



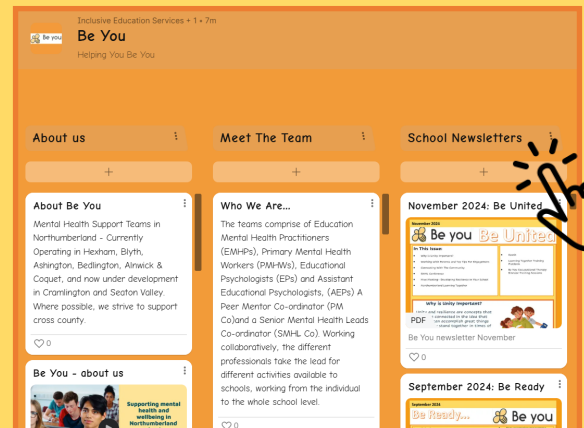
Be you

Be Ready

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Visit our main padlet [HERE](#)



Be Ready:

Navigating School Transitions and Building Belonging

As we move through another exciting academic year, we understand that students may face a variety of challenges. In this edition, we're focusing on key topics that are important for supporting students' mental and emotional wellbeing. We'll be offering guidance on navigating transitions to a new school or class, and exploring ways to create a sense of belonging in the school community. At the heart of it all, we encourage children and young people to Be You—embracing who they are as they navigate these milestones. Our goal is to provide practical tips and advice to help students feel more confident, supported, and connected. We hope you find the insights in this newsletter valuable in supporting your school community.



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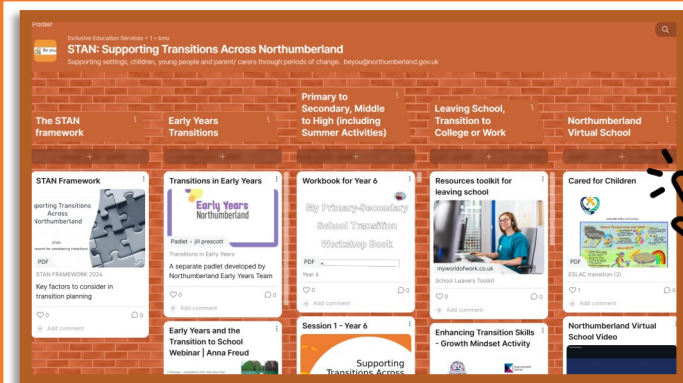


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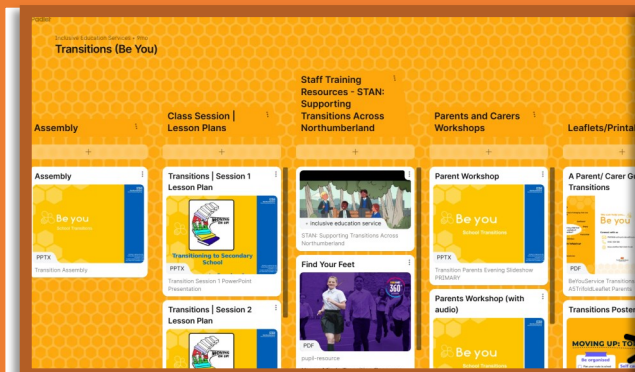
Transition

Transition periods, such as moving between year groups or schools, can stir a wide range of emotions in pupils, parents, and carers alike. While excitement and curiosity often accompany these changes, they can also bring anxiety, uncertainty, or even sadness. Pupils may feel nervous about new routines, friendships, or expectations, while parents and carers might worry about their child's wellbeing or readiness. Acknowledging these mixed emotions is crucial, as it allows teachers to provide empathetic support and create a safe, reassuring environment that helps everyone navigate change with confidence and care.



STAN– Supporting Transitions Across Northumberland

A padlet of resources, information and lesson plans to support transition.



A Parent and Carer guide to ... Transitions

Back to school

Be You Parent and Carer Guide to Transition

A useful self-help guide with some top tips for supporting children and young people around transition.



Transitions in Education: Guidance for Northumberland Schools and Settings

The new Northumberland Guidance to support transitions.



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Supporting Effective Transitions to a New School or Class

The transition to a new school or class can be a significant challenge for students, often filled with excitement but also accompanied by anxiety and uncertainty. Schools can play a vital role in making these transitions smoother and more positive, ensuring that students feel supported, confident, and ready for their new experiences. Here are a few key ways schools can assist in this important process.

Open Communication with Families Effective transitions begin with strong communication between the school and families. Keeping parents informed about what to expect—such as new routines, expectations, or teachers—helps families feel prepared and engaged in the process. Schools can organise orientation sessions, send newsletters, or set up one-on-one meetings with families to discuss the upcoming changes and address any concerns.



Pre-Transition Activities Before the actual transition, schools can provide students with opportunities to familiarise themselves with their new environment. This might include school tours, meet-and-greet events with teachers and staff, or an introduction to classmates. Pre-transition activities help reduce anxiety and build familiarity, which is essential for students to feel comfortable and confident.

Buddy Systems and Peer Support Establishing a buddy system or peer mentoring program can be incredibly helpful. Pairing incoming students with peers who have already experienced the transition gives them a go-to person for advice and reassurance. Having a familiar face can reduce the feeling of isolation and help students navigate social and academic challenges in their new environment.

All schools can access peer-mentor training and support from Stacey Herberson, Be You's Peer Educator. To find out more contact Stacey at stacey.herberson@northumbria-healthcare.nhs.uk



Creating a Safe and Inclusive Environment It is important for schools to foster a sense of belonging, where students feel valued and supported. This includes creating an inclusive environment where diversity is celebrated, and students feel safe to express themselves. Anti-bullying initiatives, inclusive policies, and a culture of kindness can ensure that every student feels respected.



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Belonging

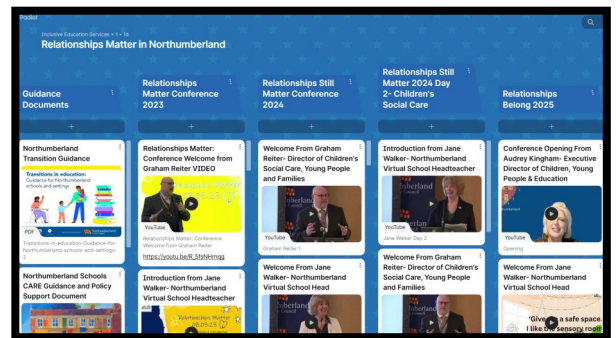
Pupils from a handful of schools across Northumberland have taken part in an art workshop to express how they feel in school. During the workshop pupils were invited to share their views using a variety of creative methods. This provided schools with insight around how their settings can provide pupils with a sense of belonging. The workshop also acted as a therapeutic tool, which schools can now access and use as a whole class activity or pastoral intervention: [Belonging workshop - Primary](#) [Belonging workshop - Secondary](#)

Relationships Belong

We are delighted to announce that the Relationships Belong Conference Videos are now available via our [Relationships Matter in Northumberland Padlet](#).

You can find the padlet on via the Northumberland Education site

[C.A.R.E – Northumberland Education](#)



Be You Hive Meetings and Newsletter Evaluations

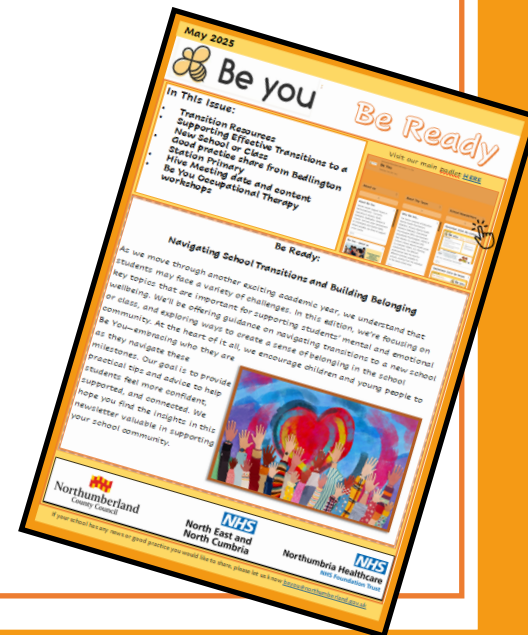
We'd love your feedback!

To make sure the information and content we're sharing—like the Hive Meetings and Newsletters—are as useful and relevant to you as possible, we'd really appreciate it if you could take just a couple of minutes to complete a short evaluation.

Your thoughts matter to us, and your feedback will help shape and improve what we deliver in the future.

Thank you!

Access form [HERE](#)



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If your school has any news or good practice you would like to share, please let us know beyou@northumberland.gov.uk



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Creating Supportive Learning Spaces

Bedlington Station Primary School

At Bedlington Station Primary School, we believe children learn best when they feel safe, supported, and a true sense of belonging. Our Dynamic Sensory Learning Spaces are thoughtfully designed to support emotional regulation, physical wellbeing, and academic focus.

We use adjustable lighting and natural light to create calm, focused environments that allow children to choose what suits their needs throughout the day. Students are given a variety of seating options e.g. beanbags, sofas, standing desks, low tables, floor trays, and traditional desks which encourage comfort, independence, and good posture. The atmosphere is kept calm and nurturing with soothing background sounds, natural textures, and soft colours to help promote relaxation and focus. Classroom layouts are flexible, with furniture that

can be quickly rearranged to support group work, quiet reflection, or hands-on learning.

Our sensory tools and calm zones provide extra support, helping children regulate their emotions, stay engaged, and build confidence. As one Year 4 pupil said, ***"These spaces make me feel like I can learn how I learn best."***

Emotional wellbeing is further supported through our whole-school use of the Zones of Regulation framework. Each day begins with a class check-in, encouraging pupils to

recognise and express their emotions using the four Zones (blue, green, yellow, red). Staff consistently use this shared language and wear visual prompt lanyards to support emotional conversations throughout the day. Ongoing staff training and family workshops help ensure this approach is embedded both in school and at home. By making emotional regulation part of everyday learning, we help every child feel seen, supported, and ready to learn.



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Hive Meeting

19.05.25 3:30-4:30

Embedding Wellbeing in Policy



We will be joined by Aimee Rayson from Bedlington Station Primary who will be telling us how they ensure that wellbeing is a golden thread running through their school policies.

We are also delighted to be joined by Ben Harper the Peer Mediation National Coordinator from Quakers in Britain. He will be talking to us about Peer Mediation. Peer Mediation! Teaches children how to better manage conflict with outcomes including greater empathy, reduced exclusions and increased academic attainment.



Occupational Therapy - Virtual Workshops for Schools

The Be You Occupational Therapy Service is excited to offer virtual workshops designed to enhance student wellbeing and engagement.

These sessions will equip educators with practical strategies to foster a supportive classroom environment that encourages focus, emotional regulation and motivation.

Join us to learn effective tools for creating an inclusive space where students can thrive.

Monday 2nd June from 3:30pm to 4:15pm

Motivating Young People in School

This workshop will focus on practical strategies for motivating young people in school, exploring ways to engage students, build confidence, and encourage active participation in learning.

[Join the meeting now](#)

Meeting ID: 322 263 036 762

Passcode: 8Dt6mm27



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If your school has any news or good practice you would like to share, please let us know beyou@northumberland.gov.uk



Kooth Resources

Kooth have developed a range of digital resources aimed at teachers, parents & carers as well as pupils. Themes covered include exam stress, back to school/ college anxiety, understanding eating difficulties.

Access them [HERE](#)

Free membership to the Association of Mental Health in Education

Join our growing community as a free member and access our free support, advice and information.

Free Membership to the Association of Mental Health in Education

This is the same consortium through which we delivered the SMHL training. Membership gives you access to a growing network of professionals working across educational settings, creating opportunities for collaboration, shared learning, and ongoing development.

Find out more and sign up here
[Free Membership - Association of Mental Health in Education](#)

