

## Southend-on-Sea City Council

Executive Director (Children & Public Health): Michael Marks

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🌐 [www.southend.gov.uk](http://www.southend.gov.uk)



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Dear Primary School,

This letter is to inform you of a new initiative offered by the School Nursing Team which will be aimed at all year 6 aged Pupils.

The session is called "Moving to Secondary School" and will provide year 6 pupils with information and techniques to help them manage some of the emotions they may be feeling during their transition to secondary school.

The session will be offered within class groups in a session lasting approximately 30 minutes.

The Topics covered will be:

- Introduction to the School Nursing Service
- Recognising emotions
- Mindfulness techniques
- Friendships
- Top tips
- Chat Health

Enclosed is the booklet that will be used to guide this session for your information. A copy of this will also be provided to each pupil attending.

This will be an opt out session. All parents will receive a letter explaining the session prior to it taking place and will have the option to withdraw their child. If we do not receive an opt out form the child will be included within the session. All parents will be advised of this information via letter prior to the session.

A member of staff will be in contact to arrange delivery of this session withing your school. We ask for your cooperation in communicating with parent/s/ carers the date the session is booked within your school once arranged.

Yours faithfully,

A handwritten signature in blue ink, appearing to read "Iusnaw", enclosed within a thin rectangular box.

Yvonne Shaw  
Head of Service  
Southend Children, Young People & Family Public Health Service