

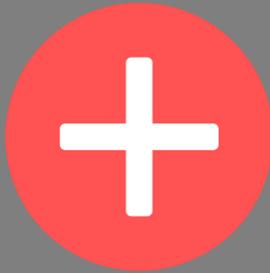
# Transition Support Programme - Year 7 Wellbeing

## Programme Benefits

Increases mental health & wellbeing awareness



Promotes confidence and positivity in students



Improves motivation and productivity of students



An opportunity for students to unlock transitional fears



### About Us

Over the past 6 years, Strengthening Minds has established itself as one of the leading providers of emotional wellbeing interventions, successfully supporting young people across the country in making long lasting behavioural changes.

To date, Strengthening Minds supports over **70 schools nationwide** by delivering our unrivalled packages of support. Our programmes have been created to ensure a **cost-effective** and a **sustainable** solution can be used by schools to positively tackle mental health and **wellbeing**.

### Programme Overview

Making the transition from primary to secondary education is both an extremely exciting and incredibly unnerving experience for students. Hundreds of thousands of young people make this difficult transition every year, however, the challenges that the world has faced throughout the pandemic has made transitional support even more important than ever before.

The **Transition Support Programme** has been created to allow schools access to impactful and flexible wellbeing sessions to support the successful transition of **ALL** year 7 students. Not only does this programme support students' wellbeing throughout these unprecedented times, but it also ensures that students are equipped with the vital tools needed to successfully navigate their way through the most important term of their school careers.

This effective programme allows students to participate in weekly lessons that genuinely help them to explore their feelings towards life in secondary education, settling their concerns and bolstering their hopes. The programme also provides an opportunity to embed positive learning habits that will encourage academic and social success.

# 10 Sessions to **unlock potential** and ensure positive change

<p>Session 1 New School, New You</p>	<p>Pupils will explore their feelings towards secondary school, identifying aspects that excite them and exploring any feelings of anxiety. Through positively exploring these <b>feelings</b>, pupils will receive reassurance as to the fantastic opportunities and support that secondary education brings.</p>	
<p>Session 2 Finding Friends</p>	<p>Pupils will explore the meaning of <b>friendship</b> and identify positive qualities that they look for in a friend. The session will enable students to recognise the importance of <b>kindness</b> and surrounding themselves with the people that bring out the best in them.</p>	
<p>Session 3 Less Stress</p>	<p>Pupils will identify personal stress factors and explore the way in which they respond to these. Pupils will learn of the many support <b>structures</b> that are in place within secondary schools, helping them to embrace <b>support</b> and put in place effective stress reduction <b>strategies</b>.</p>	
<p>Session 4 Tackling Teamwork</p>	<p>Pupils will recognise the need for <b>teamwork</b> in order to succeed. The session will encourage pupils to accept and embrace peer support, focusing on the need for personal <b>motivation</b> and <b>resilience</b> to ensure success in personal and academic growth.</p>	
<p>Session 5 The Power of Positivity</p>	<p>Pupils will explore the importance of ‘<b>Positive Thinking</b>’ when challenges arise, <b>overcoming</b> self-limiting thoughts through the use of <b>positive affirmations</b>, and developing a <b>vocabulary</b> of positivity that will support emotional wellbeing and academic success.</p>	
<p>Session 6 Seeking Success</p>	<p>Pupils will explore the term ‘<b>success</b>’, identifying what success means to them. Pupils will begin to recognise the importance of ambition, setting themselves both <b>academic</b> and personal <b>goals</b> that they will work towards to ensure commitment and motivation.</p>	
<p>Session 7 Mindfulness &amp; Me</p>	<p>Pupils will identify the meaning of <b>mindfulness</b> and explore how implementing a mindful approach can help them to stay <b>calm</b> and maintain <b>self-control</b> when faced with challenging situations. Pupils will participate in mindfulness based activities to further understanding.</p>	
<p>Session 8 Recognising Responsibility</p>	<p>Pupils will recognise the need to take personal <b>responsibility</b> for the way in which they <b>communicate</b>, irrespective of a situation. Pupils will explore the <b>power</b> of words, understanding how they can make others feel, and exploring the power of positive expression.</p>	
<p>Session 9 Finding Your Future</p>	<p>Pupils will explore the importance of aspirations and how they can positively impact their development. <b>Positive</b> reflection will support pupils to plan and prepare for a brighter academic <b>future</b>, in which success and self-<b>pride</b> will play an important role.</p>	
<p>Session 10 The Journey Ahead</p>	<p>The final session allows pupils to recognise their own <b>potential</b> and the need for continued <b>hard work</b>. This session will help pupils to embrace the importance of school and will also give them the chance to <b>celebrate</b> the progress they have made.</p>	



# What the Programme Includes

## Free Training



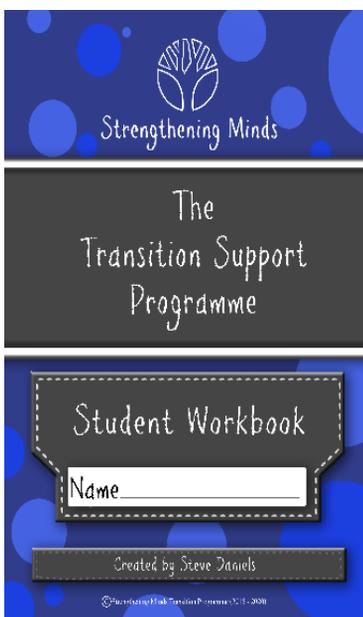
We recognise that schools continue to work tirelessly to ensure student wellbeing is a priority. The effective 'Transition Support' programme will certainly alleviate some of this pressure and add to the fantastic work already planned to support transition across the school.

We strongly believe that it is important for schools to be given the opportunity to learn more about the programme and to ensure it is the correct fit before committing to taking it forward. As a result of this, we are offering schools the opportunity to sign up 1 member of school staff to **access our 'Transition Support Programme' Introduction Training for FREE.**

The introduction training will be delivered virtually, covering all aspects of the programme, providing an opportunity to ask questions and ensure the programme is the best fit for your school.

Following the initial training, interested schools will receive full 'virtual' training for school staff, equipping them with everything needed to successfully take the programme forward.

- 01 10 x 60-minute Transition Sessions
- 02 Delivered in the classroom (Up to 30 students per group)
- 03 School staff virtually trained to deliver the programme
- 04 Full access to our range of 'How To' support videos
- 05 Full colour workbooks packed With fun and engaging activities
- 06 Engaging PowerPoint Presentations for each session
- 07 10 Structured Lesson plans
- 08 School given full Strengthening Minds support



# Moving Forward



## Key Information

- The cost of the 'Transition Support' programme is **£1495.00**, which includes full staff training, resources and year round support
- An opportunity for a member of school staff to attend our 'Transition Support Programme' Introduction Training, **FREE** of charge
- The 'Transition Support' programme is **compatible** with all virtual learning platforms
- The programme can be delivered through **structured** lesson time or broken down to be delivered across 'tutor time'
- The programme can be **delivered in** both **classrooms** and **virtual learning** settings
- The programme provides a **whole-school** approach to supporting student wellbeing and transition
- Purchasing the programme will enable your school to be a part of the nationwide **Strengthening Minds Community**:



## Pricing Options

Providing a **sustainable** and **cost-effective** service is at the heart of everything we do. We are committed to ensuring that our programmes are as accessible as possible to young people nationwide.

There are two packages schools can purchase to implement the **Transition Support Programme**:

### Standalone Package - £1495 Transition Support Programme

Includes the full Transition Support Programme and all of its features and benefits, enabling the school to implement a programme of support for **ALL** members of the year 7 community.

### Further Support Package - £2995 Transition Support Programme & Raising Self-Esteem

Includes the full Transition Support Programme and all of its features and benefits.

Includes The Raising Self-Esteem programme, which will enable students who require additional support to undertake a journey of self-discovery, promoting confidence and self-belief. The programme has been added to the package at a heavily discounted price.

Full information can be found at:

[www.strengtheningminds.co.uk/programmes](http://www.strengtheningminds.co.uk/programmes)

## Contact Us

*To register your interest in attending one of our upcoming virtual training sessions, please get in touch via the contact details below.*



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**Steve Daniels: 07539309425**



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