

September 2026

Year 7 newsletter

Dear parents and carers,

I would like to extend a very warm welcome to you and your child as they begin their journey with us in Year 7. I look forward to supporting them throughout their secondary school journey. The transition to secondary school is an important step in developing independence and responsibility. We encourage all students to take pride in being part of our school community by arriving on time, fully equipped for learning, and ready to engage positively in school life.

One of the most important factors in a child's success at school is excellent attendance. Every lesson provides valuable learning opportunities, and even small amounts of missed time can have a significant impact. Please ensure that your child attends school every day wherever possible and arrives punctually each morning, ready to learn.

We would also appreciate your support in helping students remember their school lanyard each day. Lanyards help us to identify students quickly and maintain a safe environment for everyone. Developing the routine of checking for their lanyard before leaving home each morning will help your child settle smoothly into secondary school life.

Thank you for your support as we begin this exciting journey. I look forward to seeing you again at our Parents' Information Evening on Tuesday 29th September at 6pm in the School Hall.

Warm regards,

Mrs C Haskins, Head of Year 7

Key dates

Tuesday 15th September: SET Testing Day – school closed to students

Friday 25th September: INSET Day – school closed to students

Tuesday 29th September: Year 7 Parent Information Evening, 6-7pm School Hall

Thursday 8th October: Late start for all pupils - school starts at 9.55am

19th October – 30th October: Half-term break

Useful information

- Leave of absence requests for one day of absence should be made **at least two full school days** in advance of the event. Requests for longer leave of absence (more than one day) must be made **at least two weeks in advance**.
- For more information, visit [Reporting your child's absence from school](#)

PSHE - what's coming up?

During PSHE this year, Year 7 students will take part in a programme designed to support them as they settle into secondary school and develop the skills needed to thrive both academically and personally. Lessons will focus on transition, helping students adapt to new routines, expectations, and opportunities, while also building confidence, resilience, and positive friendships.

We are also introducing our Philosophy for Children (P4C) sessions, which encourage students to ask questions, think deeply, and engage in respectful discussions about a range of interesting topics.

Good attendance is crucial for your child's education, development, and wellbeing. We encourage all parents to consult the official NHS "[Is my child too ill for school?](#)" guidance when unsure, and to contact the school if you need further advice or support.

Pastoral support resources



Sutton Educational Wellbeing Team

We are an early intervention service who aim to work closely with schools to help young people who are struggling with anxiety or low mood to access the right support quickly.



Alba Cardona-Abril
Children's Wellbeing Practitioner

You may see me around the school on Mondays and Thursdays. Feel free to say hi and ask me about the work we do.



Visit our YouTube channel
Sutton Education Wellbeing Service
for a great selection of mental health and wellbeing videos for parents, staff and young people.

If you are interested in one of our interventions, ask **your Head of Year, safeguarding lead or Ms. Morris** for our referral form and return it to them once completed.

Our interventions

We offer 2 Guided Self Help support programmes for young people who would like some support with

Anxiety



Low mood



How will it help?

You and your Wellbeing Practitioner will work as a team to tackle problems relating to your low mood or anxiety. We will help you to better understand your difficulties and become a specialist in your own mental wellbeing.

We strive to equip you with a toolbox of coping strategies to help you manage your difficulties in the long term.

Who We See...

Young people who:

- ✓ Are aged 11-18 and attending school
- ✓ Sometimes feel anxious (e.g. feeling anxious in social situations; feeling panicky; phobias of specific things)
- ✓ Sometimes feel low (e.g. loss of motivation; no longer finding enjoyment in the things they used to; change in appetite; low self-esteem; frustration)
- ✗ who have received a previous intervention from CAMHS
- ✗ who are currently on a waiting list to receive an intervention

What we expect from you

We need you to:

- ✓ Attend 6-8 weekly sessions
- ✓ Practice the suggested ideas and strategies regularly
- ✓ Work with the Wellbeing Practitioner to improve your wellbeing



Pastoral support

We have a range of support services available in school to help your child should they need some extra support. These include a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors. Please contact your child's Head of Year directly should you have any concerns.

TALK TO US

OFF THE RECORD

Education
Wellbeing
Service

Off The Record

At our [free online workshops](#) we share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera)

Children's and Young People's Wellbeing Service

The South West London and St Georges Mental Health Education Wellbeing Service offers parent webinars across the year to help support your teen's wellbeing and mental health. [Sign up here](#)
They also have a very helpful [YouTube channel](#) with videos on a number of different topics surrounding young people's mental health.