

Dealing with change and transitions

We have nearly come to the end of another academic year. The children in Reception to Year 5 have met their class teachers for the new academic year, and are beginning their transition programme in school which will carry on until the last day of term. The transition programme is very thorough and evidence based, and although supports our more vulnerable children, it is also there to support our children who are a bit worried, concerned or have questions that need answering. If you are child is at all worried, please ask them to talk to their current class teachers, Miss Ashby, their new class teachers, put worries in the worry box or come and have a chat with me.

According to the Mentally Healthy Schools Team at the Anna Freud Institute, the end of an academic year brings a range of emotions and that this is a natural occurrence. It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon, or for some, worries about being away from school for such a long time. It is also a time of change and upheaval which can feel difficult and cause anxious feelings.

Some children will have come to the end of their time at Little Ealing and will be ready to leave, some maybe worried about leaving and trying to come to terms with leaving Little Ealing, whilst others will be preparing to move on to a new school year next term.

Everyone at Little Ealing will also be preparing for the shift from the routine of the school day, to no formal education structure across the summer holidays.

Therefore, the Mentally Healthy Schools Team have collected resources to help you support your child to feel more settled and prepared. Please take some time to see if there are any resources that will support you to support your child's needs.

Resources for children: dealing with change:

[Self-care summer: primary – Anna Freud](#)

A plan for children to complete ahead of the summer break, to help them prepare and practise self-care over the holidays.

[Understanding change – YoungMinds & Beano](#)

This lesson will help children understand the feelings associated with experiencing change and think about how to deal with it.

[Dealing with change video – BBC Scotland](#)

A short video from BBC Scotland which you could share with pupils to help them think about different types of change and how we deal with them.

Resources for children: starting a new year or school:

[Moving Up! The transition to secondary school – Anna Freud](#)

An animation and teacher toolkit to help children with the transition to secondary school, helping them work through their concerns.

[Top tips for making friends – Childline](#)

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.

[My moving up to secondary school booklet – Compass](#)

A booklet for pupils and their parents and carers to work through together, to help both parents/carers and children feel more prepared for the change.

[Transition passport – Mentally Healthy Schools](#)

This passport activity encourages children to select and present their most relevant characteristics and features to share with their new teacher to support their transition.

Working together to keep our children safe and happy

