

Dear Parents of prospective Year 7 students,

As your Mental Health Support Team, working within Collingwood College we aim to support students with their emotional and mental health. We are aware that the transition to secondary school can be more difficult for some children.

We are therefore running **workshops for children** who might find this move more challenging and/or anxiety provoking. The workshop sessions will be held in the school, are 2 hours long and will include:

- Ice Breakers: a chance to get to know others in their form or half of the year group
- A brief presentation around anxiety symptoms, and strategies to support them
- Problem solving common worries about moving to secondary school
- A tour of key areas in the school

If sessions are in high demand, they will be offered at a first come, first served basis to allow for the group sizes to remain small and benefit those attending. To view available dates and secure your child's place, please sign up using the link below:

<https://forms.office.com/e/XiNz246Sz2>

In addition to support for students, we are running **online webinars for parents** of prospective Year 7 students. These aim to provide you with awareness of challenges children may experience, as well as strategies to support them with their move and building independence and self-esteem. There will be time for questions at the end and throughout the presentation. To sign up to a Webinar please use the link below:

<https://forms.office.com/e/kvf0UTEJ5a>

Yours Sincerely,

Surrey Heath Mental Health Support Team

School Based Needs Team

Find out more at
mindworks-surrey.org

