

Dear parent/carer and year 6 student.

The move to secondary school can be an exciting time of change and development but it can also be time of worry and uncertainty for some. With this in mind, Young Minds Matter NHS have produced a ‘Transition support pack’ for you and your child to work through.

There are 2 PowerPoint video sessions on Youtube (see below), one for parents/ carers and one for students. The purpose is to support you in learning how to build confidence for opportunities and challenges in year 7.

 **Learning about moving to secondary school**

How to support your young person with transition anxiety – for parents and carers <https://www.youtube.com/watch?v=Wn7oWUBxKec>

How to manage worries about moving to secondary school – for children and young people

<https://www.youtube.com/watch?v=o5anUVakvWA&list=PLMUUO37-a958e65x3KKi01nn7tKoRtA3L&index=3>

 Alongside these presentations, please preview the attached workbooks and use the version that you feel best suits your child’s level of understanding (there are two for relevant learning levels). These are designed to be used by your child alongside the PowerPoint Video session. Please request for the school to print a copy if the MS Word packs if a printer is not accessible for you.

We hope you find the pack helpful and please do not hesitate to contact us should you require any further help.

Many thanks

The Young Minds Matter Team

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