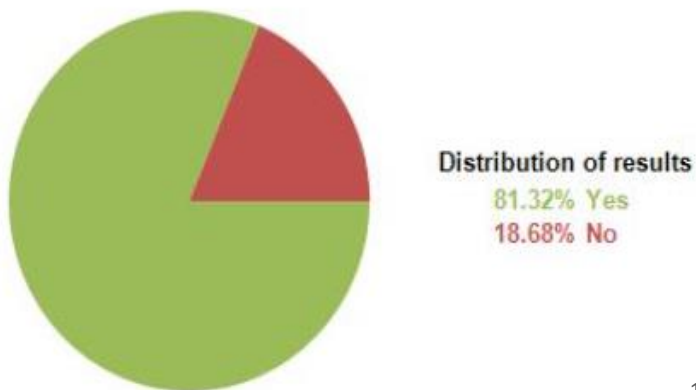
Our team can work with your school to help further develop your transition process with support around emotional health and parental support.

Part of the package we have created consists of several pupil surveys. This includes our year 6 surveys which provide school specific data and contains questions around transition, worries and feelings. We can then follow these children up the following year with our year 7 surveys which asks them about their experience of transition.

Year 6 Survey Feedback

31. Are you looking forward to transferring to secondary school?

**Overall Meridian score for this question: 81.32%
(based on 91 responses)**

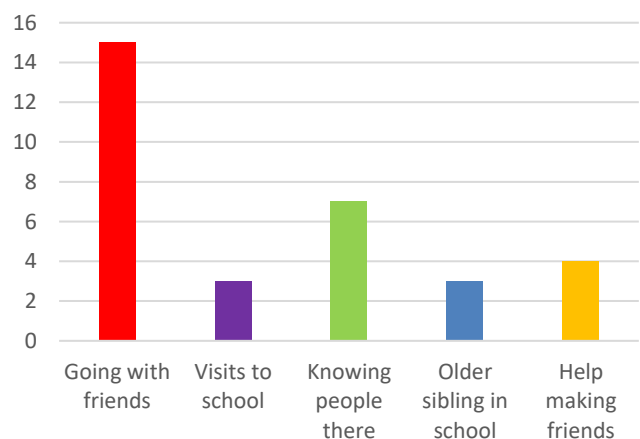


The results show that the two main areas pupils want support with is friendships and being familiar with their new setting. Pupils are worried about losing their existing friendships and making new ones. They feel that visiting the school, knowing other new starters or having an older sibling who attends would also be helpful.

From the surveys completed so far in Cumbria we know that the majority of children (81.3 %) are looking forward to transitioning to secondary school.

We then ask what the children think would help to make their transition easier. This helps us provide schools with the right support for their pupils.

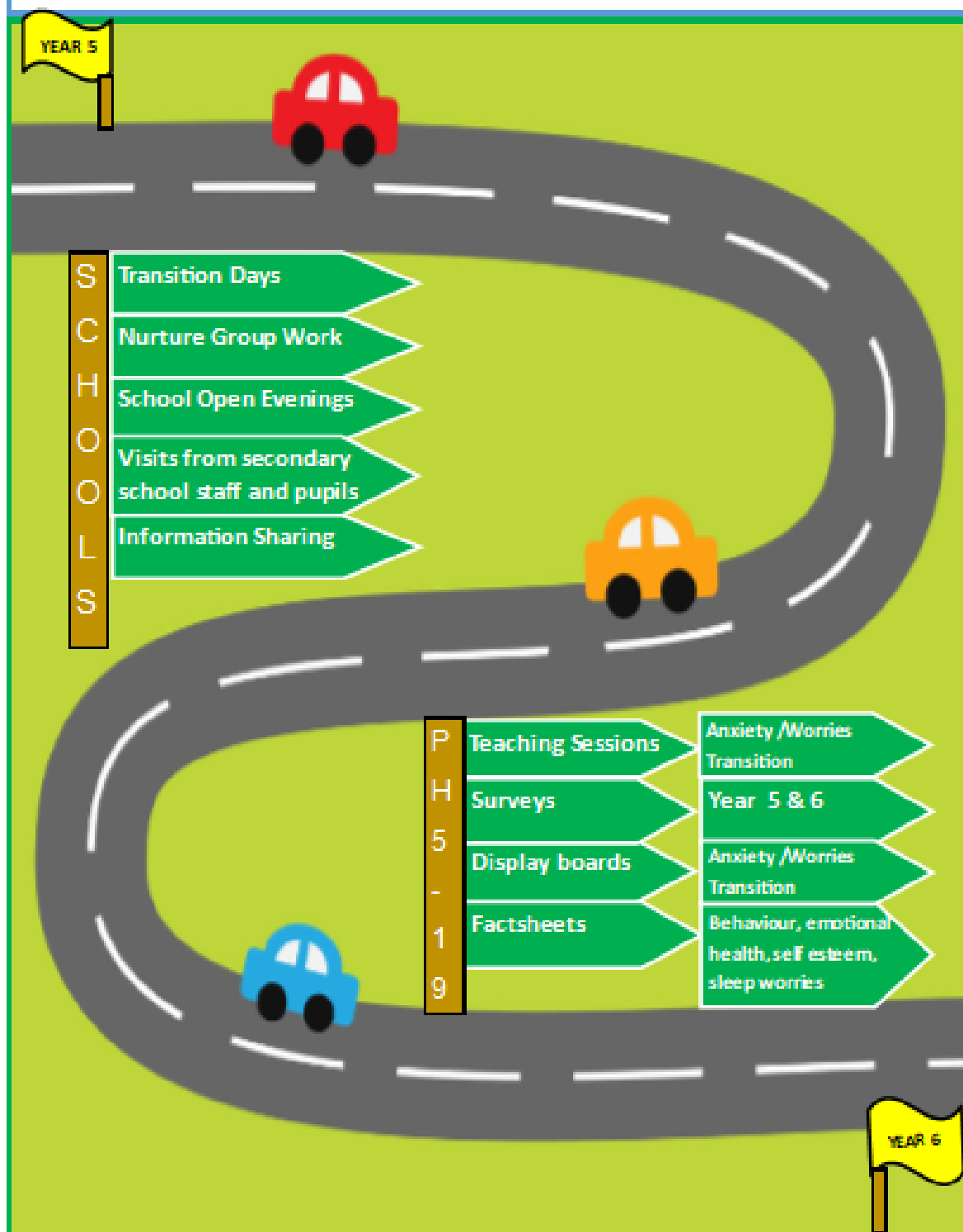
What Would Make Transition Easier?





PRIMARY TO SECONDARY TRANSITION

What we can do to support you!



Emotional Health during Transition

I am starting secondary school soon and I am so scared but I have no idea why. I have loved my time at primary school which makes moving up even harder. Please help.

Contact to [Childline](#), 2013

Transition is challenging, it involves pupils having to negotiate and adapt to a different school setting with higher academic expectations as well as changes in relationships with teachers and peers. It is not a single event but a period of adaptation and the majority of pupils report that it involves some degree of stress or apprehension.

The aim of our transition packages is to promote and protect the physical and emotional health of students' at all key points

of their transition journeys. We aim to do this by providing training to staff around recognising children who may be struggling with their emotional health and providing them with tools to support them.

KOOTH.COM

Don't forget Kooth.com is available to ALL young people across Cumbria age 11-18 years. It offers free, safe and anonymous online support for young people. Online counsellors are available Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm every day of the year!

The site also has forums, articles and chat sessions about lots of issues and is a great transition support over the summer holidays and to help when settling in.

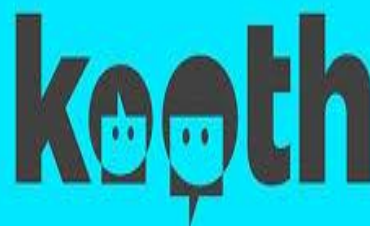
Why not get ALL your year 7 to log in during their induction time?

<https://www.kooth.com/>

If you want support for your schools contact Laura Berry at lberry@xenzone.com

I've left my primary school and am going on to big school. None of my friends are going to be in my class. I feel really sad. What should I do?

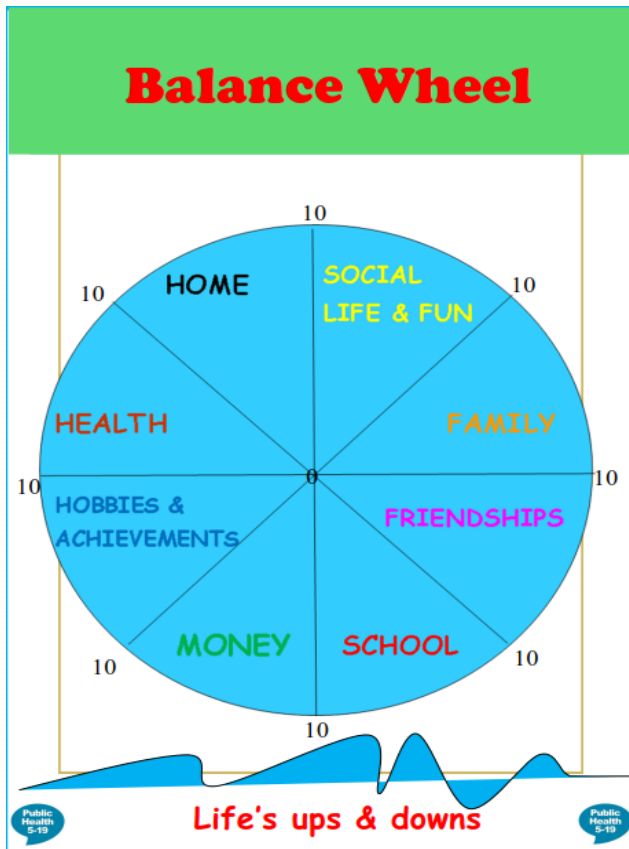
Contact to [Childline](#), 2013



Tools to Support Mental Health

We have developed a number of tools for you to use with young people to help them during their transition phase:

NAIL IT is an approach we have developed to help support children and young people.



The **stress bucket** helps us to identify what things we can do to help manage our stress and help to build coping strategies.

ALL OF THESE CAN BE USED BY ADULTS AS WELL!

Cumbria County Council

"Nail It"

Notice any signs, symptoms and changes in presentation or behaviour.

Ask the question, "How are you?" "Is something upsetting you?"

Listen, non-judgementally in a quiet confidential space.

Interested. Take an interest and give attention.

Implement support and guidance in using self-help strategies.

Treat if worried or signs and symptoms become worse refer for treatment.

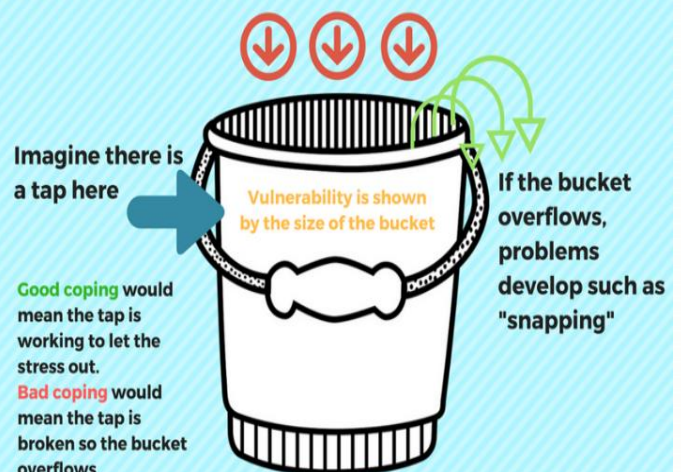
Public Health 5-19 Team

Serving the people of Cumbria cumbria.gov.uk/publichealth

The **balance wheel** can be used with children and young people to help them work out the things in their lives that they maybe anxious or overwhelmed by – it can also help them see what is going well and positives in their lives.

The Stress Bucket

Stress flows into the bucket



Building resilience

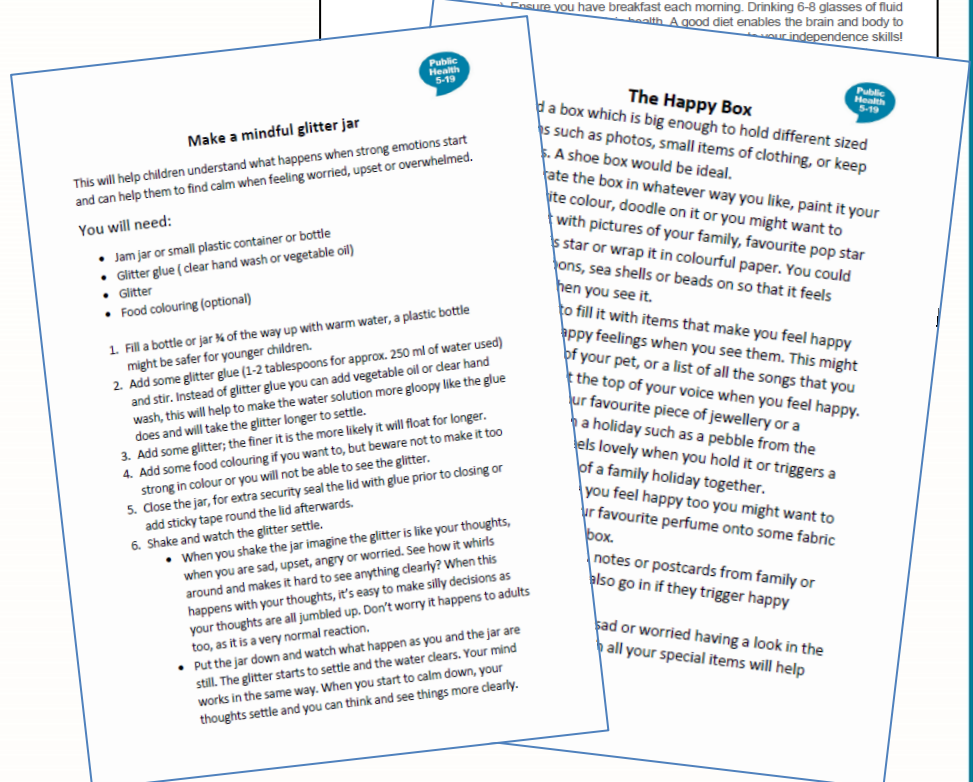
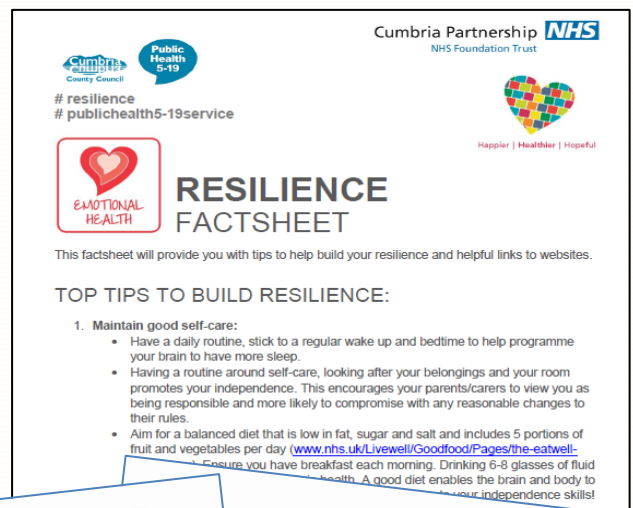


We have printable factsheets that may help children in your school consider ways to self-care and understanding how to build their own resilience.

We also have activities that you can do in class to teach your children about emotional regulation.

We also have staff training sessions and could offer some joint working with other agencies to support some small group work for children who need more support.

The **Resilience Framework** is a really useful tool to use. If you haven't seen this before the **boing boing** website is worth a visit.



Healthy Body Healthy Mind Boxes

We have also been working with the library service supporting them with the production of Healthy Body, Healthy Mind boxes. These topic boxes are carefully chosen to support and enhance your PSHE teaching.

Cumbria County Council



**Our new Healthy Body,
Healthy Mind boxes are
now available for you
to borrow!**

**New for
Autumn
2018**



This carefully chosen selection of books will support and enhance your PSHE teaching, covering the following areas:

- Understanding emotions and feelings
- Healthy diet and nutrition
- Exercise
- Staying safe, including digital safety
- Confidence, self-esteem, being 'different'
- Looking after your teeth
- Sleep
- Family and friends

To help you get the most out of the books, guidance and suggestions for discussion are included where appropriate.

Developed by Cumbria LSS staff, in partnership with the Cumbria Public Health 5-19 Team.

(Any boxes borrowed will be included in your usage of your annual topic box entitlement).

**To order a box (EYFS, KS1 or KS2) please contact Library Services for Schools t: 01228 227277
e: library.servicesforschools@cumbria.gov.uk**

Serving the people of Cumbria

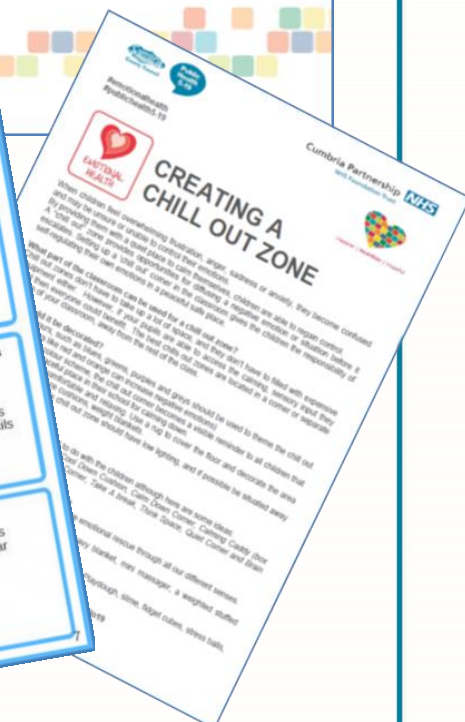
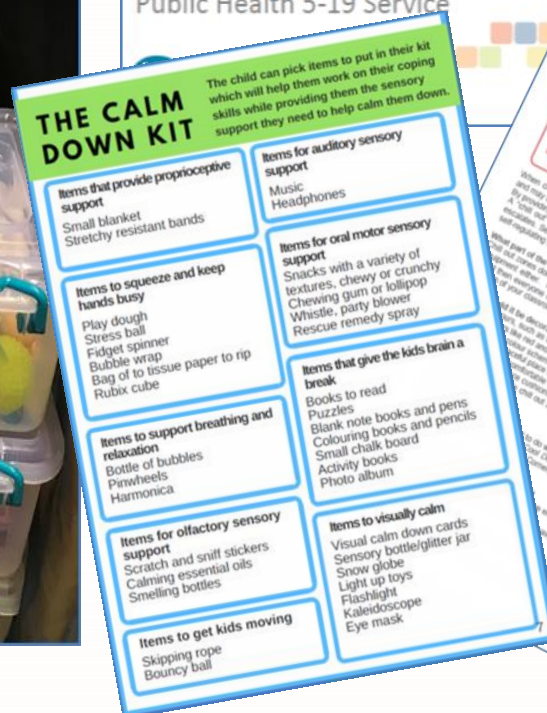
cumbria.gov.uk

Why not try a little bit of Mindfulness.....

We all know that mindfulness helps train our attention to be more aware of what is actually happening, rather than worrying about what *has* happened or might happen. It helps us to recognise how we are feeling and to realise how we can then change how we respond by stopping and being in the present rather than racing ahead to the future or re-living the past.

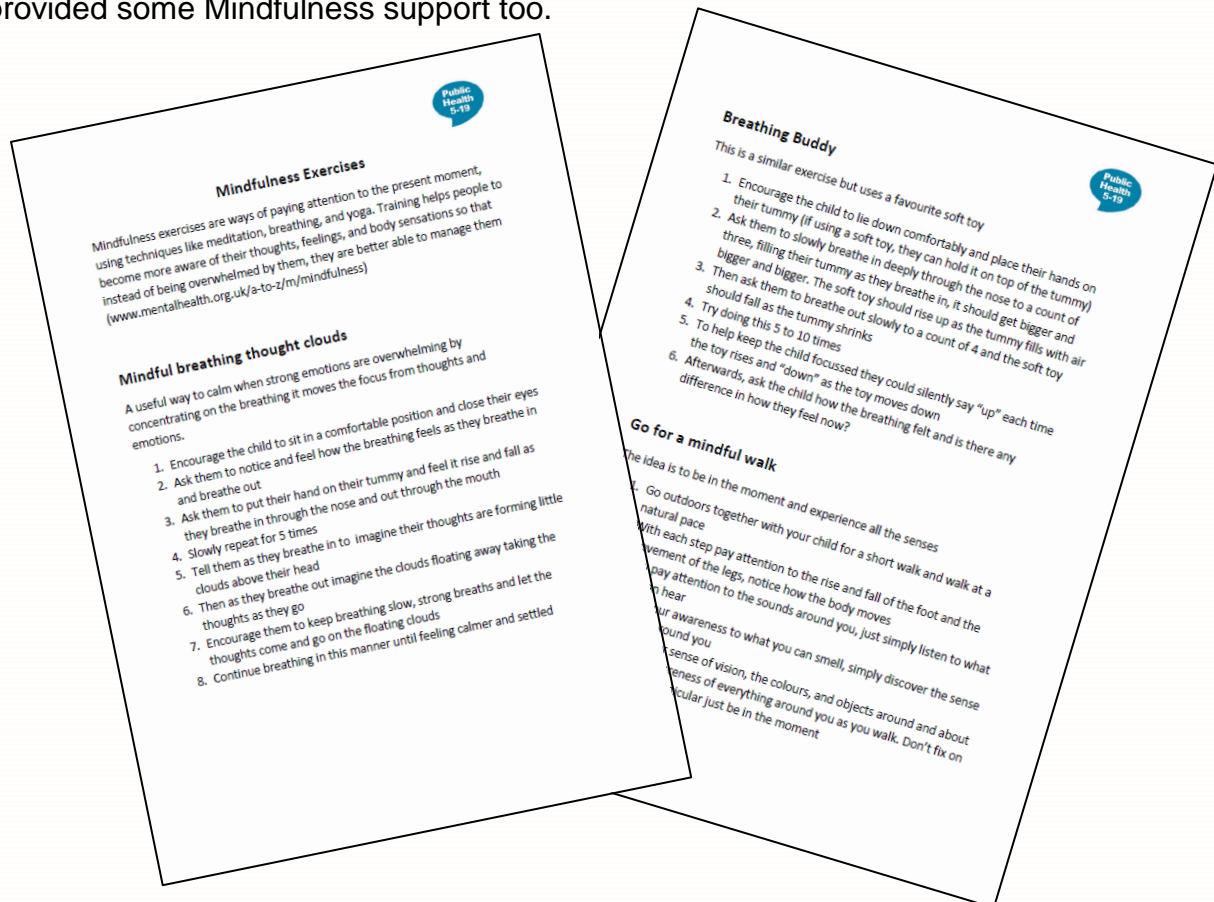
We have developed some mindfulness and chill skills resources all available on our website. We could also attend your staff meeting to talk about ways you can develop this concept in school.

The picture below is from St Thomas's Primary School in Kendal who have created Chill Out Zones in all of their class rooms. Also Vicarage Park Primary School Kendal are in the process of developing this idea to create opportunities for children to have 'Brain Breaks'.



Mindfulness doesn't have to be something you do in a quiet space, sometimes when things get really tough we need to just take a minute to focus on the breath.

Sam Fell (PH Nurse North) has had great feedback from schools who she has provided some Mindfulness support too.



We have Mindful Exercise Sheets and are in the process of developing a family Mindfulness Sheet for families to do at home.

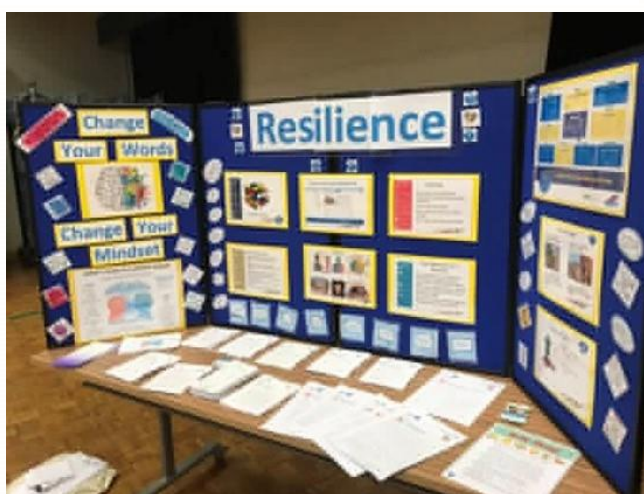
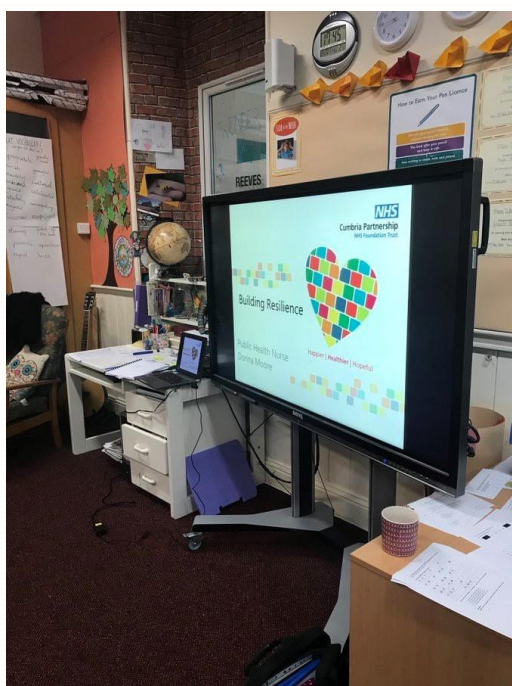
There are also a number of apps for Mindfulness such as Mindful Powers, Chill Panda and Calm, are also good for adults!



Don't forget parents and carers!

Parents are an important source of support over the transition period and are key in supporting the transition process and helping their child move and settle with any new experience or change. Research shows that children who can share their concerns with their parents find the transition less stressful. To help parents with these conversations we can deliver resilience training and attend parent's evenings with transition and mental health displays to give advice.

We are happy to provide a parent session on resilience, attend or leave a display board for a parents evening to provide helpful support and advice.



We also have a downloadable factsheets for parents to help build their child's resilience.

'The kids who need the most love will ask for it in the most unloving of way' – Unknown

Don't forget the team can offer **FREE** support, advice and training to anyone working with children. You can find out so much more about who we are and what we do by checking out our website and twitter. You will also find lots of resources to support children and young people's health

[PUBLIC HEALTH 5-19 WEBSITE LINK](#)

We are also on Twitter – follow us

[@healthy5to19](#)



The PH 5-19 Team have several presentations that can be used to support transition. These sessions can give staff the training and knowledge to recognise when their pupils are struggling during transition and the tools to support their emotional health to give them the best possible start in year 7. Each of these sessions can be delivered at an individual school or to a cluster and we can support you at transition days, meetings and parents evenings.

The Packages we provide which may support transition can be seen below and can be booked with our Public Health Nurses. Our e-mail addresses are hyperlinked at the bottom of this page or our details are available on our website.



[NORTH](#)

[Claire O'Neill](#)

[Sam Fell](#)

[Michelle Young](#)

[SOUTH](#)

[Yvonne Rowlinson](#)

[Donna Moore](#)

[WEST](#)

[Charlotte Thompson](#)

[Louise Pearson](#)