**Websites and Resource Links to Help Support**

**Effective Transitions**

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| **Resources to Support Early Years Transitions** |
| **NHS Highland, The Highland Council and HDCD - Transition from nursery to primary resource pack** Visuals and templates to support transition to download (also in delegate zip file) [NHS Highland Transition from Nursery to Primary Resource Pack](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjE2LS5xrT3AhWIX8AKHQYaCOAQFnoECAQQAQ&url=https%3A%2F%2Fwww.highland.gov.uk%2Fdownload%2Fdownloads%2Fid%2F227%2Ftransition_pack_from_nursery_to_primary_school.pdf&usg=AOvVaw3GVN6y83RDwuCtN-I-x6ab)  |
| **BBC Bitesize Staring Primary School**Tips and advice for parents, and games for children to play.[BBC Bitesize Starting Primary School](https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1) |
| **Moving on to Nursery NHS Greater Glasgow and Clyde**Interactive questionnaire for children aged 2½ to 3½ years. Gives parents activity ideas to help develop some of the skills children may need at nursery. Creates a downloadable document of activity ideas based upon responses to the questions.[Moving on to Nursery Questionnaire NHS Greater Glasgow and Clyde](https://www.nhsggc.org.uk/kids/child-development/interactive-child-development-questionnaires/moving-on-to-nursery/) |
| **Moving on to School NHS Greater Glasgow and Clyde**Interactive questionnaire for children aged 3½ to 5 years. Gives parents activity ideas to help develop some of the skills children may need at school. Creates a downloadable document of activity ideas based upon responses to the questions.[Moving on to School Questionnaire NHS Greater Glasgow and Clyde](https://www.nhsggc.org.uk/kids/child-development/interactive-child-development-questionnaires/moving-on-to-school/) |
| **Resources to Support Primary to Secondary Transitions** |
| **NHS Greater Glasgow and Clyde Skills for Secondary School**Designed for young people but contains tips for parent too. Presentations contain lots of useful tips and include activity ideas to practice key skills. [Skills for Secondary School NHS Greater Glasgow and Clyde](https://www.nhsggc.org.uk/kids/skills-for-secondary-school/) |
| **BBC Bitesize Starting Secondary School** Advice and information for pupils and parents. [BBC Bitesize Starting Secondary School](https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1) |
| **BBC Teach – Transition to Secondary School**Videos and resources for teachers to use in school. Covers being brave, changes, hopes & dreams, support networks. Links with Young Minds activity packs.[BBC Teach Transition to Secondary School](https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8) |
| **BBC Bitesize PDMU Lessons – KS2 Transition**Designed to be used in PDMU lessons. Series of 5 animated learner guides. May be useful for facilitating discussions about transition to secondary. [BBC Bitesize PMDU KS2 Transition Learner Guides](https://www.bbc.co.uk/bitesize/topics/zjgck2p) |
| **Compass** Advice for parents on how to talk to their children about the transition to secondary and tips to help them be prepared. Includes 12 Steps to help with transition. The ‘My moving up to secondary booklet’ includes useful and fun activities and some helpful tips, which is designed for children and parents to complete together. [Compass Transition to Secondary School Advice](https://www.compass-uk.org/help-and-support/parents-carers/parents-carers-health/transition-to-secondary-school/) [Compass My Moving up to Secondary School Booklet](https://www.compass-uk.org/wp-content/uploads/2020/09/SecondarySchool_TransitionBooklet_Compass.pdf) (also in delegate zip file) |
| **Resources to Support Post-16 Transitions** |
| **BBC Bitesize University, College and Apprenticeships**Advice and information for young people who are exploring the next stages of the education or employment journey. [BBC Bitesize University, College and Apprenticeships](https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1) |
| **Preparing for Adulthood**Information, advice, and resources on the four aspects of preparing for adulthood – employment, independent living, community inclusion, health. [Preparing for Adulthood](https://www.preparingforadulthood.org.uk/) |
| **Resources to Support Worries, Anxiety, and Mental Health Associated with Educational Transitions** |
| **Moving Up! The Transition to Secondary School animation and teacher toolkit produced by the Anna Freud National Centre for Children and Families**The animation and accompanying teacher toolkit are aimed at supporting pupils in year six, or those who have recently started Year 7. The animation aims to support pupils to identify potential worries associated with starting secondary school and to know they're not alone if they are feeling worried.[Anna Freud Moving Up! The Transition to Secondary School](https://www.annafreud.org/schools-and-colleges/resources/moving-up-the-transition-to-secondary-school-animation-teacher-toolkit/)  |
| **Young Minds Supporting School Transitions** Resources to help pupils, schools, parents, and carers to cope with the changes and transitions they experience during their time at school. [Young Minds Supporting School Transitions](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/) |
| **Mentally Healthy Schools Transitions** Provides information for schools, further education settings and parents to help support young people pre and post transition.[Mentally Healthy Schools Transition Support](https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/) |
| **Resources for parents** |
| **Notts Help Yourself Local Offer**Help and advice for parents on the topic of transition. Each link will take you directly to the relevant section required. [Information and Links to Support Transition from Early Years to Post 16](https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=4CWZN-f8b_c&newdirectorychannel=0)[Handful of Transition Tips Leaflets for Parents of Children With SEND](https://search3.openobjects.com/mediamanager/nottinghamshire/fsd/files/transition_tips_for_parents.pdf) (also in delegate zip file)[Information on the Process of Transitioning to Adult Services](https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=iC8eM8Jtdeo&newdirectorychannel=0)[Transitions Frequently Asked Questions](https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/site.page?id=VUQI_ctahXw&newdirectorychannel=0) |
| **Other /general** |
| **East Midlands Education Support Service - SFSS Inclusive Transition**Advice and guidance to support schools, parents, and young people with a range of different educational transitions. Includes website links and downloadable resources. [Inclusive Transition Resource](https://www.em-edsupport.org.uk/Page/10962) |
| **Nasen**<https://www.nasen.org.uk/> |
| **Twinkl Transition Resources**[Twinkl Transition Resources](https://www.twinkl.co.uk/search?q=Transition&c=244&r=parent) |
| **Primary to Secondary transition during the height of the Covid Pandemic (Research by Bagnall, Skipper & Fox, 2022)**<http://eprints.gla.ac.uk/263328/2/263328.pdf>  |