



Mossley Primary School

Wellbeing Newsletter

July 2022



Supporting Your Child With Transition

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At Mossley we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this:

Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people. Focus on the constants for your child, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines will be the same. Listen to any concerns but don't go looking for them—remember that most children will be excited about the move and are more than ready for it. If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times—you can even do some practice runs. Keep in touch with their friends over the holidays so that those connections remain strong.



Key dates:

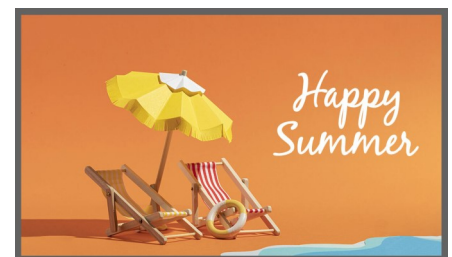
Samaritans Awareness day 24th July 2022
International Friendship Day 30th July 2022

School Summer Holidays

Whilst it will be lovely for families to spend quality time together during the summer holidays it can also be a time that can cause stress for some families due to clashes with work or finances. This is a link to a useful article which includes tips and ideas for parents/carers:

<https://www.mentalwealthub.com/blogs/parents-survival-guide-to-the-summer-holidays/>

<https://www.bromleywell.org.uk/assets/documents/parents-guide-to-managing-the>



Don't forget... *Action For Happiness Calendar: "Jump Back July"*

Should you have any worries, questions or concerns about your child that you think I may be able to help with then please do not hesitate to contact me using the email below.

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