



Pastoral Newsletter

Autumn Term



WELCOME

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 here; 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,
The Pastoral Team



DATES FOR THE AUTUMN TERM

11th November : Remembrance Day

16th - 20th November : Anti-Bullying Week

13th November : World Kindness Day

3rd December : International Day of People with Disabilities

10th December : Human Rights Day

PARENT WORKSHOPS

Tuesday 24th November - ND and Anxiety Part 1 - 9.30 - 11.30

Wednesday 2nd December - ND and Anxiety Part 2 - 9.30 - 11.30

Thursday 22nd April - Exam Stress - Years 5 & 6

Thursday 15th July - Transition



DROP INS



MHST Drop-in

Parent drop-in appointments with the **Mental Health Support Team**. You can book a 15-minute slot with the school office to speak to someone from MHST between **9am to 11am** on **Monday 9th November**.

There will also be further drop-in appointments available on:

Friday 5th March 2027

Monday 28th June 2027

SELF-CARE SUPPORT



"Self-care is giving the world the best of you, instead of what is left of you."
-Katie Reed

REDUCING STRESS

Techniques to Reduce Stress



verywell

Anxiety happens when you think you have to figure out everything all at once.
Breathe. You're strong.
You got this. Take it day by day.
Karen Salmansohn

©NotSalmon.com



RELAXATION ACTIVITY

The Shoulder Shrug

1. Ask your child to sit or stand in a comfortable position.
2. Ask them to take a deep breath in and lift their shoulders towards their ears. Hold this position for 3 seconds.
3. Then ask them to breathe out with a big sigh and release their shoulders.
4. Repeat three times.

