



# NOTTINGHAM GIRLS' ACADEMY

*We believe in creating a community empowered with the qualities,  
skills and qualifications to enter the next phase of life with  
confidence and ambition.*


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**PA to the Executive Principal:** Ms M Brown

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23<sup>rd</sup> May 2025

To Whom it may concern,

## Re: Invitation to Nominate Families for Family SEAL for Transition Programme

We are delighted to invite families of your school to take part in our *Family SEAL for Transition (FST)* programme at Nottingham Girls' Academy. This initiative is designed to support Year 6 pupils and their parents as they prepare for the move to secondary school, particularly, by helping them develop key personal and social skills. The sessions, delivered by an experienced team, covering vital topics such as teamwork, self-motivation, managing emotions, respectful relationships, and making new friends. Parents and carers will also receive helpful resources including *Helping Your Child Move to Secondary School* and *A Manual for Teenage Years*.

### The programme includes sessions on:

- Understanding how secondary school is different
- Managing worries and new routines
- Building a positive "I can" attitude to learning
- Forming friendships and managing conflict
- Emotional regulation and communication skills

### Sessions will be held at Nottingham Girls' Academy on:

- 27th June 2025
- 4th July 2025
- 11th July 2025
- 18th July 2025

We ask that you approach specific families listed in the email, in addition, feel free to extend the invitation to any other families who may find value in the scheme as outlined in the flyer attached.

Please note that **places are limited**, and we will be allocating them on a first-come, first-served basis. Kindly respond with the names and contact details of families who have shown interest by **Monday 9th June 2025**, by emailing me at [mheron@nottinghamgirlsacademy.org](mailto:mheron@nottinghamgirlsacademy.org). We will then liaise with the selected families.

We truly appreciate your support in ensuring a smooth and confident start to secondary school for our local young people.

Yours faithfully

**Mrs M Heron**  
Assistant Principal

- We strive to fulfil everyone's learning potential. • We value high standards, hard work and a ceaseless desire to improve.  
• We provide a safe, kind, nurturing and inclusive environment. • We enjoy the journey together.

