



16th June 2023

Dear Parent/ Carer,

YEAR SIX: MANAGING TRANSITION WORKSHOPS

On Monday 10th July or Tuesday 11th July, your child will be taking part in a Managing Transition workshop. The sessions are led by the St Neot's MHST (Mental Health Support Team) and will be held with one class at a time.

The session will include:

- managing different emotions;
- what worry feels like in our bodies (e.g. physical feelings of worry – tummy ache, heart beating fast, feeling sweaty);
- what worries/ thoughts children may have about secondary school i.e. what they might be excited about and/or worried about;
- practical strategies for managing change
 - what could they do about the above worries
 - who they can talk to
 - what they would tell a friend
- calming strategies i.e. breathing and grounding techniques.

If you have any questions about this session, please contact Mr. Righetta or Mrs Hale via the school office.

Yours sincerely,

Mr. Martin Righetta
Head of Year Six