

## This month's wellbeing edition is linked to: Supporting Your Child's Transition into the New School Year

Transitioning to secondary school isn't just about moving buildings, it's about navigating independence, shifting friendships, and growing academic expectations. Whether your child is starting Year 7 or simply stepping into a new class, these moments can spark excitement but also uncertainty. You can support them by showing interest in their new subjects, encouraging them to join clubs, and giving space for their growing independence. At the same time, keep communication open: regular check-ins over dinner or on the way to school can make worries easier to share. With reassurance, balance and patience, you'll help them start strong and thrive.

✨ "As children grow, our role shifts from holding their hand to walking alongside them – steady encouragement helps them step confidently into new beginnings."



### Useful Resource - Click Here

#### Supporting children and young people's transition to secondary school

Guidance for parents and carers



Anna Freud  
building the mental  
wellbeing of the  
next generation

### 🌱 Reflection/Gratitude Prompt

Invite your child to reflect on one new experience that feels positive. This could be meeting someone new, enjoying a subject, or learning a skill. Then, share one thing you value about this stage in their growing independence. This encourages them to notice progress, builds resilience, and strengthens the parent-child bond during the ups and downs of secondary life.

### 💖 Parent/Carer Wellbeing Tip

Supporting a young person through secondary school can feel like riding a rollercoaster - exciting, but sometimes overwhelming. Remember, your own wellbeing sets the tone at home. Try carving out 10 minutes just for yourself each day, a walk, a podcast, or a cup of tea without distractions. Connecting with other parents can also reduce stress and remind you that you're not alone in this journey. By caring for yourself, you'll have more patience, perspective, and positivity to support your child as they adjust and grow into their new stage of school life.



## Podcast of The Month - Click Here

School transitions, how to smooth the road

## Useful Website - Click Here

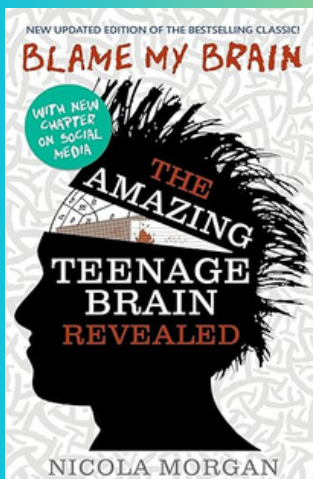


**Supporting your child during transitions**  
moving between different stages of education and life can be a worrying time for any child, but especially for those with additional needs and disabilities. To help transitions be successful it is important to plan and prepare.

### Planning for transitions

All children and young people with additional needs and disabilities should have a transition planning meeting with their current education setting. At this meeting you should make a plan and document what is going to happen, when and who is going to do it. The setting might arrange some activities and there will be some things that can be done at home. You may also want to speak to the new setting to make sure they have a plan in place.

## BOOK OF THE MONTH - CLICK HERE



**Blame My Brain: the Amazing Teenage Brain Revealed: The ultimate bestselling guide to teenage behaviour and mental health, packed with advice for teens and parents to boost empathy and wellbeing**



Written by Education  
Advisors with over 30  
years experience



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