

As your child prepares to move from primary to secondary school, we understand that this can be an exciting but sometimes overwhelming time for both pupils and families. To support you through this important transition, we are pleased to invite you and your child to attend our **fully funded online Year 6 Transition to Secondary School Wellbeing Session**.

**The session will cover and include:**

- Using the Theory of Constraints (TOC) goal-setting process students will identify the fears and challenges they face—whether real or perceived.
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- They will create actionable plans to overcome their challenges and fears which will help them confidently navigate their first term.
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- Interactive activities where students will develop problem-solving skills and resilience.
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By focusing on perceived barriers and planning solutions, this evidence-based process supports critical thinking, reducing stress and building self-efficacy.


**Outcomes:**

Students articulate and explore their fears, finding solutions for each identified concern. This can reduce stress and increase resilience (Roberts: *Storytelling for Better Behaviour* Routledge, 2012).

Students will learn a practiced a transferable goal-setting process, preparing them to manage future transitions.

Students will leave with a clear, personalised action plan, boosting their confidence for a successful first term.

 **Date:** 14<sup>th</sup> July

 **Time:** 4:30pm - 5:30pm

 **Location:** Online via Zoom

**The session is designed for children to attend, supported by their parent or carer.**

If you would like to attend, please book your free place via our website at:

<https://theolliefoundation.org/what-we-do/calendar/>