



FREE TRANSITION TO SECONDARY WORKSHOP

SUPPORTING YOUR CHILD'S MOVE TO SECONDARY SCHOOL

Starting secondary school is an important milestone for both children and their families. It's an exciting step forward, but it can also bring worries and uncertainty, especially for children who feel anxious about school.

To help parents feel more confident and prepared, Vista Support Services and The Pioneer Club are hosting two **Transition to Secondary** workshops for parents and carers of Year 6 pupils.

These free, two-hour sessions will offer practical advice, helpful strategies and reassurance to support your child as they approach this new stage of school life with greater confidence. Each workshop can support up to 60 parents and carers, so advance booking is essential to secure your place.

WHEN? **Wednesday 6th May 10.00am-12.00pm**
Wednesday 13th May 6.00-8.00pm

WHERE? **Pioneer Club, Heathlands Drive, St Albans AL3 5AY**

WHO? **Parents & carers of children currently in Year 6**

**TO SECURE YOUR FREE PLACE HEAD TO [BOOKWHEN.COM/THEPIONEERCLUB-YOUTH](https://www.bookwhen.com/the-pioneer-club-youth)
EMAIL [FUNDRAISING@PIONEERCLUB.CO.UK](mailto:fundraising@pioneerclub.co.uk) OR SCAN THE QR CODE BELOW**



**The
Pioneer
Club**

Registered charity number 302455

pioneerclub.co.uk

Vista
Support Services

vistasupportservices.org.uk

WHAT YOU WILL GAIN FROM THE WORKSHOP

These sessions are designed to give parents practical tools and confidence to support their child during the move to secondary school. During the workshop you will learn:

- How parental anxiety can influence children's feelings about school, and ways to manage this positively
- Practical strategies to help both you and your child manage worries and uncertainty
- Techniques such as active listening that help children feel heard and supported
- Ways to encourage resilience, confidence and independence in your child
- Guidance on working effectively with schools during the transition process
- An opportunity to engage in an interactive Q&A session with a trained facilitator

WHAT THE WORKSHOP COVERS

The Transition Workshops run by Vista Support Services are designed for parents and carers of Year 6 pupils preparing for secondary school. The sessions aim to help families better understand the transition and feel more prepared for the changes ahead.

Topics include:

Understanding the Transition

- The key stages of moving from primary to secondary school
- What changes your child may experience in their learning, friendships and daily routine

Supporting Your Child Through Change

- Recognising the emotional, social and academic adjustments children often face
- Practical ways to help your child feel more confident during this period of change

Building Resilience and Independence

- Strategies to help your child develop confidence, problem-solving skills and self-reliance

Supporting Your Child at Home

- Techniques and strategies for support at home - tools and tips for parents to support organisation, coping with change, and reducing transition anxiety

WHO SHOULD ATTEND

These workshops are ideal for parents and carers of children currently in Year 6 who want to help their child feel more confident about moving to secondary school.

They may be particularly helpful if your child:

- Feels worried or anxious about starting secondary school
- Finds change or new environments challenging
- Struggles with confidence or independence
- Has shown signs of school-related anxiety or school avoidance
- Would benefit from extra support during this important transition