

Inclusion Newsletter



Tips for coping with stress:

- write down your worries - then tear up the paper or share them with a trusted adult.
- use the Art box to draw a picture of what you want to happen
- look at our advice on [taking care of yourself](#)
- listen to calming music
- play a game to take your mind off things.

Summer term is here and it is busy as usual! One of the prominent events for the Year 6 pupils coming up this term is their SAT tests. This can naturally cause anxiety and stress among some children, despite the school's best efforts to encourage children to try their best and recognise these tests as an achievement of all the hard work they have put in over the year.

However, if you feel you would like some extra support on helping your child through these tests, there is some useful information available at these sites:

<https://www.sussexpartnership.nhs.uk/about-us/news-events/blogs/how-deal-exam-anxiety>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

We hope the Year 6 know that we are all proud of them!

Rachel Matthews (SENCo)

Test Taking Strategies

Posters to help reduce anxiety, stress and worry before exams.



Transitions to secondary:

Now that the Year 6 children know which secondary school they will be attending and once SATs are over, it is important to consider how school and home can help manage effective transitions for these children from Primary to Secondary.

If your child will be attending Tanbridge House School, Bohunt, Millais or The Forest; a course for parents of children moving into Year 7 is being run by Horsham District Council, the Dedicated Schools Team and partners next half term. The course aims to help parents understand some of the challenges that they may face as their children become more independent and how effective communication and an understanding of teenage behaviour can help parents support them through this difficult period of their lives. Parents would be expected to attend all three sessions.

To book, please google 'Grow your own teenager course, Horsham District Council'.

The mentally healthy schools website similarly has a great 'moving up' resource booklet that you can print and work through with your young person, available at:

<https://www.mentallyhealthyschools.org.uk/resources/my-moving-up-to-secondary-school-booklet/>



Mental Health Awareness Week

Mental Health Awareness Week takes place from **12–18 May 2025**. Organised by the Mental Health Foundation, this year's theme, 'Community', focuses on how connection and belonging supports mental health and wellbeing. A strong support network can make a real difference to how we feel. Whether at school, at home or in wider social circles, feeling part of a community can provide comfort, encouragement and a sense of purpose

Some useful websites around supporting children with their mental health include:

Top tips for making friends (aimed at age 7-11) -

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>

<https://www.childrensmentalhealthweek.org.uk/families/>

Place2be family resources website

<https://www.bbc.co.uk/bitesize/articles/zdkn3qt#z2d346f> –

School anxiety and refusal support

<https://www.bbc.co.uk/bitesize/parents> – **BBC wellbeing resources for families**

