

YEAR 2 TRANSITION

Public
Health
5-19

The Public Health 5-19 Service's ideas to support your child's transition to junior school



HELPFUL WEBSITES

Although your child's infant teacher will be communicating with your junior school, there is no getting away from the fact that it is going to be a very different transition due to our current situation.

The start of a new school term is always exciting but when it's the transition into "big school" i.e. your child's very first school term, it can feel a little daunting! We've pulled together some key resources to help you and your child prepare for this new adventure.

CORONAVIRUS

Many teachers have already raised that children and young people are expressing concerns and worries about Coronavirus.

This [workbook](#) by Mind Heart Kids provides some helpful tips for parents to alleviate young children's worries about the virus.

HELLO!

I am a VIRUS,
cousin with the Flu and
the Common Cold



My name is Coronavirus

WHY TRANSITION IS IMPORTANT

Transition has been identified as one of five important life stages for young people. The move to junior school means those young people experience a number of major changes. If there has been little preparation the young person may experience difficulties accessing the curriculum and developing new friendships and peer groups resulting in a less than positive school experience. Spending time talking to your child about any worries and supporting them with everything they need to be prepared will help enormously.

Our team can work with your child's school in developing a transition process that provides support with emotional health and offers parental support too.

E-SCHOOL NURSE SERVICE

The E-School Nurse service is now running across the county every Tuesday and Thursday to support you with your child's physical and emotional health.

Please see our [E-School Nurse poster](#) and the [Service user leaflet](#) on our [website](#).

Appointments can be made by telephoning
0300 30 34 365 Monday to Friday 9-5pm.



Healthy Families Pledge

Children in Cumbria will have the best possible start in life through a joined up approach between families and everyone who works with young children.

NHS Start4Life Whatever you want to know about parenthood you should find it here.. There is an essential guide and lots of free tools for having a healthy, happy toddler.

Active Cumbria has an early years section with lots of great ideas for 'Active Play'.

Cumbria County Council have a helpful page on early years learning at home together. The Child and Families Information Service have a [Facebook](#) they post early years information. There is also emotional support and guidance via [Family Line](#)., click to view their leaflet.

Activity Village website has a downloadable booklet, posters and printable's for getting ready for school.

PH 5-19 Service Your local public health nurses have a great website with lots of top tips on a range of health topics. There are also useful links and free downloadable resources in [Parent Zone](#).

Our **CAMHS** service has a website with lots of useful links for support on emotional health.

Our Occupation Health team have some helpful [transition leaflets](#) for all ages.

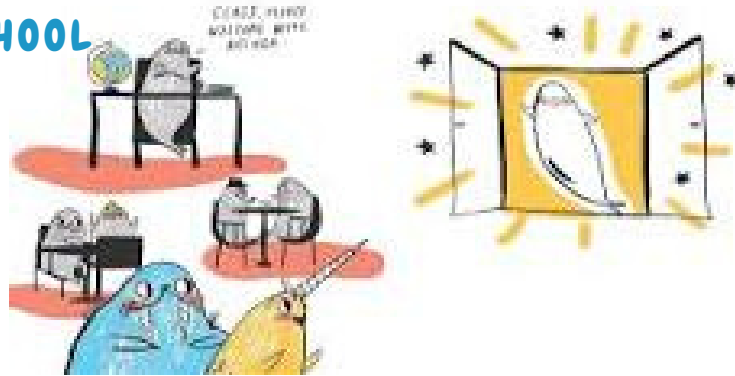
EMOTIONAL HEALTH DURING TRANSITION

Starting junior school is an exciting time but can also be a big change for children and families. For many children this may be the first time they have been away from younger siblings in a more formal or group setting and for some starting junior school may increase anxiety. Staff, parents and carers working together can help manage anxiety and worries.

FEELING WORRIED ABOUT JUNIOR SCHOOL

For most children, feeling anxious about this is a temporary phase and can be supported by teachers.

Books are a great way to help children understand and normalise their feelings. Books have a very reassuring tone that explains for example: In 'Starting a New School' Betty Beluga has just joined a new class and knows exactly what it's like to feel anxious and worried about making friends. She shares her advice for children.



MINDFUL ACTIVITIES

For children who become easily overwhelmed Mindfulness can offer an easy way to help them get 'back on track'. Mindfulness is a method of introducing relaxation; this can be done together with you or on their own when needed.

There are many different types of relaxation techniques, that are all designed to help us improve happiness, general behaviour, concentration and confidence.

Cumbria County Council have a [Mindfulness Ideas Booklet](#) containing activities for you to try.


[The Happy Box Activity](#) is great for all ages, Year 2 children could make a memory box of their infant school years, putting a variety of pictures, class work, a piece of uniform and awards in their box. You could also print some of the transition worksheets from Twinkl for them to complete. This would create a very lovely memory for them to keep and look at in the future.

Twinkl also have a lovely resource for parents and Year Two children to complete together at home to give to their new Year Three teacher! This [booklet](#) contains a range of prompts to help the children reflect upon their time at school and to share information about their likes and dislike through drawing and writing. Space is also provided for parents to share additional information about their child.

FREE PARENTING COURSES

All parents and carers can now access free [Solihull](#) online parenting courses if you live in or your child attends an educational establishment in Cumbria. They are for ALL parents-to-be, parents, grandparents or carers of any child from bump to age 18 years.

FREE with the access code WORSDWORTH.



Cumbria County Council
Nurturing Wellbeing
and Attachment in the
Early Years

Breathing Buddies

What to do:
Ask the children to lie comfortably on their backs and place their breathing buddy (soft toy) on their tummy.
As you count to three the children should take a deep breath in through their nose to slowly make their breathing buddy rise. Then breath out to the slow count of four and watch the breathing buddy fall. The aim is to keep the breathing buddy on your tummy (you could tell the children they are rocking them to sleep) Repeat as many times as you feel appropriate for the children.

USEFUL LINKS

[Chill Skill activities](#)

[Mindfulness activities](#)

[Time to Change Mindfulness Activity pack.](#)

[You Tube mindfulness links](#)

[Change 4 Life](#)

[PH 5-19 Website](#)

a message for my new teacher

Use this space to introduce yourself to your new teacher!

