South Ossett Infants Academy
Wellbeing Newsletter—Spring 1

Happy New Year to you all from everyone at South Ossett Infants Academy. A new year will hopefully bring some exciting and positive experiences for us all. A new year means a chance to remember last year's achievements and look forward to the promise of a new year and a new beginning. Whether it is making a commitment to change an unwanted habit or setting a personal goal, now is the time to put things in motion!

Children's Mental Health Week
Monday 9th-Friday 13th February 2026

The theme this year is 'This is my place' and the aim is to support the systems around children and young people to help them feel they belong.

We know that our sense of belonging as individuals, in our friendships, in school and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful, long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

Time to Talk Day – 6th February 2026

Time to Talk Day is on Thursday 5th February 2026 – it is the nation's biggest mental health conversation. It is a day for all of us to come together to talk, listen and change lives. Talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.

From sharing a post on social media using #TimeToTalk to organising an activity in your workplace, or simply checking in with a friend or family member. There are lots of ways to get involved this Time to Talk Day such as:

- Text a friend to see how they are doing
- Invite a colleague for a cup of tea and a chat
- Host a lunch and learn session at work

Key dates this half term:

Time to Talk Day: Thursday 5th February 2026

Children's Mental Health Week: Monday 9th February-Friday 13th February 2026

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Friendly February 2026

Be friendly to others and give your relationships a boost!

Each month, Action for Happiness releases a calendar with one suggested action that people can take each day to improve their happiness. The 'Friendly February' calendar reminds us to be friendly to others give our relationships a boost. One of the five principles of wellbeing is "Connect: Find ways to connect with friends, family and colleagues" and this calendar is a great aide memoire to help us improve in this area.

Some of the ideas suggested on the calendar are:

- Send an encouraging note to someone who needs a boost
- Smile at people you see and brighten their day
- Make uninterrupted time for your loved ones

Action for Happiness

The themes this half term are:

Happier January

Friendly February

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

Parent Mental Health Day – 30th January

Parent Mental Health Day was created to raise awareness of the vital link between parents' and carers' mental health and the wellbeing of the whole family. The day aims to encourage understanding and awareness of the importance of parent mental health and the potential impact on the whole family system with the theme 'Balance'. The day aims to get parents and carers to take a moment to reflect on the balance they have in their lives, as well as how they balance looking after their family's mental health and to take steps to make positive change and 'balance out'.
For more information and resources on Parent Mental Health Day and Balancing Out go to:
http://parentmentalhealthday.co.uk

Places to go for support and advice

Turning Point
Feeling anxious, low or stressed? If you are 16 years or older and are registered with a GP surgery in the Wakefield District, you can access NICE recommended therapies at Turning Point Talking Therapies by contacting them directly.
https://talking.turning-point.co.uk 01924 234860
Wakefield.talking@turning-point.co.uk

Health Watch Wakefield
https//healthwatchwakefield.co.uk
Healthwatch Wakefield is a local health and social care champion for the Wakefield District. They make sure NHS and Social Care leaders hear your voice and use your feedback to improve care.