

Big Changes: Supporting Children Through Transitions



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Explore how children experience school transitions at different stages.
- Learn strategies to prepare children emotionally and practically.
- Identify when additional support may be required.

TAKEAWAYS

- Change can trigger anxiety but also growth.
- Routine, preparation, and communication ease transitions.
- Support is vital during moves from primary → secondary → college.

June
10th



12-1:30pm or
7-8:30pm

bsmhft.schools@nhs.net