



Dear P7 pupils and P7 parents and carers

I hope you are all well and looking forward to the Easter break, whether you are spending un-enforced time at home or taking the chance to get away in the UK or abroad, I hope you have a great time. With regular changes to guidance I wanted to share our current plans for P7 transition in the coming weeks and months.

*First of all, I wanted to share some important information and gather information from you too*

### **Important Information Form**

I would really appreciate all parents and carers of our prospective S1 pupils completing the following form *with your young person*; there are questions for parents/carers and for pupils.

The [P7 pupil & parent/carer information](#) helps me to place young people and tailor future communications.

### **FDAMH P7 parent/carer session – understanding change and loss**

In Braes High School, we have been working with Falkirk Adult Mental health Association (FDAMH) to provide family learning sessions addressing wellbeing to help support our families and young people.

We have requested a specific session for our P7 parents and carers on Wednesday 27<sup>th</sup> April at 6.30pm as we know that times of change, and particularly moving from primary to secondary school, can be daunting for our children, young people and parents and never more so than now. Any change or loss of familiarity and routine can be very unsettling and cause feelings of anxiety. This session looks at why this is and how we can help and support our young people to aid a smoother transition. I will send out a reminder close to the day with information to join the meeting and this has been included in direct communication.

### **P7 transition days in Braes High School**

We know that the opportunity to spend time in school with us before Summer; to meet staff and classmates, experience your timetable and get to know our school building, is really important and we have missed this chance to meet our young people. Our plan at this time, if we are able to within guidance and restrictions for primary and secondary schools, is for our young people to join us on **May 26<sup>th</sup> and 27<sup>th</sup>** and we also have contingency plans in place for visits. I will be working with our primaries (cluster and non-cluster) to finalise plans and will provide information as soon as I can.

*I also wanted to tell you about some of the other events we have planned for our young people or supports you can access.*

### **Braes Backpacks**

'Braes Backpacks' is a project run by our senior pupils, where parents/carers of P7 pupils can request a backpack containing everything your young person will need for a positive start at Braes, including some helpful advice from our S6 Leavers. If you would like a backpack, please complete the [Braes Backpacks request form](#)

### **Pastoral Visits**

In Braes High School, we place our young people within one of four houses; Campsie, Lomond, Ochil and Pentland where they will remain throughout their time in school, helping build our community and provide a sense of belonging (and the opportunity for some healthy, friendly competition.) Our Pastoral Heads; Ms Jones, Mr Burns, Mr Burnett and Mrs Eckles will act as your young person's "known person" throughout their school career. In the coming weeks, one of our Pastoral Heads will visit P7 classes, in cluster and non-cluster primaries, to speak to our young people, giving insight to the school and answering the questions our young people have.



### **Right Respecting School**

Braes High School is very proud to be a Gold Level Rights Respecting School which acknowledges our commitment to putting young people's rights at the centre of everything we do. Miss Malcolm, our Faculty Head of Humanities, leads on this initiative in school and she will also be visiting classes in the first few weeks of next term to speak to young people about rights in Braes as they transition to High School.

### **Virtual Science Workshops**

Due to restrictions, we were unable to offer Science Days to our P7 pupils this session, however, our fantastic senior pupil STEM leaders have been working on videos and workshops to share with our primary 7 pupils and they will be facilitating live and interactive virtual events with our primary schools.

Please pass on my best wishes to all of our primary 7 young people, I am looking forward to working with everyone in school next session. As always, if you have any particular questions or concerns, please do not hesitate to contact me [julie.wilkinson@falkirk.gov.uk](mailto:julie.wilkinson@falkirk.gov.uk)

Kind regards  
Julie Wilkinson

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