



# YEAR 6 TRANSITIONS PUPIL WORKSHOP

## Dear Parent/Carer

This term, Year 6 pupils are invited to take part in a Transitions Workshop, delivered in school by the CAMHS Mental Health In-Reach to Schools Team.

As your child prepares to move from primary to secondary school, this workshop is designed to offer support, guidance, and reassurance during this important time of change.

During this workshop, pupils will:

- Explore common worries about moving to secondary school
- Understand feelings and emotions linked to change
- Build confidence and resilience
- Learn positive ways to manage worry and cope with new challenges

This workshop is a psychoeducational session and is not a therapeutic intervention. It aims to help pupils feel more prepared and confident for their next stage of education.

This is a valuable opportunity for pupils to talk openly, learn useful strategies, and feel more prepared for their next chapter.

If you do not wish for your child to take part in this workshop, please inform a member of school staff.

## CAMHS Mental Health In-Reach to Schools



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