SEND Newsletter—Summer 2 2026

Welcome to our half termly SEND newsletter addressing all things related to Special Educational Needs and Disabilities here at All Saints! Please check past newsletters about SEND, Dyslexia and our school Padlet on our website. This half term's newsletter is about how we can support all children with transitions—changing classes and changing schools.

Supporting Your Child Through School Transitions

Starting a new class or school is an exciting milestone—but it can also feel unsettling. Many children experience worries about change, new routines, and new relationships. This newsletter shares simple ways you can support your child to feel confident, calm and ready to learn, in a new class or at a new school.

Transitions can feel difficult, changes such as new teachers, routines or environments can feel overwhelming. Children may worry about their friends, where they might be sitting, they may worry about understanding the expectations and routines and they can worry about being away from familiar adults. All of these feelings are normal and expected during times of change.

Here are some suggestions to help make transitions a little bit easier for everyone;



Set aside some time to talk and share

- Encourage your child to share their thoughts and worries
- Listen calmly and without judgement
- Reassure them that it is OK to feel nervous
- Speak positively about the school and staff, children will take the lead from you so it is important you keep an open mind and positive attitude!
- Encourage your child to identify a 'trusted adult', someone they can go to if they have a worry or a problem
- Talk about what your child is looking forward to, shift the mindset to the positive things
- Remind them of past successes with change and that they can do it

Talking openly helps children feel understood and builds emotional security, talking positively supports your child in feeling secure and confident.

Prepare them for what to expect

- Talk through the school day (e.g. morning routine, break, lunchtime) explain what will be the same as well as the changes, knowing that some things are the same often supports children with managing changes
- Look at photos or information from the school together, at All Saints we send home transition booklets each year for those children worried about changing classrooms.

Knowing what will happen reduces uncertainty and anxiety for children.

<u>If your child is attending a new school, get familiar with the new environment</u>

- Attend transition days or visits if available

- Walk past the school before hand, look at the website, attend any Summer fayres and activities based at the new school

- Talk about where key places are (toilets, playground, classrooms)

Familiarisation helps children feel safer and more confident

<u>Support children with worries and anxiety</u>

- Acknowledge feelings: "I can see you're worried—that's okay."

- Help them problem-solve small worries together

- Focus on what they can control

- Use calming strategies (e.g. deep breathing, quiet time, comfort objects)

Emotional support and reassurance help children manage change and build resilience

<u>Keep routines consistent</u>

- On the week leading up to returning to school, maintain regular bedtime and morning routines

- Prepare uniforms, bags and lunch the night before

- Keep home routines calm and predictable

Routine provides stability when everything else feels new.



Children settle best when home and school work together. If you have any concerns please let us know:

To support transition, we are also going to run our teacher Meet and Greets before the summer holidays so you can meet your child's new teacher and then prepare your child over the summer for their new classes.

Thursday 16th July at 3.40pm —Meet the new teacher



Mrs Darling-Chalke is our school SENDCO. She works as our SENDCo currently on Tuesdays, Wednesdays and Thursdays. If you would like to talk to her, please make an appointment with the school office.

Don't forget, past SEND newsletters can be found on our school website.

https://www.allsaintsceprimary.co.uk/send-information/

The next newsletter will be out after the summer holiday.