

# Southend-on-Sea City Council

Director of Public Health: Krishna Ramkhelawon

Civic Centre, Victoria Avenue, Southend-on-Sea, Essex SS2 6ER

01702 215000

[www.southend.gov.uk](http://www.southend.gov.uk)



## Private & Confidential

FAO: Parent/Carer  
Civic Centre 6th Floor  
Victoria Avenue  
Southend-on-Sea  
SS2 6ER

Southend Children, Young People and  
Family Public Health Service  
School Nursing  
Civic Centre  
Victoria Avenue  
Southend on Sea  
SS2 6ER

Tel: 01702 534843

Email: [schoolnursing@southend.gov.uk](mailto:schoolnursing@southend.gov.uk)

Dear Parent/ Carer

This letter is to inform you of an initiative offered by the School Nursing Team which will be aimed at all year 6 aged Pupils.

The Southend School Nursing service supports children and young people aged 5 to 19 years with both their physical and emotional well-being. The service supports children and young people attending school within the Southend on Sea area in addition to those who are not currently in education.

The session is called "Moving to Secondary School" and will provide year 6 pupils with information and techniques to help them manage some of the emotions they may be feeling during their transition to secondary school.

The session will be offered within class groups in a session lasting approximately 40 minutes.

The Topics covered will be:

- Introduction to School Nursing Service
- Recognising emotions
- Mindfulness techniques
- Friendships
- Top tips
- Chat Health

If you do not want your child to take part in this session, please let us know using the contact phone number or email provided at the top of this letter by the day before the session is taking place.

Children will not be made to take part on the day if they do not want to.

If you require any further information on this session or support from the service, please do not hesitate to contact the team on the telephone number or email address provided above.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'H. Mullem'.

Helen Mullem Senior Clinical Lead  
Southend Children, Young People & Family Public Health Service