



Welcome to your Mental Wellbeing Newsletter for September 2026

Welcome back to you all! We hope that you all had an amazing summer and are ready to learn. This is an exciting time because you get to see all of your friends again, we have our new classrooms to enjoy, they all look great, don't they? And we begin our learning journey again together. It can also feel a little strange to be back at school, with early mornings, bags to pack and homework to complete, but, remember, we are all feeling the same way and it is really important for you to not feel on your own during this time of transition. Please talk to your grown ups if you are feeling overwhelmed, give it time to adjust and remember if you need someone to talk, we are always here for you. Here goes!





Here are just a few tips to help you get back to our school routine and ensure that you feel organised and ready to go:

- Get a good night's sleep.
- Pack your school bag the night before so that you have a little more time in the morning.
- Make sure that you are eating well and getting lots of nutrients, this really does help your energy levels to support your school day.
- Layout your uniform the night before to ensure you are raring to go in the morning.
- Ensure you have all of your school stationery and equipment the night before school (don't forget your water bottles).
- Plan your breakfast, maybe you could help your grown-ups by making breakfast for the whole family.
- Use your student planners to plan your week and make any notes that you may need so that you are organised.
- Try and have a healthy snack for breaktime and after school, it's really important that you are not hungry after school to ensure that you can concentrate on yourself and any homework, clubs or hobbies you may have.





Joke of the month:

Henry Lower Two

“Why was the Circle not invited to the geometry party?” Because it was pointless.

Attendance Champions

95% is Good, but 100% is Great!

We hope that lots of you have designed an Attendance Poster over the summer. Please ensure that these are given to Mrs Lawn by Monday 21ST September so that we can pick our class winners. These posters will be displayed around school to remind everyone how important arriving in school, every day and on time is.

We are also going to have a class charter in our weekly newsletter showing each classes attendance for that week, which ever class has the highest will be rewarded with marbles in the jar or Dojos.

“Start the Day the Attendance Way!”

Important Dates in you Mental Wellbeing Calendar for September

Sunday 13th September - Positive Thinking Day

This day is celebrated every year on the 13th September to highlight the importance of optimism, mental well-being and the power we have over our minds to promote hopeful mindsets. Try and squash your negative thoughts and replace them with positive affirmations and statements. It may be nice for you to set up a station at home and ask your family and friends to write down the things that they are grateful for, you can all sit down together at the end of the day and read out what you have written. We would love for you to share these, if you want to, with your class so that we can inspire others to think positively.

14-20th September- National Inclusion Week

This week is important because it focusses on the benefits of belonging, whilst highlighting the importance of welcoming everyone into our lives with kindness and acceptance. It is celebrated so that we can understand the importance of empathy, acceptance of others and that we never judge others. It is so important to respect other people, even if they are not like us and to ensure that we are kind, respectful and empathetic to everyone. As we always say at school, 'treat others how you want to be treated'.

16th September- National Fitness Day

Now this day's purpose is one that we do not really need reminding about here at the Ursuline, but it is still good to highlight it. It is celebrated to show the importance of physical activity and the positive effects it has on our mental wellbeing. This year's theme is "Powered by you!", because we all have control over how much or how little we move, exercise, walk and play. One simple daily movement is enough, so go for it and move today and every day!

19th September – Youth Mental Health Day

This day is incredibly important with Stem4 writing that **"Young people are determined, creative and resilient. They're also navigating pressures that can make the future feel daunting. YMHD 2026 is here to help young people build for the future, one step at a time."** With so many pressures for children, it is really important that you understand, acknowledge and talk about how you are feeling and the things that may be worrying you. I have attached a link for you if you would like to read more about this day. <https://stem4.org.uk/youthmentalhealthday/>

Please remember that you are the most important people and if there is anything that you are worried about or need support with, always speak to a grown up at school or at home. If you have any ideas of things that you may want to see in this newsletter, let Mrs Lawn know.



**BE KIND
TO YOUR
MIND**

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