



Welcome to your Mental Wellbeing Newsletter for October 2026

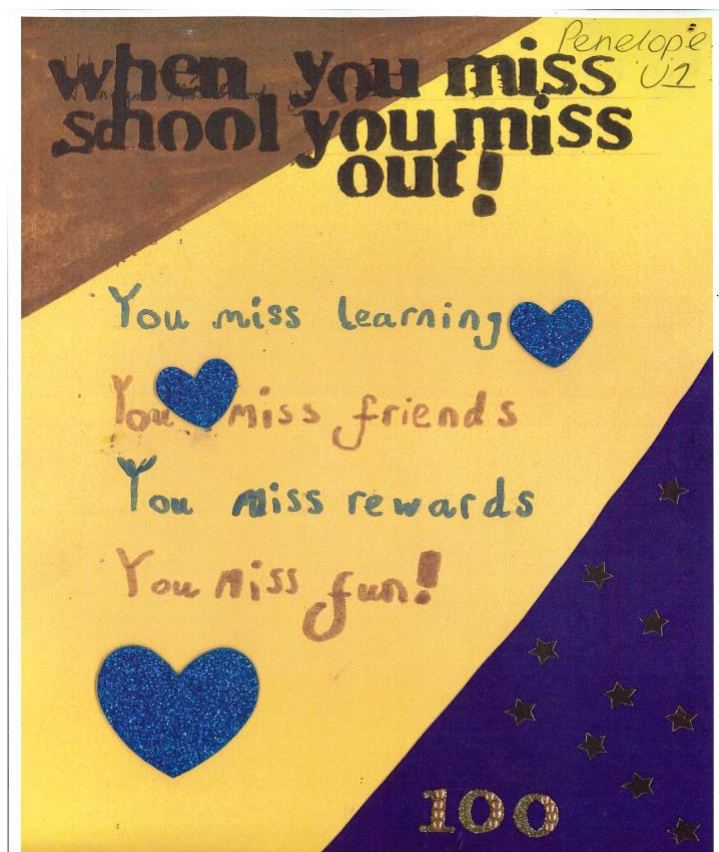


Well children, it does not seem possible that it is now October and we are almost 5 weeks into our school term. How has that happened! We must always ensure that we are looking after our mental wellbeing by completing very simple steps each day. What are you proud of yourselves about? What have you achieved that you thought you may not be able to do? Are you making sure that you are eating and sleeping well? Every little thing counts so make sure you are being kind to yourself and others.

Attendance Champions

Do not forget that we are all aiming for the same thing, at least 95% attendance each and every week. Please try your hardest to be at school, on time, every single day. This will help you feel happier, more settled and ready for school. Here is one of our amazing school posters supporting good attendance. Well done Penelope from U1, look out for next week's poster.....

“Start the Day the Attendance Way!”



Joke of the month: Mia Upper Two

“Why does James Bond not pass wind in bed? Because it will blow his cover!”

Important Dates in you Mental Wellbeing Calendar for September

9th October 2026- Hello Yellow

By wearing something small and yellow on this day, you support standing out. If you are feeling alone and feel as though you are struggling with your feelings, reach out to someone that you feel comfortable with and talk to them. Things can feel tough sometimes and you are most definitely not alone. Start that conversation sooner rather than later. Click on the link below and read a bit more about this very important day.

<https://www.youngminds.org.uk/support-us/fundraising/helloyellow/>

10th October 2026

World Mental Health Day

This day spreads awareness about mental health and the importance of looking after it. It is so important to be kind to others but also yourself too. Giving kindness is just as nice as receiving it, it is important to treat people how you want to be treated. I have attached a link below for you to take a look at what this day means, but also what you can do to make the day a wonderful one for yourself but someone else too.

<https://schoolofkindness.org/world-mental-health-day>

Here are some really good websites for you to take a look at that offer great resources to support your mental wellbeing:

<https://happymaps.co.uk/self-help-for-children-and-young-people/>

<https://www.bbc.co.uk/bitesize/articles/z64s8p3#zmnxg2p>



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. Remember to use our green box also if you do not feel comfortable speaking face to face. If you have any ideas of things that you may want to see in this newsletter, let Mrs Lawn know.