



St Joseph's Catholic Primary School, Guildford  
*The Way, The Truth, The Life*

# Wellbeing at St Joseph's



Welcome to our first Wellbeing Newsletter of the Academic Year.

Whether you are a young person navigating a change of school or transition to a new year group, or a parent/carer supporting your child, it can be a very challenging time. Transition is normal, important in our children's lives and is part of the Nurture Principle.

Here are some of our 'Top Tips' to ease transition and change:

★ Talk and listen to your child's worries and validate their experience - I can understand that you feel that way. What can we do to help? Take one step at a time.

★ You and your child will be going through lots of different emotions, excitement, nervousness, insecurity, uncertainty, feeling overwhelmed to name just a few. **Remember**, this is perfectly normal and it is good to share your feelings with someone you trust.



Focus on what will change and what will stay the same - you will be amazed with what your child will come up with eg. **Change** - my classroom, my class, using a pen to write, year group, class teacher, the junior block, going up the stairs, my shoes. **Same** - uniform, my friends, my lunch, parents/carer collecting me, adults in school, my family, lessons. **Remember** - some changes are good! Identify a change that is positive - 'Having a new class means that I can make new friends and have more people to play with.'



Take your lead from your child, try to stay calm and reassure them that things will be okay. **Remind** them of their skills and strengths and show encouragement - you are kind, helpful, creative etc. I was so proud of the way you..... Let them do something they enjoy/makes them feel good when things are tricky e.g. drawing, listening to music, dancing, kicking a football outside.



Change takes time - You don't need to know everything yet! Be proud of having a go. It is okay to make mistakes, you are doing your best.

**Remember - new things can be exciting! Every change is a start of something new.**

Mrs Sewell and Mrs Alongi  
Pastoral Team

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