Wednesday, 29 April 2020

Hello to all of our Transition students

Welcome to the summer term!! We hope that you are not stressing out too much about not being in School and hope you are enjoying the sunshine that we have been lucky enough to have whilst we have to stay safe at home. Hopefully, despite all that is going on, you are enjoying this time with your families in the best way you can. Maybe some of you are enjoying learning new skills? Baking, arts and crafts, building things…whatever you have been doing to pass the time we look forward to hearing all about your time at home when we are able to meet again.

You may well be wondering when that may be and what is happening with the Transition program that you started with us back in February? Currently we are unable to say when we will get back to normal. As soon as we are given the go ahead, we will be getting in touch with your schools to arrange coming back to see you again. We are very much hoping this will be in your Primary schools but if not, then we will be at your new schools from September onwards.

Jenny and I are fully aware that the schools having to close has had a huge effect on your Transition program as we haven’t been able to continue all of the hard work you were doing during our sessions. This is why we are writing to you today. Included in this email is a Transition Activity work booklet. This is for you to work through at your own pace at home. We hope you are able to print this out and enjoy some if not all of the activities. You should be able to follow the simple instructions and complete them on your own. If not then don’t panic! Why not ask another member of your household to sit with you and work through it together. We have tried to make the booklet easy to follow but please do not worry if you are unsure. This is simply something for you to do to get you thinking about your transition to your new school in September. If you wish, when schools finally reopen, bring the booklets in for us to see.

It is really important that if you are feeling anxious that you try to talk through your worries with somebody. If you are unable to do that, or don’t feel comfortable then why not try keeping a ‘mood diary’? It’s a useful tool to try and keep in control of your feelings. Simply write down all your worries, feelings and anxieties that you are experiencing day to day. Is there a pattern? What could you do to help prevent these thoughts? Again, Jenny and I will happily chat through them with you should you wish.

We have made a small list of things you can try to keep your mental wellbeing the best it can be;

* Keep active – exercise helps keep your mind healthy flooding it with ‘happy hormones’. Try using the outside private space you have. If you are unable to do this, you can find plenty of online tutorials to help keep fit. Keeping active can also mean learning a new skill.
* Eat healthily- It easy to eat unhealthy snacks whilst at home but eating a balanced diet is crucial for a healthy mind.
* Maintain a routine – Get up, washed and dressed in the morning. This adds structure to your day.
* Stay connected to people – being home doesn’t mean you can’t stay connected to your friends. Take time to call or message friends and loved ones.

All or a few of these things will help you have a healthy happy mind during these somewhat uncertain times.

Lastly, please please rest assured that both Jenny and I will be there for you as soon as schools open and we are able to return and we will do our absolute best to help you get back to some normality of school life.

We look forward to seeing you soon.

Keep safe and keep happy

Yours sincerely

Gemma and Jenny