

Nathaniel Newton Infant School



Wellbeing Newsletter

Spring Term 2026



Dear Parents/Carers,

Happy New Year! I hope you all had a lovely, restful festive holiday. As we begin the Spring Term, I just wanted to make you aware of a parent workshop that is taking place in school on **Friday 16th January at 2:30pm** and is being delivered by the Mental Health in Schools Team.

The focus of this workshop is **Emotional Regulation** and aims to:

- To explore emotions & what are they for
- Consider what things get in the way of emotional regulation
- To consider how we can help children to recognise & regulate emotions

If you are interested in attending the workshop, please sign up by either contacting the school office or booking a space on the school cloud link <https://nathanielnewtoninfant.schoolcloud.co.uk>.

As a school we continue to work hard in raising awareness of wellbeing amongst our children and we will be taking part in **Children's Mental Health Week** throughout the week **9th February**. We will be asking all children to come to school in **non-uniform** on **Friday 13th February** for a small donation.

These donations allow us to buy resources for our **Fun Day Friday wellbeing afternoons**, which take place at the end of each half term. All children have the opportunity to participate in an activity of their choice.

At Nathaniel Newton, we want all children to feel safe and happy coming to school. If there is anything that we can help with, please contact **Mrs Dicken (Mental Health Lead)** or **Mrs Taroni (Deputy Head)** and we will be more than happy to help. You can contact us via the school office.

Fun Day Fridays!

Our Fun Day Friday afternoons are very popular amongst our children. We aim to deliver a variety of activities that the children can choose from. If you have any complete jigsaws or board games at home that you no longer want, please consider donating these to school so that we can use them with the children. Thank you very much!

Our next Fun Day wellbeing afternoon will be taking place on: **Friday 13th February and Thursday 26th April** due to Easter activities already planned.



Mental Health in Schools Team Tips For Wellness Happy New Year

As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART goals** that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your **strengths and interests**, perhaps there is something you are already doing that you want to do more of. Setting small, strengths-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a **mentally healthy goal** this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as "I am kind" or "I am on the right track".
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, **goals can change!** Especially if they are not giving us or teaching us what we need, so be kind to yourself.

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.



when it rains,
look for rainbows.
when it's dark,
look for stars.

UNKNOWN





Young Minds

Parents, if your child has been denied support from CAMHS, or you are still waiting to be seen, Young Minds offer a parent support Helpline available on 0808 802 5544 from

9:30am– 4pm Monday to Friday. You will be connected to one of their trained advisors who will listen to your concerns and offer support and advice.



Young Minds are a great organisation who are able to offer lots of advice and support. Below are some really important messages from Young Minds:

How to respond if your child is feeling angry.

Separate your child's feelings from their behaviours

Make it clear that you're not dismissing their anger by letting them know that it's okay to feel however they feel, and that it's normal to feel angry sometimes.

Try and not get angry yourself

Focus on keeping a calm manner, neutral voice and open body language – for example, not folding your arms.

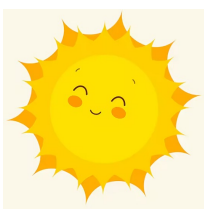
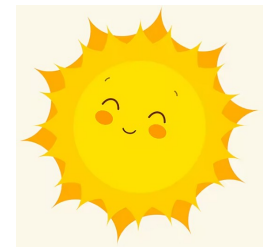
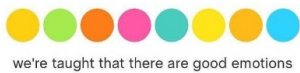
Avoid asking lots of questions when they're feeling very angry

Especially with older teenagers, sometimes just having half an hour to listen to some music, go for a walk or do an activity they enjoy can help them feel calmer – making it more possible to have a conversation about what's making them feel this way.

Have an open conversation after things calm down

There are many reasons why your child might be angry. Talk to them about how they're feeling, and together try and find what the cause of the anger might be. Then you can try and find the support you need.

A message for your child: There are no 'bad' or 'wrong' emotions. It is okay to feel sad, angry, lonely, afraid, anxious, upset, stuck.... There is no shame in any of these. The important thing is to listen to how you are feeling. And if you are struggling to cope, talk to someone – a friend, parent, trusted adult or a listening service. How you feel is always valid.



Useful contacts

Mental health & wellbeing

CW RISE

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Dimensions Tool

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

Relate

Counselling service for young people.

Kooth

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

Family support

Family Lives

Support for a wide range of topics relating to family life.

Warwickshire Family Information Service

Advice and support provided by Warwickshire County Council.

Warwickshire Health Visiting

Support and advice for parents/carers with a child under 5.

