



“Be strong enough to stand alone, smart enough to know when you need help, and brave enough to know when to ask for it.”

Moving on Up

Moving from P7 to S1 is normally a time of great excitement for children and their families. However, we know it can also be a worrying time as children move from familiar people and surroundings to new settings. We may worry about how they will cope and settle.

COVID-19 has suddenly presented new challenges the likes of which we would never have considered possible a short time ago. We understand that, for children and families due to leave their setting or school, it will undoubtedly be a particularly uncertain time. Staff from both primary and secondary schools will have been considering how to do things differently this year.

Building Resilience Programme

Throughout their time at Primary School, our P7s will have learned about Building Resilience, through the character Skipper, and the tools we need for coping with the ups and downs of life. As they leave primary school, they will be leaving Skipper behind, however the important thing to realise is that they will be taking the tools they have learned in their time at primary with them as they go off to secondary school.

Resilience is a key factor in protecting and promoting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, strategies and resources that can help us to cope. Our P7s will be familiar with the ten things that help us to navigate the river of life and support the development of resilience.

'Moving on Up' Transition Project

The annual three-day P7 transition visits will not be happening this year. Despite this, we want our P7 pupils across the city to feel unique and special so we have put together a city-wide project to welcome the class of 2020! This will take place on what would have been their three day visit to high school. Your primary school will provide you with details of the activities taking place.

Over the 3-days, we will be focussing on:

- Where is my journey taking me?
- How do I feel about the journey?
- What tools do I have to help me?

Talk it Over:

Can you share with your P7 an example of when you started high school. How did you feel? Who or what helped you to get through it?

Further information can be found at:

www.edinburgh.gov.uk/movingonup

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