South Ossett Infants Academy

Wellbeing Newsletter—Summer 1

Welcome back to school and to our Summer 1 edition of the Wellbeing Newsletter. We hope you were able to enjoy some rest and family time over the Easter break. The start of a new term is a great opportunity to reset routines, refresh healthy habits and look ahead to the weeks ahead with renewed energy. In this edition, we're sharing practical ideas and gentle reminders to support your wellbeing as we settle into the busy and often productive Summer 1 term together.

Creative Ways of Engaging – from Future in Mind

I'm sure we have all experienced at one point or another, trying to engage a child in a conversation about their feelings and emotions and struggled.

Sometimes, simply asking, "How are you?" is enough. But other times, it can feel more challenging.

At Future in Mind, the team noticed how powerful it is to work creatively with the children and families that they support and they have shared some ideas that you may find beneficial to use:

- The use of different buttons and/or rocks – to prompt discussions around identify and understand important relationships for your child.
- Create tin foil structures – to explore how our feelings and emotions can impact us in a physical sense.
- Using a ball of string – to promote connection when working within a group.
- Nothing beats using pen, paper and pencils – sometimes allowing children the opportunity to doodle whilst engaging in conversation allows them to feel relaxed enough to talk.

- Creating silly games, such as Chatterboxes/Fortune Tellers and Would you rather?

- Making a calm bottle – it enables the child to instill and little bit of calm and peace during a time that may not feel like it, or when they need a few minutes to bring themselves down. To have something to hold and shake and then being able to watch all the glitter and sequins swirl around before eventually settling at the bottom helps children to practice mindfulness. Then, when they are calm, a conversation can often be held to discuss what is troubling them.

Key dates this half term:

World Health Day: 7th April 2026

Stress Awareness Month: April 2026

Mental Health Awareness Week: 11th-17th May 2026

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Mental Health Awareness Week 2026

11th-17th May 2026

The theme this year is **Action**. Whislt awareness is vital, real change comes when we take action too. Although society has come a long way on mental health, there is still so much more that can be done to prevent people becoming unwell in the first place.

For yourself – this Mental Health Awareness Week, find one thing that boosts your own mental health. Choose one positive action that works for you.

For someone else – the environment we live in impacts our mental health. What can you do to help build mentally healthy communities, workplaces and schools?

For all of us – individual actions matter, but they're only part of the story. We need those in power to take action to ensure good mental health for everyone in the UK.

With this year's focus on **action,** here are six simple steps parents can take to support their own mental health this week:

1. Schedule one small daily action just for yourself, even if it's only a 10-minute walk.
2. Set a clear boundary this week by saying no to one non-essential commitment.
3. Reach out to another parent or friend and have an honest conversation about how you're feeling.
4. Prioritise sleep by creating a simple wind-down routine each evening.
5. Limit time on news or social media if it's increasing stress.
6. Book or research one form of longer-term support, such as a GP appointment, counselling session, or local parent group.

Action for Happiness

The themes this half term are:

Active April

Meaningful May

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

Contact Night OWLS (West Yorkshire only). Call free on 0300 2003900, text 07984 392700 or chat online: www.wynightowls.org.uk from 8pm-8am everyday.

Call NHS 111, a 24 hour helpline for help and advice.

If you don't currently use mental health services, you can contact Single Point of Access (SPA) teams:
Wakefield: 01924 316200 Barnsley: 01226 644829 Calderdale: 01422 300001
Kirklees: 0300 304 5555