South Ossett Infants Academy

Wellbeing Newsletter—Autumn 1

Welcome to the first Wellbeing newsletter of the academic year 2026-27. 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 support children and staff with their mental health and well-being. We aim to create an environment where everyone feels safe, supported and empowered.

This newsletter is designed to help you with the latest updates, resources and initiatives focused on mental health. We thought it would be helpful to introduce you to the mental health team.

Mrs Young

Lead Mental Health First Aider

Mr Andrews

Mental Health First Aider

Miss Nisbet

Mental Health First Aider

The Children's Hub

If the children need a place where they need to go for some quiet time or to speak to the mental health first aider, they can visit the children's hub.

Key dates this half term:

Youth Mental health Day 18th September 2026

World Mental Health Day: 10th October 2026

Hello Yellow Non-Uniform Day 9th 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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World Gratitude Day- 21st September

Did you know that having an attitude of gratitude is good for you? Being thankful results in physical, emotional and many other types of benefits. E.g. Practicing thankfulness improves sleep, lowers stress levels & and boosts the immune system. Gratitude also reduces symptoms of depression and improves self-esteem. Practicing gratitude enhances social and professional skills. With all those benefits, how could you not want to be thankful?

Self-Care Awareness Month

It's always good for parents to talk regularly with their child from an early age about how they are feeling. This helps you to develop a warm and open relationship with your child. They will feel confident sharing their emotions and will trust that you'll listen, try to understand them and help them to work things out. Sometimes though, parents will still need to ask children directly if everything is alright or if something has happened.