Flanshaw JIN wellbeing newsletter

Summer edition

Here is the Summer edition of our Wellbeing newsletter! We hope everyone has had a restful and enjoyable break over the Easter break. We are hoping for some lovely weather over the next couple of months, which is a great opportunity to get out in the fresh air and nature! This can be really beneficial for your mental wellbeing!

Support, help and resources

This can be a tricky term for children as they are starting to think about transition into the next year group or high school.
Visit this link for resources from young minds to help with year 6-7 transition.
https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/

YOUNGMiNDS
fighting for young people's mental health

PSHE

This term PSHE lessons are all around 'Relationships'. We will talk to the children about friendships, family, conflict resolution and problem solving and love.



Mental Health Awareness week!
11 - 17 May 2026

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK

Action is this year's theme because, while awareness is vital, real change comes when we take action too. Together, we've come a long way on mental health, but we can't risk going backwards. There's still much we can do to prevent people becoming unwell in the first place.

For yourself This Mental Health Awareness Week, find your one thing to boost your 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.

ACTION FOR HAPPINESS

Action for happiness!

Action for happiness have shared ways to get moving and stay active and healthy this April.

https://actionforhappiness.org/calendar

Use the link above to download this month's calendar with lots of ideas!

https://actionforhappiness.org/all-calendars

Here is the link for all the calendars with lots of ideas.