RESILIENT GENERATION

CHANTEL BROOKS CONSULTING

*Prepare Today, Thrive Tomorrow*



PRIMARY SCHOOLS

# TRANSITIONS PROGRAMME

**Building confident, resilient and prepared young people for a successful start to secondary school.**

- Greater confidence
- Stronger friendships
- Better preparation
- A positive transition to Year 7

## WHY IT MATTERS

The move from primary to secondary school is an exciting milestone, but it can also bring uncertainty and anxiety. Our **Transitions Programme** equips Year 5 and Year 6 pupils with the emotional resilience, practical skills and confidence they need to navigate this change successfully.

- Reduces anxiety and builds self-belief
- Develops key life and organisational skills
- Supports positive friendships and healthy relationships
- Prepares pupils for the routines and expectations of secondary school
- Involves and equips parents and carers
- Provides schools with **measurable impact**

> *"The sessions gave pupils the confidence to talk about their worries and prepare for the next step.*
>
> *It has made a real difference."*
>
> Year 6 Teacher



## ABOUT CHANTEL BROOKS

Chantel Brooks is an education consultant, author and speaker with 24 years' experience in education. Through Resilient Generation, she supports schools to build the resilience, confidence and potential of young people, equipping them to thrive in education and beyond.

*Stronger Children Brighter Futures*

# THE TRANSITIONS PROGRAMME

A structured 12-week programme for Year 5 and Year 6, designed to prepare pupils for a successful transition to secondary school.

CONFIDENT
PREPARED
RESILIENT
READY

## YEAR 5
### Building My Toolkit

6 WEEKS

**Delivered in the summer term**, the **Year 5 block** develops the foundations for a confident transition by focusing on emotional literacy, organisation, friendship skills and self-belief.

| | |
|---|---|
| 1 | Understanding change and feelings |
| 2 | Building confidence and self-belief |
| 3 | Friendship skills and positive relationships |
| 4 | Managing worries and building resilience |
| 5 | Organisation skills and good habits |
| 6 | Setting goals for Year 6 and beyond |

## YEAR 6
### Ready for Year 7

6 WEEKS

**Delivered after SATs** (late May – July), the Year 6 block provides practical preparation for secondary school, including timetables, homework, tests, new relationships and independence.

| | |
|---|---|
| 1 | What to expect in secondary school |
| 2 | Understanding timetables and getting organised |
| 3 | Homework, study skills and time management |
| 4 | Managing change, challenges and setbacks |
| 5 | Building new relationships and finding support |
| 6 | Ending primary well and feeling ready for Year 7 |

### MEASURABLE IMPACT

Simple pupil self-rating at Week 1, Week 6 and Week 12, covering worry, confidence, organisation and friendships.

### PUPIL WORKBOOK/ PASSPORT

A dedicated workbook that carries across both years, helping pupils build their toolkit, set goals and record progress.

### PARENT & CARER ENGAGEMENT

A short take-home sheet each week, plus one parent session per year to help parents support their child's transition.

### SECONDARY SCHOOL LINKS

Inviting Year 7 students or pastoral staff, using real timetables and maps, and aligning with transition days.

### TARGETED SUPPORT

A light-touch way to identify pupils who may need additional support (e.g. high anxiety, SEND, young carers or other vulnerabilities).

### FLEXIBLE DELIVERY OPTIONS

Year 5 block in the summer term
Year 6 block after SATs (late May – July)
Alternatively, split Year 6: 2 sessions in the autumn and 4 sessions after SATs.

### SESSION FORMAT

- Check-in
- Calm-down practice
- Main activity
- Reflection
- Take-home challenge

# BOOK A CONSULTATION

Find out how the Transitions Programme can support your school, pupils and families.

Let's prepare the next generation to thrive

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