

Dear Parents and Carers,

Hello, once again, to all our families as we enter the final term of the school year!


Summer is upon us, a chance to gain some all-important vitamin D from the sunshine. For some of us, concerns may arise about how we can keep our children happy and busy during the long summer holidays. As the seasons continue to change throughout the year, it is important to notice a shift in mental health. Here is some guidance and ideas to try to manage a healthy transition into Summer.

Best wishes,

Rochelle McEwan
Pastoral Support Officer



Key dates for the Summer Term

Date	Event	
June	Pride Month	
9 th – 15 th	Men's Health Week	
14 th June	Global Wellness Day	
24 th – 30 th June	World Wellbeing Week	
August	Happiness Happens Month	

World Wellbeing Week – 24th - 30th June 2025



The theme for this year's World Wellbeing Week is Community, emphasizing the importance of meaningful connections for overall well-being. The week is about encouraging us to reconnect with ourselves, loved ones, communities and nature. It's the perfect time of year to enjoy the great outdoors and embrace healthful activities.

Here are some ideas that you can use with your child to benefit their well-being:

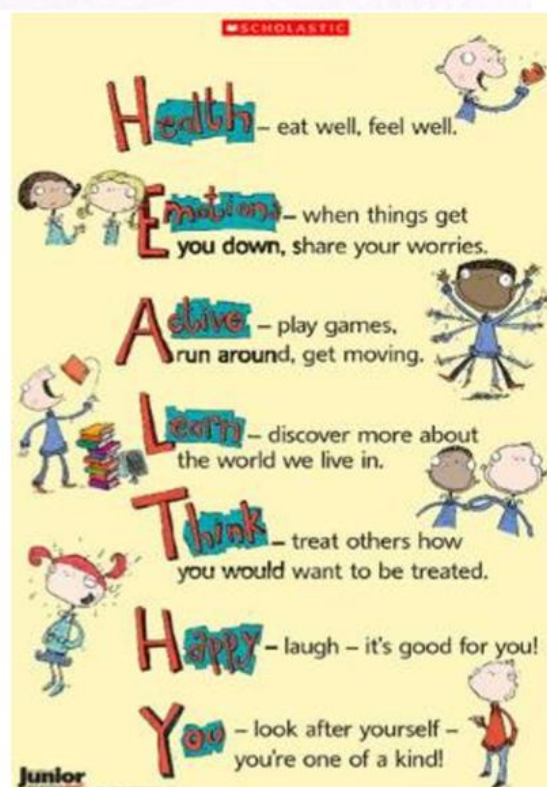
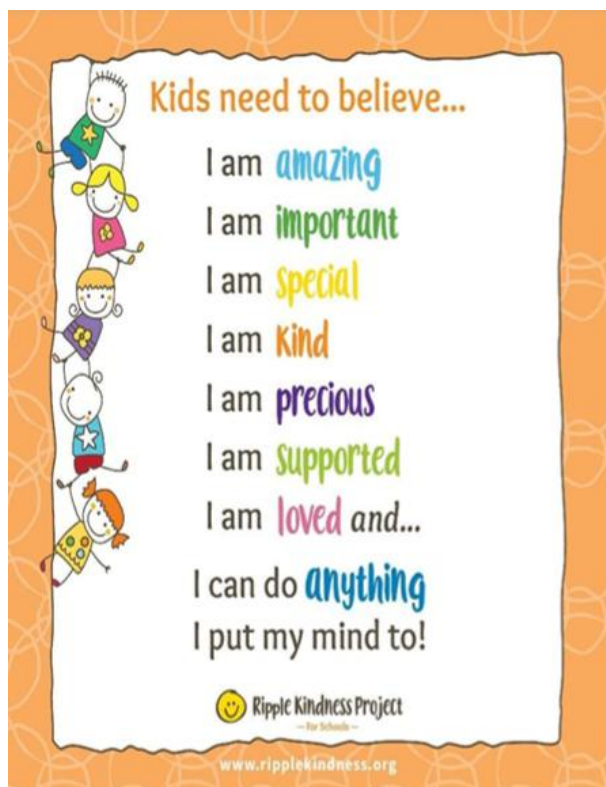
Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See 
- 4** Things You Can Feel 
- 3** Things You Can Hear 
- 2** Things You Can Smell 
- 1** Thing You Can Taste 

Physical Grounding Techniques

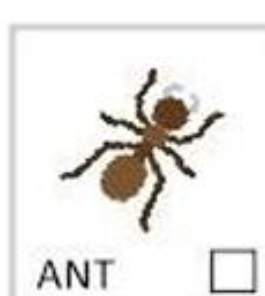
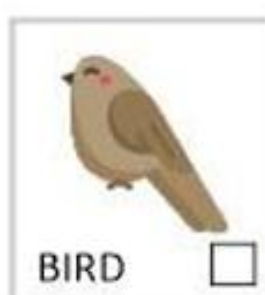
1. Savor a food or beverage
2. Hold ice
3. Sprint quickly
4. Try breathwork
5. Smell something nice
6. Designate a safe object
7. Find something funny
8. Feet on the floor
9. Focus on coloring
10. Create a grounding space



Mindfulness

Being mindful is an important practice to help us focus on the present. It teaches us to self-soothe and can raise self-awareness and self-esteem. Try completing this nature scavenger hunt on your next walk in nature to help your children be present and mindful of their surroundings:

Nature Scavenger Hunt



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 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

Workshop on 'Managing your child's big emotions' with the Mental Health Support Team:

Wednesday 11th June 9-10am – Further details on how to book will be emailed.



Mental Health Support Team Parent drop-in

Wednesday 25th June 9-11am – You can book a 15-minute slot with the school office

School Nurse Drop-Ins

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

Tuesday 10th June 9-11am



Community Learning Service Free Courses



Improving Our Family's Mental Health

Come along to our **free 6-week** course.



Discover strategies for improving the mental health of you and your family.

This will include Confidence Building, Reducing Stress and Anxiety and Developing Mindfulness and Sleep.

Tuesdays 3rd 10th 17th 24th June and 1st July

Start time: 10am finishing at 12pm

This course is based at

The Learning Place, 6 Derby Road, North End, Portsmouth, PO2 8HH.

To book a space call (023)92 621860

Or Email: thelearningplace@portsmouthcc.gov.uk

www.learn.portsmouth.gov.uk

www.portsmouth.gov.uk



School English - Keeping Up with the Kids



An opportunity to discover how children are learning English at school and how you can effectively support them as well as refreshing your own English skills.

Free 4 Week Course

Monday mornings 09:30am to 12:00pm

The sessions will be running on:

02nd, 09th, 16th, and 23rd June

This course is based at The Learning Place, 6 Derby Road, North End, Portsmouth, PO2 8HH.

You can book a space by calling (023)92 621860 or emailing

thelearningplace@portsmouthcc.gov.uk