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19th June 2026

Dear Parents / Carers

Kent Educational Psychologist, Dr Sophie Martin, will be offering parents a webinar focused on supporting children's confidence during the transition to secondary school.

What will be covered?

- Adolescent brain and behaviour
- What changes are happening in our children's brain during adolescence?
- What behaviour changes might we see in our children in adolescence?
- How can we support them to cope with these changes?
- Managing transitions
- Different feelings and responses to transitions
- How to support difficult emotions around transitions
- How to build resilience and develop confidence

Sophie will be offering the same webinar, on two separate dates. This will be during a lunchtime slot within term time, to better enable parents to attend. Please be aware, that although this is a live event, opportunities for questions and answers will be dependent on attendee numbers.

If this event is of interest to you, please join the session via the TEAMS links below.

Session 1- Wednesday 8th of July 2026 1-2pm

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/329212498687972?p=k7peqtNxchBg2N33gR>

Meeting ID: 329 212 498 687 972

Passcode: VG2Dh3LQ

Session 2- Tuesday 21st July 2026 1-2pm

Microsoft Teams meeting

Join: <https://teams.microsoft.com/meet/341478735601608?p=D7nTZ8nLjqy57xoFKv>

Meeting ID: 341 478 735 601 608

Passcode: ys3Eb9Zp

Kind regards

Mrs Bass

SENCo/Deputy Headteacher

