Flanshaw JIN Wellbeing newsletter

Autumn 1 Edition

Here is the first edition of our Wellbeing newsletter for the new academic year!

We hope that you enjoyed the summer break – officially the hottest on record! We know that some children can feel nervous, tearful and anxious at this time of year, but rest assured we are here to support all our children and families!

Our pastoral team!


Mr Woodburn


Mrs Smith


Mrs Wilkinson


Miss Pattrik

PSHE and wellbeing

This term PSHE lessons are all around 'feelings and emotions and keeping/staying healthy'. Please click the link to find out more!

https://www.1decision.co.uk/resources/parent-carer-zone



World mental health day

World mental health day is on the 10th October this year. **Mental health** is about how we think, feel, and handle our emotions. Just like we take care of our bodies by eating healthy and getting sleep, we also need to take care of our minds. It's okay to feel sad, angry, or worried sometimes, and talking about our feelings helps us feel better. When we share how we're feeling, we can get support and know that we're not alone!

For more information visit:
https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-mental-health-day/



Back to school top tips!

We understand that the return to school can bring up a range of emotions. Feelings of anxiety, and worry are normal during this time of transition. Please know that we are here to support you and your child every step of the way.

Establish a routine early – start as you mean to go on with consistent sleep routines.

Talk and listen – Encourage your child to share how they're feeling and reassure them that it's okay to feel nervous.

Talk about school positively – Talk about positive experiences of school to build familiarity and excitement.

Get organised together – Prepare uniforms, bags, and supplies the night before! Check homework and PE days etc.

Reach out if you need support – We're here to help. If you or your child are feeling overwhelmed, please don't hesitate to contact us.