

Dear Parent/ Carer

I am writing to inform you about part of your child's transition arrangements from P7 to S1 at Brae High School.

These two dates will consist of the Seasons for Growth programme along with the Social Fitness sessions your child already participates in, but these days also involve the pupils at Brae so the whole class can begin to get to know each other.

Seasons for Growth is an educative programme around change and loss which helps participants to see that all feelings are normal, that other people feel the same as they do at times of change and that any change can bring positives as well as negatives. The focus of the programme in this case is on school experiences and transition and pupils will not be expected to share any detail around their lives outwith school unless they wish to.

Staffing the sessions this year will be Danny Peterson, Marina Bazeley, Zillah Clark, Lynn Nicholson and Loren Manson as detailed below.

The proposed schedule is as follows:

<b>Tues 17 March</b>		
Pupils come to BHS on school transport – this will be arranged with transport providers		
<b>Time</b>	<b>Activity</b>	<b>Staffing</b>
0850 - 0900	Meet and greet staff and fellow P7 pupils at Brae Primary	MB LN
0900 - 1030	Seasons for Growth Autumn Sessions at BHS	MB LN ZC LM
1030 - 1050	Breaktime in Brae Primary Department	
1050 - 1230	Social Fitness Activities, Brae Youth Centre	DP MB LN
1230 - 1310	Lunch	
1310 - 1515	Seasons for Growth Winter Sessions at BHS	MB LN ZC LM
1515 onwards	Pupils supervised + seen onto transport	MB LN

<b>Tues 12 May</b>		
Pupils come to BHS on school transport – this will be arranged with transport providers		
<b>Time</b>	<b>Activity</b>	<b>Staffing</b>
0850 - 0900	Meet and greet at Brae Primary	MB LN
0900 - 1030	Seasons for Growth Spring Sessions at BHS	MB LN ZC LM
1030 - 1050	Breaktime in Brae Primary Department	
1050 - 1230	Social Fitness Activities, Brae Youth Centre	DP MB LN
1230 - 1310	Lunch	
1310 - 1515	Seasons for Growth Summer Sessions at BHS	MB LN ZC LM
1515 onwards	Pupils supervised + seen onto transport	MB LN

We hope these days will give your child an interactive and enjoyable introduction to the Secondary Department.

If you have any queries or would like to see the Seasons for Growth materials please contact Lynn or Marina on 01595 745664 or e-mail [pauline.doull@shetland.gov.uk](mailto:pauline.doull@shetland.gov.uk).

Yours sincerely