



World's End Well-being

Welcome to the second World's End Well-being newsletter. Summer 2 issue June 2022



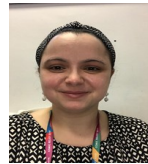
Mrs Barlow

SENCO Pastoral Lead



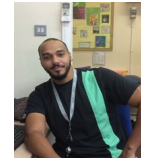
Mrs Taylor

Senior Learning Mentor



Mrs Wood

Assistant Learning Mentors



Mr Carey

Transition

Summer 2 term is busy in school as we prepare our pupils for transition to their new year group. On **Wednesday 6th July**, we will be **inviting our new Year 3 pupils** for the morning to meet their new teacher. The majority of our **current Year 6** will be visiting their secondary schools and pupils in year 3 to year 5 will **move up to their new class to meet their teacher**. We have a robust handover between us and the secondary schools, with the Infants and our teachers to share class information with the new teacher.

As in previous years we will have meet the teacher videos and pen portraits which can be shared with your child(ren).

We have enhanced transition mentoring for some of our more vulnerable pupils as well as transition booklets to support this significant change for pupils. 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.

Top 10 tips

<p>Choose health</p> <p>Know what affects your child, what makes them grumpy, hyper, disconnected...</p> <ul style="list-style-type: none"> Do they need snacks throughout the day? Do they need lots of sleep? Do they need to get out and about and do exercise? Do they need time alone? <p>Trust that you know your child and give them the basics that they need to cope with difficult days</p>	<p>Work together</p> <p>Share ideas about how to</p> <ul style="list-style-type: none"> create action plans have a problem-solving approach enjoy achievements be forward-looking show them that we can all get things wrong 	<p>Move on up</p> <p>Encourage independence</p> <ul style="list-style-type: none"> help them to move positively from child identity towards teen identity increase their responsibilities be positive whenever they act maturely <p>Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.</p>	
<p>Be calm</p> <p>Try to stay calm whilst your child is feeling distressed. Your child may show:</p> <ul style="list-style-type: none"> highs and lows melodrama anger blame self-centredness 	<p>Communicate</p> <p>The small things you do make all the difference:</p> <p>Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting</p>	<p>Get learning</p> <p>Be involved, find out more and talk about:</p> <ul style="list-style-type: none"> social media internet benefits and dangers new music language and slang current affairs what it's like to be young in the current world 	
<p>Be wise</p> <p>As they discover new things, try to:</p> <ul style="list-style-type: none"> be interested be non-judgemental guide give boundaries see it from all sides listen to their point of view choose your words carefully act on warning bells 	<p>Be the anchor</p> <p>In times of change you are:</p> <ul style="list-style-type: none"> constant family familiar routine in-jokers irritating comforting home 	<p>Have fun</p> <p>Provide lots of light relief:</p> <ul style="list-style-type: none"> be silly be embarrassing play games laugh together do stuff together make jokes make things be outside 	
			<p>Look after yourself</p> <p>Support yourself, to best support your child:</p> <ul style="list-style-type: none"> lean on friends offload on other family find 'me time' see the GP relax, exercise, sleep well, eat well remember tomorrow is a new day

Making new friends

Hopefully there is at least one person from your year group going to your new school, so you will have a familiar face. On transition day, you will meet your form group and start to make friends. Think of questions you could ask:

Do you follow football? What team do you support?

Who is your favourite singer/song?

Do you go to any clubs (swimming, Brownies, Guides, Cubs, Scouts)?

Getting lost

If you are going to a new school do not worry!

You will be given a tour and usually a map. The classrooms are usually numbered in a logical order such as room 101 (first floor, first classroom), 208 (second floor, eighth classroom).

If you are currently in years 3-5 staff will show you where your new class is. Don't worry if you go to your current class, we all forget sometimes.



Work being too hard

Each year the work will become more challenging. **DO NOT WORRY.**

Staff are here to support you and provide you with strategies to help you. Following the school values of Respect, Resilience and Readiness will help.

Think of the strategies you have been using since you started school such as having a try, asking your partner, asking pupils on your table, asking your teacher.

REMEMBER

We learn from making mistakes.

What will the teachers be like

Your teachers are probably just as nervous about meeting you as you are about meeting them. First impressions count so try to smile and be friendly.

Too much homework

The homework expectation at World's End is the same. Reading, TT Rockstars and Times Table practice. Any additional homework set will have been covered in lessons and you can always ask for help.

In secondary school there will be more homework. The best advice is **BE ORGANISED**. You will have a timetable of when each lesson set homework. Developing **GOOD HABITS** will help you such as: completing homework the day it is set, using a planner/diary to ensure you do not miss deadlines.

Anna Freud created an animated video for pupils on transition

<https://www.youtube.com/watch?v=thnoUraeoGs>



YoungMinds have created a parent webinar for Year 6 parents on how to support their child through the change from primary to secondary school.

<https://www.youtube.com/watch?v=xT6ctrk3pVQ>

Support for families



Parenting webinars can be accessed FREE OF CHARGE at

[https://parentingsmart.place2be.org.uk/?](https://parentingsmart.place2be.org.uk/?fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plsCbCO_d17yFXwsChWAhX1BEKfjgc5XK4)

[fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plsCbCO_d17yFXwsChWAhX1BEKfjgc5XK4](https://parentingsmart.place2be.org.uk/?fbclid=IwAR03kuumv6H5JxamoOQ_P0AI5plsCbCO_d17yFXwsChWAhX1BEKfjgc5XK4)

By entering the code COMMUNITY every parent can access a FREE parenting course at

<https://inourplace.heiapply.com/online-learning/>

Family Connect

Everyone needs help from time to time.

Family Connect can provide Family Support Workers, **financial funding, support and information and building connections in the community as well as support with Early Help.**

You can self refer or contact Mrs Taylor who will be happy to support you.

https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources



Birmingham and Solihull **Health & Wellbeing** services also have resources available which signposts families to the right support service.

<https://the-waitingroom.org/>

Helpful Resources:

Service Name	Contact Details
Forward Thinking Birmingham	www.forwardthinkingbirmingham.org.uk 0300 300 0099
Pause Drop in Centre 21 Digbeth Birmingham B5 6BJ	Opening times are: Monday/Tuesday/Thursday/Friday 10am-6pm Wednesday 12pm-8pm Saturday/Sunday 11am-4pm
Young Minds	www.youngminds.org.uk
Child line	www.childline.org.uk 0800 1111 - 24 hour phone line
Mind	www.mind.org.uk
The Samaritans	116 123 - 24 hour phone line
Sane line	Mental Health Helpline - 6pm-11pm daily 0300 304 7000
The Children's Society	www.childrenssociety.org.uk
The Mix	www.themix.org.uk Free phone: 0808 808 4994 (13:00-23:00 daily)
Papyrus - Prevention of Young Suicide	www.papyrus-uk.org Confidential advice and support for young people who feel suicidal. <ul style="list-style-type: none"> o HOPELineUK: 0800 068 41 41 o Text: 07860 039 967
CALM (Campaign Against Living Miserably)	www.thecalmzone.net Offers support to young men in the UK who are down or in a crisis. <ul style="list-style-type: none"> o Helpline: 0800 58 58 58 (Daily 17:00-midnight)

Free Apps/websites	Details
Mindful Gnats	An app to help young people develop mindfulness and relaxation skills.
MoodGYM	MoodGYM is a free, fun, interactive program to help young people with low mood. Based on
	cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore: <ul style="list-style-type: none"> - Why you feel the way you do - Changing the way you think - Knowing what makes you upset - Assertiveness and interpersonal skills training
Stop, Breathe, and Think	mobile app for youth, with meditations for mindfulness and compassion.
Calm	App with guided meditation and relaxation exercises.
Headspace	Meditation made simple. This app has a free introductory period, after which it requires a paid subscription to continue to use.