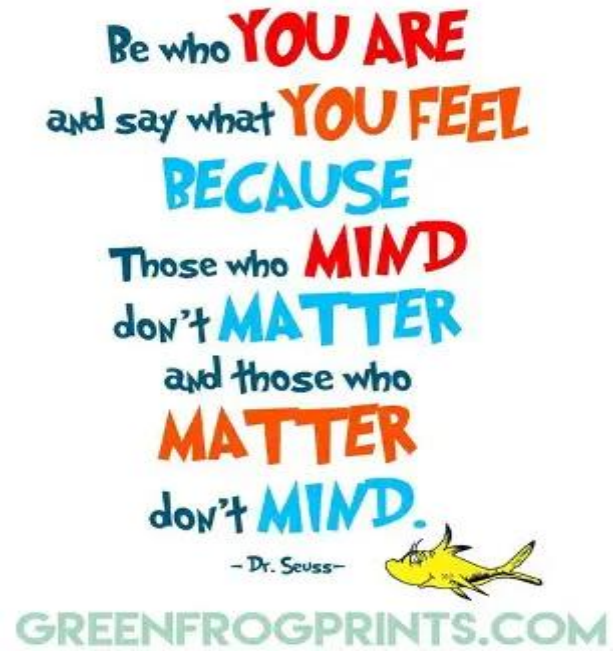
Welcome to your Mental Wellbeing Newsletter for November 2026

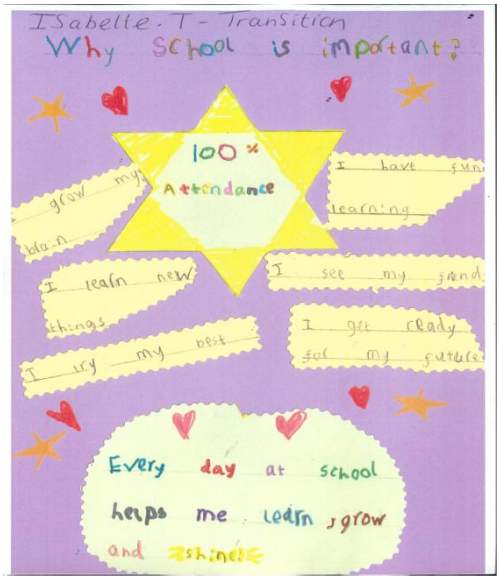


Welcome back to you all! It has been a great week and so lovely to see everyone back to school and ready to learn. I hope you all had a wonderful week off. It can be hard coming back to school after a break, so remember to check in with your friends and yourself and make sure that you are feeling well, happy and raring to go. Get back to a good routine, eat well and rest. This is a very busy half-term for us all so make sure you are as well as you can be.



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 Isabelle from Transition, look out for next month's poster……



"Start your day the Attendance way"

Joke of the month:

Why was 6 afraid of 7? Because 7, 8, 9 (seven ate nine)

Beth, Upper one

Important Dates in you Mental Wellbeing Calendar for November 2026

World Kindness day 13th November

This is day is set aside to highlight the importance of kindness. It is so important for people to be kind and to feel kindness, think about the way you feel when someone is kind to you. It would be so lovely for us to spread a little kindness everyday but especially on this day. When your teachers have the time, you can spend a few minutes in a **compliment circle** with your class spreading some kindness and compliments to your friends and teachers.

Be kind always.

World Kindness Day 2026: 5 ways kindness can help your wellbeing - BBC Bitesize

Anti- Bullying Week 16th – 20th November 2026

This week is one of the most important weeks of our mental health calendar. This week raises awareness of what bullying is, how it can happen and aims to highlight ways that we can prevent and respond to bullying. This year the theme is "Break the Silence", everyone must try to be heard and speak out against bullies. We are going to be participating in ODD SOCK DAY at school on the 9th November, whereby we all wear odd socks to school to show how unique, different and amazing we ALL are.

Anti-Bullying Week - CBBC - BBC



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 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.