St. Andrew's Church of England Primary School

Mental Health and Wellbeing Newsletter

June 2026

St Andrew's Wellbeing Team

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

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).

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

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



Supporting Your Child with Transition:

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At St Andrew's, we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children.

Here are some tips for supporting your child with this:

Be positive! How you react to change will strongly influence your child and if you feel anxious, they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people.

Focus on the constants for your child, the things that will be the same. They will be moving class with many of their peers so their friends will still be with them, they will still see familiar adults and many routines will be the same.

Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them. Listen to any concerns, but don't go looking for them— remember that most children will be excited about the move and are more than ready for it.

If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times

Keep in touch with their friends over the holidays so that those connections remain strong.





THE WORRY LOOP IN CHILDREN

www.SocialWorkersToolbox.com

WHAT IS A WORRY LOOP?

A worry loop happens when a child gets stuck thinking about something bad that might happen.
The thought keeps going round and round, and each time it feels more real and more scary.

WHAT IS HAPPENING

The brain is trying to protect your child. But the way it does this can trap them in a worry loop.

COMMON SIGNS IN CHILDREN

- Asking the same question again and again
- Avoiding school, sleep, or activities
- Saying "what if" often
- Needing constant reassurance
- Trouble sleeping
- Physical complaints like headaches

HOW IT USUALLY LOOKS

1. **A worry starts** — "What if something goes wrong?"
2. **The body reacts** — Fast heart, tummy ache, feeling tense or upset
3. **The child tries to feel safe** — Asking lots of questions, avoiding things, needing reassurance
4. **Short-term relief** — They feel better for moment
5. **The worry comes back stronger** — The brain learns: "This must be dangerous"

THE LOOP REPEATS

→ THE LOOP REPEATS

WHAT KEEPS THE LOOP GOING?

- Too much reassurance
- Avoiding the worry
- Trying to remove all uncertainty
- Adults "fixing" the problem straight away

These help in the moment but teach the brain the worry is dangerous, so it keeps coming back.

WHAT HELPS BREAK THE LOOP

1. **Name the worry**
"That sounds like a worry, not a fact."
2. **Stay calm and steady**
Children borrow your calm.
3. **Limit reassurance**
Answer once, then gently repeat:
"We have talked about this. What do you think?"
4. **Allow some uncertainty**
"We cannot be 100% sure, and that is okay."
5. **Encourage facing fears (step by step)**
Small, manageable steps build confidence.
6. **Focus on coping, not removing worry**
"You can handle this feeling."

HELPFUL PHRASES TO USE

- "That sounds like your worry talking."
- "What could you do if that happened?"
- "You have managed this before."
- "Let's s be brave together."

WHAT YOUR CHILD NEEDS MOST

- Calm, not panic
- Support, not rescue
- Confidence, not certainty



REMEMBER

Worry is a normal part of growing up. Avoiding fears keeps worry strong. Facing fears, step by step, helps it shrink.

Children learn best when they face fears with support - not when fears are removed.