

# TRANSITION

Public  
Health  
5-19

## The Public Health 5-19 Service's ideas to support your child's transition to secondary school

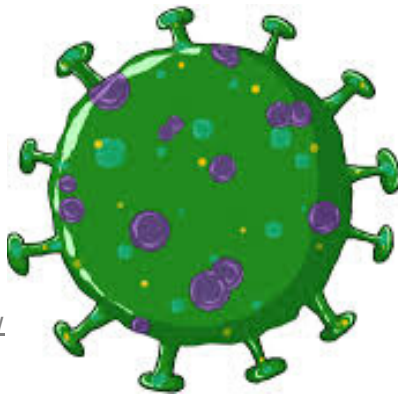
Although your child's teacher will be communicating with your secondary school, there is no getting away from the fact that it is going to be a very different transition due to our current situation.

Therefore we thought it would be helpful to provide parents and carers with ideas to help manage this process.

### CORONAVIRUS

Many teachers had already raised the issue of children and young people's concerns and worries around the outbreak of **Coronavirus**. This BBC News article provides some helpful tips for parents (and teachers) to alleviate children and young people's anxiety about the virus.

Coronavirus: [Keep it simple, stick to facts - how parents should tell kids](#) - BBC News



### WHY TRANSITION IS IMPORTANT

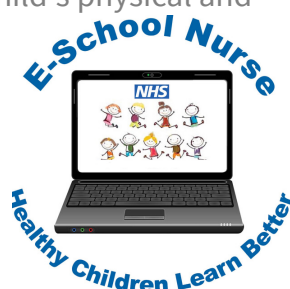
Transition has been identified as one of five important life stages for young people. The move to secondary school means those young people experience a number of major changes. If there has been little preparation the young person may experience difficulties accessing the curriculum and developing new friendships and peer groups resulting in a less than positive secondary school experience. Spending time talking to your child about any worries and supporting them with everything they need to be prepared will help enormously. Our team can work with your child's school in developing a transition process that provides support with emotional health and offers parental support too.

### E-SCHOOL NURSE SERVICE

The E-School Nurse service is now running across the county every Tuesday and Thursday to support you with your child's physical and emotional health.

Please see our [E-School Nurse poster](#) and the [Service user leaflet](#) on our [website](#).

Appointments can be made by telephoning **0300 30 34 365** Monday to Friday 9-5pm.



### HELPFUL WEBSITES

**Kooth.com** is an online counselling service for young people aged 11-19 in Cumbria. It is a safe place to go and explore a variety of emotional health issues, with self help tools, leaflets and articles written by young people and professionals.

**Rise Above** have a lesson plan for pupils to explore the transition to secondary school and identify strategies to deal with change.

**BBC.co.uk** has lots of interactive learning opportunities for you to do together. From making new friends, getting lost to coping with classwork.

**Youngminds** have created a resource that reassures children, that they are not alone when it comes to their worries about secondary school.

**PH 5-19 Service** Your local public health nurses have a great website with lots of top tips on how you can support emotional health and resilience. There are also useful links and free downloadable resources in Parent Zone.

Our Occupation Health team have some helpful [transition leaflets](#) for all ages.

**Solihull online parenting courses** if you live in or your child attends an educational establishment in Cumbria. They are for ALL parents-to-be, parents, grandparents or carers of any child from bump to age 18 years. FREE with the access codes WORSDWORTH.

# EMOTIONAL HEALTH DURING TRANSITION

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 change with the majority of pupils reporting some degree of stress or apprehension.

I am starting secondary school soon and I am scared but I have no idea why. I loved my time at primary school which makes moving up even harder. Please help.  
(Contact to Childline 2015)

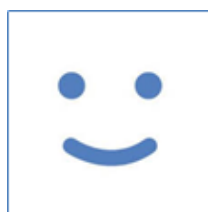
## TEACHING SELF HELP

Low level anxiety can be improved using various self-help tools. It can be hard to get our children to engage with self-help but it is essential if they are going to learn how to regulate their own emotions and come to their own emotional rescue in the future

Finding a way to distract them and get their 'thinking brains' working is essential in calming down their emotional response. We have a downloadable 'Self Help' leaflet you can look at with them to help them consider ways to self-help.



**Chill Panda** uses breathing techniques to help young people relax and manage their worries.



**Three Good Things** encourages them to write three good things down every day, this is a great way to record what they're grateful for.



**Sleep** provides meditation stories designed to relax children of all ages by tapping into their creative side.



**It is hard enough to prise an iPad or phone out their hands so an app to help with worries or use to relax at the end of the day is a good compromise and will appeal to them. There are lots of apps recommended by the NHS ranging from yoga, meditation, melodies and music**

## MINDFUL ACTIVITIES

For children who become easily overwhelmed Mindfulness can offer an easy way to help them get 'back on track'.

Mindfulness is a method of introducing relaxation; this can be done together with yourself or on their own when needed.

There are many different types of relaxation techniques, that are all designed to help us improve happiness, general behaviour, concentration and confidence.

The Happy Box Activity is great for all ages, Year 6 children could make a memory box of their primary school years, putting a variety of pictures, class work, a piece of uniform and awards in their box. You could also print some of the transition worksheets from Twinkl for them to complete. This would create a very lovely memory for them to keep and look at in the future.

## USEFUL LINKS

[Chill Skill activities](#)

[Mindfulness activities](#)

[Time to Change Mindfulness Activity pack.](#)

[You Tube mindfulness links.](#)

[Kooth.com](#)