

Supporting a young person with the transition through schools

- Transition to School - school readiness
- Transition to Secondary School
- Transition to further education

Transition is the movement, passage or change from one position, state, stage, subject or concept to another. Changes can be gradual or sudden, and last for differing periods of time.

For some children and young people times of transition and change can be particularly difficult.

Reducing difficulties during change by even a small amount can make a big difference to many children.

School readiness

By preparing children with basic independence skills, their transition to infant school can then focus on the fun elements of school and not with learning basic self-care skills

Encourage your child to be:

- Toilet trained and able to recognise the signs to go to the toilet
- Able to wipe themselves clean after using the toilet
- Wash their hands properly
- Able to dress and undress
- Put their shoes and socks on- Velcro is best
- Safe on roads and familiar with the route to school
- Able to sit at a table to eat using a knife and fork and willing to try new foods

Talk to the child about their day in school and school routines. Children express themselves through play as well as words. You can learn how the child is feeling by spending time with them and watching them play.

School Nurses attend New Parent talks in schools during the summer term, and also attend Health Visitor groups to meet parents and to offer support and guidance. Useful information and how to contact your school nurse is available at:

www.southernhealth.nhs.uk/services/childrens-services/school-nursing/

www.youngminds.org.uk

Transition to Secondary School

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

If you have good mental wellbeing you are able to:

- feel relatively confident in yourself and have positive self-esteem
- feel and express a range of emotions
- build and maintain good relationships with others
- feel engaged with the world around you
- live and work productively
- cope with the stresses of daily life
- adapt and manage in times of change and uncertainty (www.mind.org.uk)

Anxiety is a normal emotion- it keeps us safe!

During the summer term (year 6) or autumn term (year 7), School Nurses will offer to meet with children to offer information regarding physical, social, and emotional health and to complete a transition questionnaire.

Children are given the opportunity to meet their School Nurse confidentially in school. Confidentiality means information shared will not be told to parents, teachers or other agencies without their permission. However if the school nurse is concerned for the child's safety or the safety of others, information may be shared with their knowledge.

Transition to College

Any young people who have been identified as vulnerable or at risk will be supported in the transition from school to college by the School Nurse. Drop ins at college can be organised to support the young person.

School Leavers assemblies are offered to secondary schools to prepare young people to take ownership of their own health, and learn how to access health advice.

Useful resources:

Chat Health is a new texting service available to young people 11-19 years

www.southernhealth.nhs.uk/services/childrens-services/school-nursing/

www.mind.org.uk/information

www.youngminds.org.uk

www.3.hants.gov.uk