

# TRANSITION FOR ALL

## Week 5

Hello there and welcome to week 5!

I have been spending a lot of my time this past week contemplating all of the new things we are asking not only adults but our young people to think about and change as we face the world, we currently live in, and the challenge that it creates. I'll be honest, I have had some tough days these past couple of weeks. I hope I have managed to stay in control of my emotions and have found ways of coping. I wonder how many of our youngsters have got those life skills at the moment though.

If you have a young person in your home who is struggling with all of these new emotions and experiences, you can contact BEAM

<https://www.childrensociety.org.uk/beam/sandwell>

To help you understand a little bit more about BEAM this is taken from their website:

*We understand that talking about how you feel isn't easy, especially with someone you don't know. You may worry about what to say, what the reaction will be or you may not understand why you feel the way do. It could be a bad day or an ongoing issue that's affecting your mood - for Beam, no problem is too big or too small. You can talk confidentially to someone in the Beam team who will listen, understand and provide advice and guidance to help you.*



[Photo caption]

## You are not alone

Do you have a story to share? Get in touch at the email above.

This weeks offering comes again from our Home Education team. We really do want you to know that you are not alone! Apart from the names and ages of the children (which have been changed) I have to admit this could also be my house these days.

My house is scarily quiet today. Billy is apparently doing music but I can't hear any! Apparently he has the choice of dancing with Darcy Bussell, (seriously uncool for a 10 year old boy to be doing ballet or something else dance related) or his preferred option choosing 1 of the 10 top music picks to play while creating something artistic. My suggestion of doing Oti Mabuse's stuff was also greeted with snorts at lunch accompanied with 'have you completely gone mad!' Apparently I have! Sophie was up at the crack of dawn to do her PE yoga followed by various other lessons. This included something on cells, that was unpronounceable, and she was none too happy I tried to get her to explain it to me in order to establish her learning. After the 5<sup>th</sup> question I was told, "If you are that interested go and learn it yourself because why I need to know this is beyond me!"

Sound familiar? I'd love to hear about it!

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## Transition support

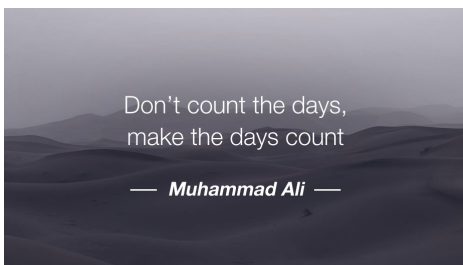
The big question on lots of families minds I can imagine at the moment is, how on earth am I going to help to make sure my child is ready to move to a new school be it primary, secondary or even 6th form. Equally for some children support them get back to the school they already know and love?

If you have access to the internet at all, the best thing to do is regularly have a look at the school's website. Not just for the work that schools are providing but because the website has a huge amount of information on there about staffing, the school day and other things you might want to know.

If you wanted to make it even engaging, you could take it in turns to search something specific on the school site and set each other challenges to find the answers! As a starter here are some suggested questions for you:

- What is the name of the headteacher? Head of Year 7? School Office Manager? A Year 5 Teacher? A French Teacher?
- What time does the school day start? Finish? Lunchtime?
- What was the last charity event the school held?
- What after school clubs are there and how can you access them?

These are just some thoughts but the more you get to know about the school through the website the better your questions will be! Id love to hear about how your competitions go!



## Dos and Don'ts

Do - Start thinking about what you might need to do to prepare for life when we finally get back to school/work.

Don't - Panic about it! Whenever we finally go back to schools, we will hopefully have some warning and everyone involved in education and the council will be here to help.

Do - Find time and space for yourself and your own thoughts.

Don't - Forget to tell yourself you are doing OK every now and then! These are new ways of living and working, we are all doing the best we can.

