South Ossett Infants Academy

Wellbeing Newsletter—Autumn 2

Thank you to everyone that joined in to raise money for YoungMinds when South Ossett Infants Academy took part in #HelloYellow Day on Friday 10th October. As well as raising awareness of mental health issues and how important it is to be open and honest about how we are feeling, the school raised £70.40 for the Young Minds Charity!

Antibullying Week 2025

Monday 10th-Friday 14th November

The theme this year is Power for Good which empowers young people to speak up, support others and take positive action against bullying in all settings. Coordinated by the anti-bullying alliance, the campaign promotes the idea that everyone has the potential to make a positive difference and combat bullying by creating a more inclusive and supportive environment.

At South Ossett Infants Academy, we celebrate **Kindness Week** this week where we promote good deeds and acts of kindness. Children will receive Kindness Tokens for displaying acts of kindness to children and adults in school.

Social Connections for Mental Wellbeing

Relationships with your family and friends are important for your mental wellbeing. Social connections can help you feel happier and more secure. They can also give you a better sense of **purpose, belonging and self-worth.** Having a social connection means you have someone to share your feelings and experiences with. You'll also have someone who can provide you with emotional support.

How to connect with others:

- Try to meet new people – volunteer or join a new club/activity
- Connect with family – visit a family member who needs support or company
- Spend time with friends – arrange a day with friends you haven't seen in a while
- Connect digitally – use apps like FaceTime to stay in touch.

Key dates this half term:

Stress Awareness Day: 5th November 2025

World Kindness Day: 13th November 2025

Anti-bullying Week: 10th-14th November 2025

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Stress Awareness Day – Wednesday 5th November

The first Wednesday in November is National Stress Awareness Day. This is an opportunity to think about the effects of stress, physically and mentally, as well as how we can manage feelings of stress.

There are many reasons we can feel stressed, whether it's deadlines for work, change in our relationships or pressures we may be putting on ourselves. Sometimes stress can be useful. It can motivate us to sort things out or get something done. However, there are times when stresses can pile up, or when a prolonged period of stress can really impact on us, leaving us feeling unable to cope. This is when we need to consider the impact stress is having on us mentally **and** physically.

If you are struggling, you could make an appointment to see your GP or speak to a trusted friend/family member. Sometimes talking about stress can help you see the causes more clearly. It's also important to make time for yourself to feel less stressed and more relaxed. In order to feel better, ask yourself – what do you like to do? If we make time to talk, or rest, or try to enjoy ourselves, this can be the sort of thing that can help us get through the most stressful times.

Action for Happiness

The themes this half term are:

New Ways November

Do Good December

Visit their website to download the calendars and to take part in the daily activities: www.actionforhappiness.org/calendar

Places to go for support and advice

every mind matters

This website from the NHS offers expert advice and practical tips to help you look after your own and child's mental health and wellbeing.

https://www.nhs.co.uk/oneyou/every-mind-matters

NSPCC

The NSPCC offer support and advice if you feel your child is struggling with their mental health. More information can be found on their website.

https://www.nspcc.org.uk