South Ossett Infants Academy
Wellbeing Newsletter—Summer 2

As we move into the second half of the summer term, we know that this time of year can often feel both rewarding and demanding for parents and carers. With busy schedules, changing routines, work commitments and family responsibilities, it can be easy to put your own wellbeing to one side. In this edition of our Wellbeing Newsletter, we want to gently encourage you to take a moment for yourself and remember that supporting your own mental health is just as important as supporting your children's. We'll be sharing simple wellbeing ideas, practical tips and reminders to help you find small moments of calm, balance and connection during the weeks ahead.

World Friendship Day 2026

World Friendship Day, also known as the International Day of Friendship, is a special occasion celebrated around the world to recognise the power of friendship. It takes place on 30th July 2026.The day celebrates the power of friendship to build understanding, connection and a sense of belonging across communities and cultures. This year's theme, *"Sharing the Human Spirit Through Friendship,"* highlights how meaningful relationships can bring comfort, resilience and hope during challenging times. For parents, it is a timely reminder that nurturing friendships is not a luxury but an important part of maintaining emotional wellbeing and reducing feelings of isolation.

This month, consider making your own wellbeing a priority by:

- Reconnecting with friends
- Arranging a coffee catch-up
- Taking a walk with someone you trust
- Simply sending a message to someone you have not spoken to in a while.

Small moments of connection can boost mood, reduce stress and remind us that support is available when we need it. Alongside staying connected, try to set aside regular time for activities that help you recharge, whether that is exercise, reading, mindfulness, or enjoying a hobby. Looking after your own mental health helps you feel more resilient, supported and able to navigate the demands of family life.

Key dates this half term:

Healthy Eating Week: 10th-14th June 2026

National School Sports Week: 6th-12th July 2026

World Friendship Day: 30th July 2026

South Ossett Infants Academy

Wellbeing Newsletter—Summer 2

Self-care SPOTLIGHT: Managing Stress

Parenting can be rewarding, but it can also bring daily pressures that leave little time to pause and recharge. Balancing work, family responsibilities, finances and household tasks can sometimes feel overwhelming. When stress builds up over time, it can affect our mood, energy levels, sleep and overall wellbeing. Taking steps to manage stress is not about eliminating challenges; it is about finding healthy ways to respond to them. Looking after your own wellbeing can help you feel more patient, resilient and better equipped to cope with the demands of family life.

Stress management does not have to involve making major lifestyle changes. Small, realistic actions can help reduce feelings of overwhelm and create moments of calm throughout the day. You might try:

- Taking a short break between tasks, even if it is only for a few minutes.
- Limiting time spent checking emails or social media outside of necessary hours.
- Creating a simple evening routine to help you switch off before bed.
- Spending a few minutes stretching or moving your body during the day.
- Writing down worries or tomorrow's tasks to help clear your mind.

It is also important to remember that perfection is not the goal. Many parents put pressure on themselves to meet high expectations, but trying to do everything can often increase stress rather than reduce it. Instead, focus on what is most important, celebrate small successes and be kind to yourself when things do not go to plan. Recognising your own needs and allowing yourself time to rest and recharge is not selfish—it is an essential part of maintaining good mental health and supporting your ability to care for those around you.

Action for Happiness

The themes this half term are:

Joyful June

Jump Back Up July

Altruistic August

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

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

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

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