



Mind The Gap

helps Year 6 students make a happy, successful transition to secondary school.



In the summer term, we visit Year 6 at their primary schools, discussing the changes ahead through fun activities. We're there at their secondary school induction days in June and July.

Then in September, our familiar team is on hand at school for the first few days of Year 7, offering practical and emotional support as the students settle in and make friends.



Research has shown that a good start is vital to young people's ability to thrive at secondary school. Mind the Gap has supported every secondary student in Wokingham town through this important transition.

FIND OUT MORE

Web: soulscape.org.uk

Email: contact@soulscape.org.uk

Call/text: 07930 507517

Social:  /soulscape  @wearesoulscape

soulscape
CREATING SPACE
TO EXPLORE LIFE



Helping your family navigate the journey from primary to secondary school.

May 2019

Dear parents,

Soulscape is a local charity working in partnership with Wokingham, Bracknell and Crowthorne schools to support our young people.

In the coming weeks, we will be visiting your child at their school and running some fun workshops to help them prepare for the big transition to secondary school. Our team will be there for them at their induction day, and on their first few days of Year 7 in September. We know this can be an anxious time – so we aim to be familiar, welcoming faces and the friends they may need to help them settle into their new environment.

We have been running this 'Mind the Gap' programme for the last eight years. By now, we know quite a lot about what the journey to Year 7 entails and how to make it easier and less stressful for parents and students.

We are a team made up of professional staff, youth workers, parents, grandparents and counsellors. Because we are friends and partners with the school but not on the staff, you can ask us anything without fear of embarrassment.

Won't somebody think of the parents?

We know that it's not just your child going through the transition to secondary school – this big change affects the whole family. So we would love to get to know you too, and offer you some expert support.

We're running an evening session just for parents in June. This special workshop was really well received last year, and the parents who came said they would definitely recommend it. So why not come along?

The details

When: Tuesday 11 June 2019, 7–8:30pm

Where: The lecture theatre at St Crispin's School, London Road, Wokingham, RG40 1SS
Although St Crispin's are hosting us, this event is not school-specific - come whichever secondary school your child is going to attend.

How to attend: Just email Anna on anna.marsden@soulscape.org.uk

Suggested contribution: £5 per person (collected on the night).*

Mind the Gap for parents will include:

- Helpful hints from secondary school staff and students
- Looking at some of the issues and pressures that secondary students can face
- Addressing mental health and wellbeing
- Tips on managing stress
- Meeting the Mind the Gap team, finding out what we do and how we help your sons and daughters as they journey on to high school
- Stories about some of the young people we have helped along the way
- Getting to know other parents and families
- Hearing young people's perspectives on secondary school and teenage life
- An opportunity to become part of a Year 7 parent forum
- Accessing online resources and getting further advice from teachers, youth workers and counsellors
- A Q&A session with the Soulscape team
- Refreshments and chat!

We hope to see you there with your Year 6 parent friends – parents from any school are welcome – and we look forward to meeting your kids too.

Very best wishes from the Soulscape team.



**All donations will go towards the costs of running Soulscape's projects for young people in Berkshire, including the Mind the Gap programme.*