

July 5<sup>th</sup> 2021

Dear Parents,

**As we rapidly approach the end of the school year, here at Young Minds Matter we have been busy planning creative ways to support all your children this summer. It could feel like a strange and possibly anxiety-provoking transition this year from primary to secondary school; but we are here to help.**



The Covid pandemic has most definitely disrupted lots of plans. We have continued to work alongside your child's school to build up the confidence of the Year 6 cohort in embracing their next stage of education and helping them to meet the move with confidence and enthusiasm.

If your child is worried and you would like to access additional support to help them prepare for the transition, we can help.

We have produced 2 short, pre-recorded video sessions to help you and your child to talk through any concerns or anxieties. It will help your child to understand how 'worry' might make them feel and how its normal for the step up to secondary school to be increasing these feelings.

The aim is to also help you, as parents/carers, to support your child through the transition to secondary school and help to reduce their worries.

The sessions are supported by an electronic workbook for you and your child to complete together or individually.

If these free sessions are something that interest you and your child and you would like more information, then please email: [CONNECT@ghc.nhs.uk](mailto:CONNECT@ghc.nhs.uk) and a member of our team will be in touch to send you the pack.

Best wishes

The Young Minds Matter team.

