



July 2026

Ravenscote Wellbeing Newsletter



Supporting Children Through Transition

As we move to the end of the school year, many children are preparing for an exciting new chapter. Whether they are moving into a new year group, changing classrooms, meeting a new teacher or preparing to start a new school, transitions can bring a mixture of excitement, anticipation and sometimes worry.

These feelings are completely normal. Change, even positive change, can feel uncertain. By working together, families and school can help children feel confident, secure and ready for what comes next.

Why Transitions Matter

Transitions are important milestones in a child's development. They provide opportunities to build resilience, independence and confidence. However, some children may also experience concerns about:

- Making new friends
- Different routines and expectations
- Increased independence
- Leaving familiar school staff and environments
- Starting a completely new school



How Parents and Carers can help

- Talk positively about change

Encourage conversations about the upcoming transition. Ask open questions such as:

- What are you looking forward to?
- Is there anything you are wondering about?
- What do you think will be exciting about next year?

Listening calmly and without judgement helps children feel heard and understood.

Focus on Strengths

Remind your child of challenges they have successfully managed before. Reflecting on previous achievements can boost confidence and reinforce the message that they are capable of coping with change.

Maintain Routines

As much as possible, keep familiar routines at home around bedtimes, meals and family time. Predictable routines provide a sense of security during periods of change.

Encourage Independence

Simple responsibilities such as organising school belongings, preparing for the next day or managing small tasks independently can help children feel more confident and ready for new challenges.

Acknowledging Feelings

Let children know that it is fine to feel both excited and nervous at the same time. Naming emotions can help reduce anxiety and encourage healthy emotional expression.

Supporting Children moving to Secondary School

For children preparing to leave Ravenscote and move onto secondary school, this transition can feel particularly significant.

Helpful ways to prepare include:

- Attending transition events and induction days where possible.
- Looking at information, maps and pictures of the new school on their website.
- Practising the journey to and from school.
- Talking about opportunities as well as challenges.
- Encouraging children to keep in touch with current friends while also being open to making new ones.

A wellbeing activity to try at home

My Transition toolkit

Ask your child to create a simple toolkit by drawing or writing:

- Three things they are looking forward to
- Two people they can talk to if they feel worried
- One strength they have that will help them succeed

This activity helps children focus on positive expectations while recognising the support available to them.

Parent Wellbeing Tip: Managing Your Own Feelings About Change

Transitions are not only significant for children – they can be emotional for parents and carers too. Whether your child is moving into a new year group or preparing to start a new school, it is natural to feel proud, excited, nostalgic or even a little anxious.

Children often look to the adults around them for cues about how to respond to change. By modelling calm confidence, you can help your child approach their transition positively.



Try This:

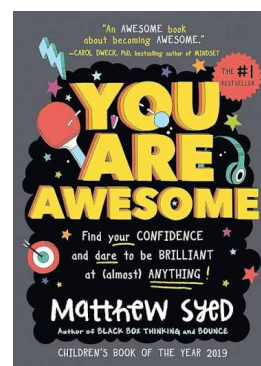
- Focus on what your child has achieved this year and how much they have grown.
- Share positive memories while looking forward to new opportunities ahead.
- Avoid passing on your own worries about friendships, teachers or academic expectations.
- Make time for self-care during busy transition periods, whether that is by exercising, meeting friends, reading or simply taking a few moments to recharge.
- Remember that most children settle successfully when given time, encouragement and support.
- You do not need to have all the answers. Sometimes the most valuable thing you can do is to listen, reassure and remind your child that you will be there to support them through any challenges they may encounter.
- Children thrive when they feel safe, supported and confident that the important adults in their lives believe in their ability to succeed.

Our Ravenscote community is proud of the progress that all our children have made this year and we look forward to supporting them as they take their next steps.

Book recommendations

You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything

I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? You Are Awesome can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential. The first children's book from Times journalist, two-time Olympian and best-selling mindset author Matthew Syed, it uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given, and that talent can be acquired. With hard work and determination, practice and self-belief, and, most importantly, a Growth Mindset, there's no reason why anyone can't achieve anything. Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.



Go Big: The Secondary School Survival Guide

THE BESTSELLING SECONDARY SCHOOL HANDBOOK, FROM THE NATION'S FAVOURITE HEAD TEACHER, MR BURTON.

Secondary school can seem scary. Corridors are wide, older students look terrifying and there's homework, messy friendships and stressful exams to deal with. But, whether you're about to land at secondary school or you're still settling in, Mr Burton is here to guide you through your journey - worry-free. From your first day to your final exams, this handbook will have you achieving, succeeding and being the best you can be. Find great friends, boost your confidence, work hard and start building toward your brilliant future. Written by head teacher and star of Educating Yorkshire, Mr Matthew Burton, this is the ultimate secondary school survival guide.

Please use the below link to access the BBC Bitesize site:
<https://www.bbc.co.uk/bitesize/groups/c5vpkq1l934t>

Advice for parents



Five ways to get your child ready to start secondary school



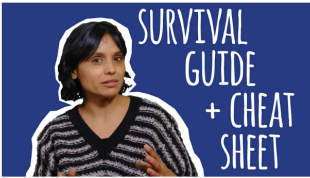
Back to secondary school: How Bitesize can help parents



Supporting a child moving to secondary school with Dr Radha



Starting secondary school with Special Educational Needs (SEND)



Parental survival guide & cheat sheet for starting secondary school



How to prepare your child emotionally for starting secondary school



Preparing your child practically for secondary school



What primary school students think about secondary school

Advice for students



Top tips for day one



Letter to my younger self



Secondary school strugglers



Being yourself and talking about difference



Developing friendships



Myths about teachers



Coping with classwork



Will I lose my old friends?



Braydon vs Mr Burton: the truth about starting secondary school



Year 7: A day in the life



Favourite thing about secondary school



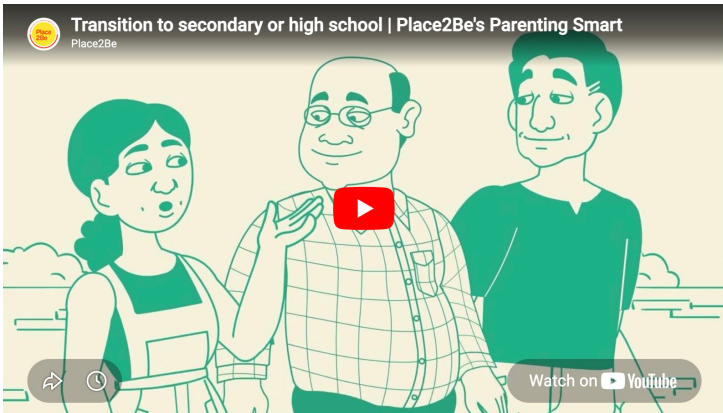
The size of the school

Place2be Parenting Smart Articles

<https://parentingsmart.place2be.org.uk/article/helping-your-child-prepare-for-secondary-or-high-school>

Helping your child prepare for Secondary or High School

Help your child make that huge leap from primary to secondary or high school. Here are some things to that'll build your child's confidence, resilience and self-esteem.





Best Free Things to Do in Surrey

- Mercedes Benz World - Weybridge



- Frensham Ponds – near Farnham



- Box Hill – North Downs



- Newlands Corner - Guildford



- Alice Holt Forest -near Farnham



- Swinley Forest Bike trails - Bracknell



- Lightwater Country Park



- Stoke Park- Guildford



- Farnham Park



- Basingstoke Canal



- The Living Planet Centre - Woking



- Frimley Lodge Park



- Rosebery Park - Epsom



Test your knowledge of the holiday season with this tricky puzzle!



- 1 Go sailing on one of these (4)
- 2 Month in the middle of the year (4)
- 4 It moves sideways along the beach (4)
- 6 Mussels and oysters have these (6)
- 9 Fill this with sand at the beach (6)
- 13 Eyewear to stop water getting in (7)
- 15 Summer treat that comes in a cone (3, 5)
- 16 Something you do in water (4)
- 18 Body of salt water, smaller than an ocean (3)
- 21 Lunch in the park (6)
- 24 Sleeping in a tent (7)

DOWN

- 25 Put this in your drink to make it cool (3)
26 Make these at the beach with a bucket and spade (11)
27 Cook outside on a grill (8)
28 Surfers catch these (5)
29 Opposite of cold (3)
- DOWN**
- 1 You see these buzzing about (4)
3 Creatures hide in these when the tide goes out. ____ POOL (4)
5 The colour of summery skies (4)
- 7 Time off school (7)
8 Season before autumn (6)
10 Use this to get dry at the beach (5)
11 A person visiting a place on holiday (7)
12 Summery drink made from sour yellow fruit (8)
14 Cool eye protectors (10)
17 Toy flown at the end of a string on windy days (4)
19 What some people wear to go in the sea (8)
20 Footwear for warm weather (7)
22 Smell these in gardens (7)
23 The Earth circles this star (3)

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

SUMMER FUN

AUGUST
BASEBALL
BEACH
CAMPING
FRISBEE
GAMES
GARDEN
GRASS
ICE CREAM
JULY

X	J	B	Z	X	H	U	F	D	M	M	Z	N	F	L	K	Q	Q	F
R	H	C	J	W	M	Q	L	E	O	U	T	D	O	O	R	S	Q	L
X	G	I	J	N	O	L	E	M	R	E	T	A	W	X	N	A	Q	E
F	W	N	E	U	H	B	M	S	W	H	I	T	V	W	E	T	I	F
L	R	C	K	S	A	N	A	W	M	S	Y	Q	V	D	D	X	J	Z
M	G	I	V	E	N	I	H	S	N	U	S	S	H	C	R	Y	X	I
B	X	P	S	Z	J	R	Y	E	E	S	L	A	D	N	A	S	J	R
Y	S	Z	U	B	P	L	A	Y	D	B	V	K	R	M	G	B	U	A
T	N	T	B	I	E	B	E	A	C	H	A	F	V	G	K	F	L	O
Y	Y	N	R	K	G	E	H	Z	U	M	T	L	Z	U	J	W	Y	T
J	Z	B	R	O	S	E	N	T	G	I	O	M	L	Q	P	U	S	T
C	B	A	C	X	H	C	A	A	C	W	U	G	V	E	N	U	J	H
P	P	Y	E	X	A	S	M	N	S	S	P	P	A	K	G	I	F	U
Q	Q	C	I	M	L	E	P	B	E	J	U	M	C	U	I	J	U	N
K	P	T	P	U	S	L	X	O	I	J	L	J	A	N	F	S	P	D
J	E	I	U	H	M	G	Q	T	C	D	E	F	T	A	H	X	K	E
O	N	I	C	E	C	R	E	A	M	P	T	H	I	E	X	X	C	R
G	O	R	M	Z	Y	G	V	H	K	X	S	T	O	C	Y	R	Q	B
Q	S	Z	O	D	S	Q	N	B	V	I	E	S	N	O	R	K	E	L



JUNE	SHORTS
OCEAN	SNORKEL
OUTDOORS	SUNSHINE
PARK	SWIM
PICNIC	THUNDER
PLAY	VACATION
SANDALS	WATERMELON



Looking for Things to Do with Kids in the Summer Holidays?

Outdoor Summer Holiday Activities for Kids

Summer is the perfect time to get outside and enjoy the sunshine!

- Go on a classic scavenger hunt in your garden or local park.
- Visit a farm to see animals and enjoy feeding sessions.
- Take a family bike ride along a coastal or countryside trail.
- Go on a nature walk and collect shells, leaves, or wildflowers.
- Fly a kite on a breezy beach or open field.
- Explore a woodland trail and spot wildlife.
- Visit a national park or nature reserve.
- Have a summer picnic in the park.
- Plant summer flowers, herbs, or vegetables together.
- Go pond dipping or bug hunting to explore mini-beasts.
- Try paddleboarding, kayaking, or canoeing if available locally.
- Visit a splash park or outdoor water play area.
- Build sandcastles at the beach.
- Watch the sunset together as a family evening activity.
- Try a “digital detox” day outdoors with no screens.

Summer Baking & Cooking with Kids

Get the kids involved in refreshing summer treats!

- Make fruit kebabs with seasonal berries.
- Bake lemonade cupcakes with raspberry icing.
- Create ice lollies using juice and fresh fruit.
- Make no-bake cheesecake jars.
- Decorate biscuits with summer themes (sun, sea, ice cream).
- Make homemade pizza with fun toppings.
- Blend your own smoothies or milkshakes.
- Build a DIY ice cream sundae station.
- Bake s’mores (indoors or outdoors if safe).

Fun At-Home Summer Activities for Kids

Perfect for rainy days or quieter moments.

- Have a family movie night with popcorn and summer-themed films.
- Build a den or outdoor fort in the garden.
- Organise a family talent show.
- Play board games or puzzles together.
- Start a summer reading challenge.
- Create a holiday time capsule.
- Learn and play with science experiments.
- Set up a garden obstacle course.
- Plan and host a mini summer party.
- Write and perform a summer-themed play.