

Find Your Feet



Pupil Resource

Find Your Feet is about change and focussing on the transition from primary to secondary school.

Learning about change and how to cope with it will help you with this particular transition, as well as helping you to recognise the strengths you have to deal with and prepare for many other changes and challenges you will face in life.

Transitioning from primary to secondary school is a particularly significant change for children. Learning about change and how to cope with it will help them with this particular transition and prepare them for many other changes and challenges they will face in life.

To support school staff, Young Minds have created a webinar that focuses on how you can help your pupils through the change from primary to secondary school. Please click [HERE](#) for Webinar . You can also find the downloadable tool on the same webpage to complete with Year 6 and Year 7 Pupils.



**Gloucestershire
Healthy
Living and Learning**

GHLL has lots of resources to support professionals and young people around how to support healthy transition to secondary schools. Please click [HERE](#) to watch videos on how to support children that struggle with transition anxiety and general worries about moving to a different school

There are also some fantastic Booklets created to support children to transition to secondary school and review how they are feeling throughout their journey. These can be downloaded from the bottom of the page.

Resources to share for Parental support, advice & guidance



Young Minds Parent Support Advice Line & Web Chat— [HERE](#)



ACE Advice on Education & Education Law Helplines—[HERE](#)



TIC+ Parent Support Groups and Advice Line- [HERE](#)



Family Information Service— Advice & Guidance on Support, Education, Childcare and Activities Local & National- [HERE](#)



Kidscape Parent Advice line for Bullying— [HERE](#)



Family Lives Parent Helpline— Emotional support, Advice & Guidance—[HERE](#)

Ideas for Supporting Transitions

'This is Me' sheet – a one page profile which pupils fill in detailing their favourite subject, hobbies and about their family . Examples like below can be found online:



Online Videos and Webinars– Ideas

- A tour of the school grounds and introductions to members of staff saying hello
- Downloadable maps with clearly marked classrooms, playgrounds, lunch area and toilets and other areas useful to know about.
- A Welcome Video made by Year 7 Pupils—”Thing we wished we knew before we came”



Please click [HERE](#) for Information to support parents for transition from Year 6 to Year 7.

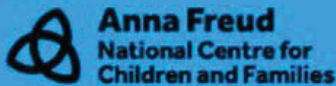
The website provides information on how parents can support their child, planning the journey to school, choosing a school, how to get children ready for secondary school, staying safe at school and much more.



My
**MOVING UP TO
 SECONDARY SCHOOL**
 booklet

Click [HERE](#) for resources on transition to secondary school and [HERE](#) for transition to Primary School Resources. There are useful downloadable workbooks for young people to complete to support managing any anxieties they may have around Transitions.

**MENTALLY
 HEALTHY
 SCHOOLS**



Whether you're starting primary school, moving up to secondary school or preparing to leave school for further education or work, these periods of transition can be challenging. We've put together two toolkits - one for primary schools and one for secondary schools and FE colleges.

In the primary toolkit, there are a number of resources for children about to start or leave primary school, including lesson plans, assemblies and worksheets. We have also included some resources that schools can share with parents and carers, helping them to feel more prepared for the transition too.

In the secondary/FE toolkit, we've collected together resources to help schools welcome their new students, as well as resources to help prepare young people for leaving school. There are also resources for parents and carers, with advice on how they can support their children as they go through these transitions.

Click [HERE](#) to download the Toolkits.



Click [HERE](#) for a useful website with information on supporting children with additional needs and learning disabilities around transitions.

There are Easy To Read Transition Guides and Checklist that can be downloaded and completed by Pupils, Parents and Teachers.

