

NURTURING SCHOOLS AWARD NEWSLETTER

TRANSITIONS



Managing change can be challenging for young people, whether it's a big transition like starting secondary school in Year 7, or smaller daily changes such as moving from break time to lesson time. Other common transitions include puberty, moving house, coping with bereavement, family breakdowns, or a sibling leaving for university. One of the most effective ways to support children through these changes is by creating regular opportunities to talk about them. This can be done through everyday conversations, sharing stories, or watching films and TV shows that explore similar themes. These discussions help children begin to understand that change is a normal part of life and can be managed. Transitional objects — like a small item from home or a note in a lunchbox — can also provide comfort and remind them that they're being thought of, even when you're not physically present. Simple physical routines, like taking off a coat when entering school, can signal a shift and help them prepare mentally for what's coming next. These small but meaningful strategies can make a big difference in helping children feel safe and supported during times of change.

In Action

Looking at the impact of even the small transitions pupils experience day to day has been really eye opening for me, we have really tried to focus on highlighting the importance of key changes throughout the day to help set pupils up for their learning.

Mrs C Forsyth, Senior Mental Health Lead.



What is Nurture?

NURTURE IS ALL ABOUT HOW OUR SURROUNDINGS AND RELATIONSHIPS SHAPE US. IN SCHOOLS, A NURTURING APPROACH HELPS CHILDREN AND YOUNG PEOPLE BUILD SOCIAL AND EMOTIONAL SKILLS THEY MAY HAVE MISSED EARLY ON. THIS SUPPORT HELPS THEM FEEL BETTER, DO WELL IN SCHOOL, MAKE FRIENDS, AND HANDLE CHALLENGES MORE CONFIDENTLY.



Introducing Nurture UK



Questions and Feedback ?