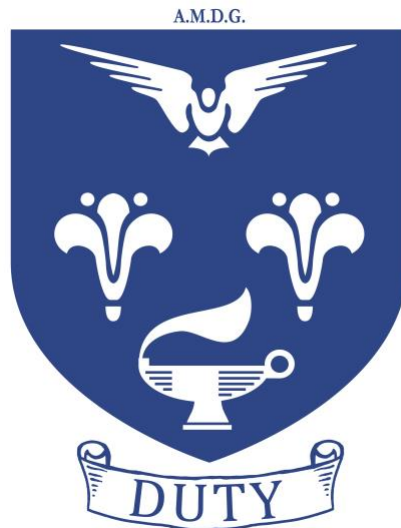




Welcome to your Mental Wellbeing Newsletter

This exciting new newsletter is especially for you, our pupils. We know that our school ensures that you are happy at school and that you understand the importance of good mental health, but we thought we could go one step further and offer you a newsletter that gives you even more information about this really important topic. We hope to offer techniques, tools and advice on looking after your mental wellbeing independently, but to also know how and when to ask for help if you need it, it's ok to ask for help.





So, what is mental wellbeing? Here are some words that your fellow pupils have offered, “feeling sad, happy, scared, joy, self-esteem, love, belonging, safe and fear”, wow, amazing job team.

Happy Maps is an amazing website for children and writes that when you are “Looking for support with your mental health, it can feel really tough. Social media and online apps are full of people sharing their own experiences, but that doesn’t always mean the advice is right for you — and some of it can be confusing, misleading or even scary. That’s where Happy Maps can help. We’ve pulled together reliable resources for the things you’re worried about and put them all in one easy place to find”.

<https://www.happymaps.co.uk/>

The world is a complicated place right now and although we encourage you all to discuss your fears and worries at school, this may not be the right place for you. You all know about Childline [0800 1111](https://www.childline.gov.uk) , but their website offers some really good techniques that may help you with your fears and worries. Take a look at the link below. There is a calm zone that I think you will all really like.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world>

It's always important to feel confident when making new friends, especially for our students that are starting their senior school journey in September 2026. We know some of you are nervous about the prospect of starting a new school and making new friends, so here is a link for you to follow that offers some really good advice.

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/top-tips-making-friends/>



Joke of the month: Shervin-Upper Two

"Why did the chicken cross the road?"

Because it had to go to Nandos!”

Attendance Champions

95% is Good, but 100% is Great!

Everyday counts at school and that is why we are asking YOU to design a poster that we can use to encourage all students to make every day count. Over the summer we are asking as many of you as possible to design a poster that demonstrates why we need to be at school every day. We will then choose one from each class that will be used around school for all the children to see. Ideas for why 100% attendance is important could be that it helps you with your learning, it boosts your brainpower, you enjoy your friendships even more, you have a good routine, if your attendance is **95%** or above you could be an attendance champion. The government tells us that we should be at school for no less than **95%** of the time, but we can do even better than that, let's go for it and try to achieve **100%**.

“Start the Day the Attendance Way!”

We hope you like your first Mental Wellbeing Newsletter. If there is anything you want to add children, please do let Mrs Lawn know. Until next time have the best summer holiday, stay safe, look after yourselves and above all, enjoy!