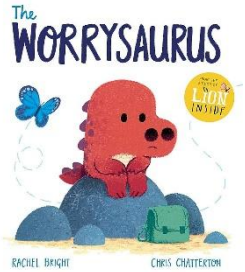
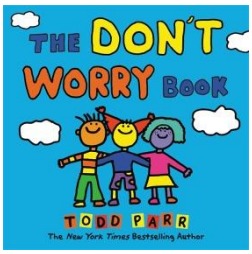
South Ossett Infants Academy

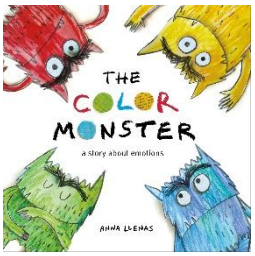
Wellbeing Newsletter—Autumn 1

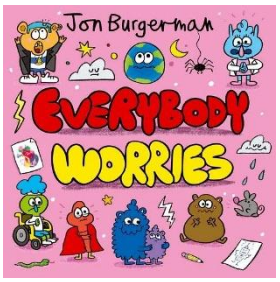
Welcome to the first Wellbeing newsletter of the academic year 2025-26. We share this information and advice for parents on topics such as mental health, healthy eating, physical activity, connecting with nature and building positive relationships to support overall wellbeing in children and adults.

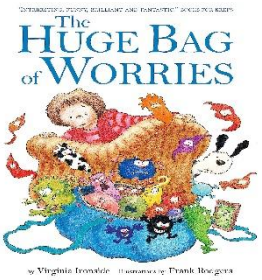
At SOIA, we love books and reading so when we find books that link to wellbeing, we get even more excited to share! The following stories have been created to share with children about their worries and coping with things that cause them to worry. We hope you find them useful.











There are a range of activities that can also reduce worries. These include exercise, yoga, cooking, getting comfy and sharing a book or watching a film together, mindfulness colouring, a relaxing bath, listening to music.

Key dates this half term:

World Suicide Prevention Day: 10th September 2025

Youth Mental health Day 19th September 2025

World Mental Health Day: 10th October 2024

Hello Yellow Non-Uniform Day 10th October—all children are invited to come into school wearing something yellow to raise awareness of mental health and wellbeing. We are suggesting a £1 donation for participating in order to raise money for Young Minds charity.

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Taking time to appreciate that little things can bring about great joy. Focusing on what you have instead of what you lack cultivates contentment.
Keeping a gratitude journal has been shown to increase people's sense of happiness by encouraging them to acknowledge the happy and positive moments in their day.

Action for Happiness

ACTION FOR HAPPINESS

Self Care September

Daily actions to help you take care of yourself so you can take care of others.

Sensory Toys

A lot of children can find relief from anxiety and stress through sensory experiences and toys. For some children that could just be taking time to play with their favourite toys. Some children can benefit from toys specifically designed to help with stress, like stress balls, fidget toys, play dough or slime putty. These sensory toys provide a good distraction and can help give children something to focus on.

Places to go for support and advice:

ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems. Helpline: 0800 1111
https://www.childline.org.uk/

childline
ONLINE, ON THE PHONE, ANYTIME