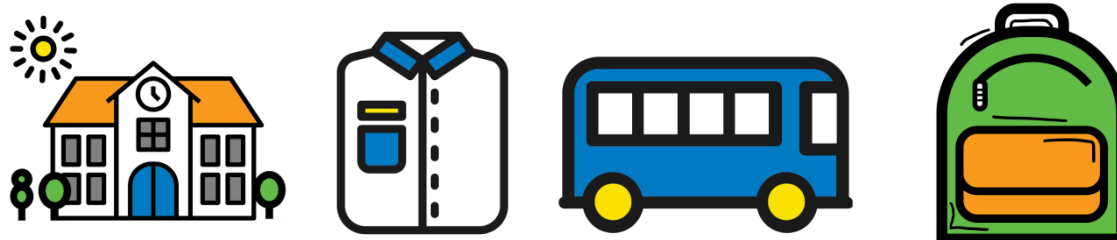


Dear Head teachers and school staff

We are writing to let you know about an exciting new development on our Just One Norfolk Website. Traditionally in the Summer Term we have been keen to support transition to High School and have offered an intervention to Year 6 pupils in our enhanced schools. Obviously with COVID 19 this has not been possible so we have adapted this session into a digital offer which is now available for everybody. The session includes videos to support building resilience and relaxation techniques and includes activities for children to complete with an adult. We are pleased to report that this has just gone live on our website and can be accessed by following this link

<https://www.justonenorfolk.nhs.uk/childhood-development-additional-needs/supporting-development/supporting-transition>



We had hoped to get this out to schools for you to look at with your Year 6 pupils but working remotely through COVID times has added to the time for the development. We appreciate you all finish very soon for the summer break but we would be really grateful for your help in getting this digital offer out to your current Year 6 pupils so they have the opportunity to explore the resources at home over the summer, in readiness for them starting High School in September.

Can we also please take the opportunity to send a reminder about our Year 6 transition quiz which has been on our website for a while <https://www.justonenorfolk.nhs.uk/quiz/transition-to-high-school>. This is designed for parents to work through with their children to explore feelings about transitioning to high school and open up conversations.

With many thanks for your help in sharing these resources.

Have a very enjoyable and well-earned summer break.

Kind regards

**Sarah Archibald**  
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**JustOneNorfolk.nhs.uk**