St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

January 2026

Happy New Year!

Wishing all our families a very happy new year and hoping that 2026 is a year full of kindness, happiness and optimism for everyone.

Please remember that if you have any concerns regarding your child's mental health and wellbeing 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.



This term we are focusing on the 'Keep Learning' strand from the 5 ways to wellbeing.

Ways to Keep Learning...



Learning is a powerful way to improve and maintain our wellbeing. It does this by boosting our self-confidence, self-esteem and gives us a sense of achievement! Learning can also be fun!

Here are some ideas of how you can keep learning...

- Research some fun facts online.
- Learn to play an instrument or how to cook your favourite food.
- Set a challenge you will enjoy achieving.
- Discover a really long word and find out what it means. Why not try to get it into a conversation?
- Complete a wordsearch or puzzle that you have not done before.
- Try writing a short story, comic book or poem to share with your friends and family.

January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine…) are all harder to achieve. However, there are some ways that we can help ourselves beat those 'January Blues'. See the tips below for some ideas to try out.



Student Wellbeing Champions' Section:

This term, as part of our focus on 'Keep Learning' the Student Wellbeing Champions would like to invite children in EYFS, KS1 and KS2 to talk about one of their interests / hobbies during our Wellbeing Wednesday Collective Worship. Your child may want to share with others information about a club that they participate in outside of school e.g. Swimming Club, Tennis Club, Brownies or Cubs or talk about a new hobby e.g. learning to play an instrument, cooking or sewing. They may want to bring in relevant items to show.

Children will be encouraged to speak to either their Class teacher, Mrs Haskins or a Student Wellbeing Champion if they would like get involved, and parents /carers will be notified of the date.

We are hoping that over the term a wide range of hobbies, interests and clubs are show cased.

Lincolnshire Parent Carer Forum

Lincolnshire Parent Carer Forum (LPCF) is Lincolnshire's Parent Carer forum recognised by the Department for Education.

LPCF is a registered Charity working with parents and carers of children with disabilities and SEN in Lincolnshire through its parent carer forum.

They offer lots of support, advice and online workshops. **Definitely worth a look!**

https://www.lincspcf.org.uk/

Recommendation:

The Boy, the Mole, the Fox and the Horse

A story of kindness, friendship, courage and hope for viewers of all ages in a heart-warming hand-drawn animated film based on the children's book by Charlie Mackesy.

(Available on BBC iPlayer)



