

# Autumn 2024



## PASTORAL NEWSLETTER



Dear Parents and Carers,

Hello to all our families and big welcome to our new families who have just joined our school, we hope you are all well and your children have settled into their new year groups and classes.

Autumn is just around the corner; a time for cozy jumpers, hot drinks and staying home. For some of us the darker evenings and colder temperatures can cause concerns around paying the heating bill. As the season changes it is important to notice a shift in mental health. Here is some guidance and ideas to try to manage a healthy transition into Autumn.

Best wishes,

Rochelle McEwan  
Pastoral Support Officer



### Key dates for the Autumn Term

| Date                     | Event   |
|--------------------------|---|
| 6 <sup>th</sup> November | Stress Awareness Day                          |
| 11 <sup>th</sup>         | Remembrance Day                               |
| 13 <sup>th</sup>         | World Kindness Day                            |
| 3 <sup>rd</sup> December | International Day of People with Disabilities |
| 10 <sup>th</sup>         | Human Rights Day                              |



## Ways to manage your mental health

**Plan things to look forward to:** Halloween parties, firework displays, meeting friends. Focusing on these activities can help you feel positive.



**Back to basics:** Take time to wind down from the summer, focus on wellbeing basics. Sleep, food and exercise.

**Take up new hobbies:** Take the opportunity to explore new hobbies and local groups.



**Exercise:** A natural way to help boost our mood.

**Set up a routine:** To help maintain a sense of familiarity, keep you active and improve focus.

**Stay connected:** Increase social connectedness and combat loneliness.



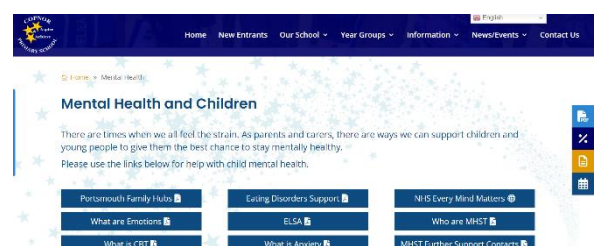
**Sleep:** Sleeping patterns could change with the clocks changing, ensure you are prepared for this.



## School Support

### School Website

This will be a useful first port of call and a great signposting to other services that are available to you. Click on [www.copnorprimary.co.uk](http://www.copnorprimary.co.uk) and select our school, use the drop down to select Special Educational Needs and you will see several tabs displayed including the Mental Health tab which has links to a range of great resources and websites.



## Parent Workshop Information

Parent Coffee morning with the Neurodiversity Team

**Wednesday 4<sup>th</sup> December 9-10am** – Further details on how to book will be emailed.



## Mental Health Support Team Parent drop-in

**Wednesday 20<sup>th</sup> November 9:15-11am** – book via school office

## School Nurse Drop-Ins

These can be booked through the school office. The next school nurse drop-in sessions are:

**Tuesday 12<sup>th</sup> November 9-11am**  
**Tuesday 10<sup>th</sup> December 9-11am**

