St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

December 2025

Welcome to this term's Mental Health and Wellbeing newsletter!

At St. Andrew's, we are committed to supporting the mental health and wellbeing of our children. We know that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support.

If you have any concerns regarding your child please don't hesitate to talk to your Child's Class teacher, Mrs Haskins (Additional Needs Leader) or Mrs Leeson (Assistant Headteacher responsible for Pupil Welfare).

At St Andrew's we are able to offer a wide range of pastoral support for children who are encountering emotional difficulties.

St Andrew's Wellbeing Team

Mrs Haskins	Additional Needs Leader
Mrs Leeson	Assistant Headteacher with responsibility for pupil welfare
Mrs Jackson	Class teacher
Miss Hornsey	ELSA trained Teaching Assistant
Jess Turncroft	CASY Counsellor
Mrs Fisher-Scott	Wellbeing Governor

Five Ways to Wellbeing

Research has shown that there are five actions we should all do more of to boost our wellbeing and improve our mood. They are simple ways that can make a difference to the way children feel, think and react to life's ups and downs.

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give



This year during Collective Worship on Wednesdays we are learning about the 5 Ways to Wellbeing. This term we are focusing on the 'Give' strand.



Give...

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward. Even the smallest act can count; whether it's a smile, a thank you or a kind word.

Here are some ideas of the kinds of things that you could do each day to help you give to others:

- Do a chore or help around the house – you could tidy your room, help with setting the table or help with the washing up.
- Draw or paint a picture for someone in your family – everyone loves receiving a handmade picture, you'll be able to put a smile on their face.
- If you have a pet, spend some time with them.
- Give a hug.



Free Festive Giving Ideas!

Over the Christmas holidays, we hope and encourage you all to relax and focus on the 'Give' strand from the 5 Ways of Wellbeing.



- Say thank you to someone, for something they have done for you.
- Phone a relative or friend who needs support or company.
- Ask a friend how they are and really listen to the answer.
- Offer to lend a hand if you see a stranger struggling with their bags or a pushchair.
- If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together or read a book.
- Arrange a day out with friends you may have not seen for a while.
- Try switching off the TV to talk or play a game with your children, friends or family.
- Make the most of technology to stay in touch with friends and family. Video-chat apps like *Skype* and *FaceTime* are useful, especially if you live far apart.

Student Wellbeing Champions' Section:

Relaxation Activity:

'Breathe Like Santa'



Breathing exercises can really help children (and adults) feel calm and happy. This breathing exercise has a fun, festive twist that you will all enjoy.

Take a deep breath in, hold it for a moment and then slowly let it out with a slow "Ho, ho, ho." It may feel silly at first, but it definitely helps release stress and worry at this busy time.





Lumi Nova

Get instant access to a fun digital therapy app to help your child self manage their worries.
Lumi Nova is free for families in Lincolnshire.
Lumi Nova is for 7 – 12 year olds experiencing mild to moderate anxiety.

https://luminova.app/lincolnshire

Have a go at the Kids' Kindness Club Advent Calendar!

"SOMETIMES MIRACLES ARE JUST GOOD PEOPLE WITH KIND HEARTS."