

## **Mental Health and Wellbeing:** **‘Finding Your Feet’ at Hanham Woods Academy**

Entering secondary school can be a daunting and stressful experience for children. For some who are struggling to cope, the transition to secondary school may see the emergence of underlying mental health problems and therefore additional understanding and support is needed.

**Hanham Woods Academy aims to create a transition experience that achieves the following:**

- Supports pupils to smoothly transition from primary to secondary, cope with change and start the conversation about mental health.
- Help parents to understand more about how to support their children’s mental health and wellbeing.
- Equip school staff with the relevant tools and skills to be able to talk about change, challenges and resilience with their pupils as well as address mental health issues in school.

Below you will find a range of online resources that we have collated for you to access with your child prior to arriving at Hanham Woods Academy. We have also included Young Minds’ Top 10 Tips for parents when supporting children through times of change.

If you would like to talk to a member of staff about your child’s existing needs around mental health or wellbeing please contact the Designated Safeguarding Lead.

### **Resources:**

Young Minds interview Y6 students who share their concerns and advice

<https://youtu.be/xT6ctrk3pVQ>

How to make friends hacks!

[https://youtu.be/0tulyjP9k\\_4](https://youtu.be/0tulyjP9k_4)

Young Minds and Beano: Chicken’s First Day at School

[https://youtu.be/M\\_QA9T6PxaA](https://youtu.be/M_QA9T6PxaA)

Fitting in

<https://youtu.be/H7B5BD7Nka0>

Moving Up: Activities to do with your family over the transition to Secondary School

<http://www.manchesterhealthacademy.org.uk/wp-content/uploads/2015/05/activities.pdf>