




Date	Weekly Information on the Newsletter
25/4/25	<p>April is Stress Awareness month and the theme for 2025 is <b>Lead with Love</b>, which promotes kindness, compassion, and acceptance. This aims to encourage everyone to create a supportive environment where people feel comfortable discussing stress without judgment. Stress can be managed by adopting healthy habits like practicing mindfulness and meditation, regular physical exercise, maintaining a balanced diet, good sleep, seeking support from friends or experts, and setting boundaries in personal and professional life.</p> <p>To find out more:  <a href="https://www.stress.org.uk/stress-awareness-month-2025-resource-page/">https://www.stress.org.uk/stress-awareness-month-2025-resource-page/</a></p> 
2/5/25	<p><b>Resilience</b> is our ability to deal with problems and bounce back from difficult circumstances. It is important that children build the resilience to deal with setbacks and cope when things go wrong. What to do to help your child develop resilience;</p> <p><b>Don't overprotect</b> - it can sometimes fuel a child's anxiety.</p> <p><b>Allow appropriate risks and teach essential skills</b> - giving children age-appropriate freedom helps them learn their own limits.</p> <p><b>Teach your child to problem-solve</b> - engage them in figuring out how they can handle challenges again and again.</p> <p><b>Ask 'how?' not 'why?' questions</b> - for example, "How do you get yourself out of bed when it's warm and cosy?" "How do you handle a noisy situation that annoys you?"</p> <p><b>Don't provide all the answers</b> - saying "I don't know" and promoting problem-solving helps children learn to tolerate uncertainty and think about ways to deal with potential challenges.</p> <p><b>Avoid talking in worst case scenario terms</b> - pay attention to what you say to and around your kids. Anxious parents tend to talk catastrophically around their children.</p> <p><b>Let your child make mistakes</b> - so they learn how to fix them and make better decisions the next time.</p> <p><b>Help your child to manage their emotions</b> - this is key to resilience! Teach them that all emotions are okay and to think through what they will do next. For example, if your child throws a</p>

	<p>tantrum, be clear about what behaviour is appropriate (and inappropriate).</p> <p><b>Model resiliency</b> - children learn from observing their parents' behaviour. Try to be calm and consistent. There is no handbook for parenting and we all make mistakes. When you do make a mistake, admit it to your child.</p> <p><a href="https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens">https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens</a></p>
9/5/25	<p>Next week Year 6 children are due to sit Standard Assessment Tests or SATs and this can create some children to experience exam stress. Strategies to help; think positively, don't compare yourself to others, ensure you get enough sleep, let your stress out - exercise, music, mindful colouring/drawing, write down or talk about worries.</p> <p>For further support:</p> <p><a href="https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/">https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/</a></p> 
16/5/25	 <p>This week it has been Mental Health Awareness week and the theme has been <b>communities</b>. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.</p> <p><a href="https://www.mindinmidherts.org.uk/mhaw2025/">https://www.mindinmidherts.org.uk/mhaw2025/</a></p>

23/5/25



This week has been **Healthy Living** week and as well as Sports Day we have been talking about keeping healthy by walking or riding to school rather than coming in a car. Also how we look after our bodies from washing our hands and cleaning our teeth, to eating a healthy diet and getting enough sleep. We also talked in assembly about helping our mental health by relaxing, spending time with family and friends and talking about big emotions. Below is an emotion wheel, which can be used to support children who struggle to identify and talk about their emotions. It can be used as a visual prompt to teach the language of emotions or for an adult to model the different emotions experienced and how they manage these feelings in a healthy way.

<https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf>

6/6/25

**Herts Young Carers** - Does your child support someone else in the household by cooking meals, going shopping, making sure someone takes their medicine or giving someone emotional support on a regular basis. This could be a sibling, parent or grandparent. If so, they could be receiving support from Herts Young Carers. This service listens to young carers and their family's concerns. Then, work with them to:

- Give them a break from caring - with trips and activities
- Give them a chance to meet other young carers
- Speak to their school so they can support more, especially with transition to Year 7
- Give them the same opportunities as other young people

Find out more at: <https://www.carersinherts.org.uk/young-carers/>

Families can now refer themselves to this service on 01992 586969 or through <https://www.carersinherts.org.uk/register-or-refer/>

13/6/25



This Sunday is Fathers Day, so we wanted to share some wellbeing information for Dads. Firstly, Hectors House is a charity which supports mental health awareness to avoid suicide. They run **Hector's Gentlemen's Club**, which is a safe space for men in Hertfordshire to come together or support each other. See the link below for further information.

<https://hectorphouse.org.uk/hectorphouse-gentle-mans-club/>

**First Steps ED** are running a body image workshop specifically for boys and men. <https://firststepsed.co.uk/services-and-support/workshops/>

**Men's Communication Collective** meet in Hertford on two Thursdays a month

<https://www.hertfordshirefamiliesfirst.org.uk/img/1261955b/550/550>

**Mind in Mid Herts - The Men's Project, Stevenage** - This project is a way for men to socialise in a laid back, welcoming environment. Current activities include circuit training, table tennis, cycling and walking sessions. Future activities will include furniture upcycling, decorating and a walk-football in partnership with Stevenage FC. For more information contact Ian Rees, Project Officer Email: [ian.rees@mindinmidherts.org.uk](mailto:ian.rees@mindinmidherts.org.uk)  
<https://www.hpft.nhs.uk/information-and-resources/spot-the-signs/mens-health/>


20/6/25




June is Pride month. The purpose of Pride is to raise awareness and advocate for equality, embracing diversity, and affirming the rights and identities of lesbian, gay, bisexual, transgender, and queer individuals. While progress has been made, mental health challenges among LGBTQIA+ young people remain high. Discrimination, stigma, and lack of support continue to impact wellbeing in serious ways:

🧠 LGBTQIA+ individuals are 1.5x more likely to experience depression or anxiety.

💔 Nearly half of all transgender individuals report attempting suicide at least once.

	<p>🚫 40% of LGBTQIA+ students have experienced bullying at secondary school.</p> <p>At The Leys, we focus on teaching the children to be kind and respectful to all. We also build empathy and acceptance in an age appropriate way and focus on not using homophobic language, such as your gay.</p> <p><a href="https://www.transformationpartners.nhs.uk/resource/schools-mental-health-toolkit/lgbtq-mental-health-resources-parents-and-carers/">https://www.transformationpartners.nhs.uk/resource/schools-mental-health-toolkit/lgbtq-mental-health-resources-parents-and-carers/</a></p> <p><a href="https://www.hertspride.org/">https://www.hertspride.org/</a></p>
27/6/25	<p><b>World Wellbeing Week</b> aims to</p>  <p>🌀 celebrate and raise awareness of the importance of wellbeing. Our wellbeing incorporates many aspects, including physical, mental and emotional health, as well as social and economic influences. During World Wellbeing Week, we can all take stock of our own wellbeing, as well looking out for the wellbeing of our loved ones and others in our community. As teachers and parents, World Wellbeing Week is the perfect time to provide young people with the skills and tools they'll need to support their own mental health and wellbeing. One of these is the Circles of Control, a way of looking at worries and organising them into things within or outside of our control. Please see the video below for further information.</p> <p>📺 <a href="#">How to manage your worries   Circles of Control   British Red Cross</a></p>
4/7/25	<p><b>Transitions</b> - Many children find this time of year tricky. As much as they are looking forward to the holidays, they know that there are lots of changes about to happen and for many children (and parents) that can cause them to feel anxious. Over the last few weeks in school, staff have begun the process of preparing your child for this transition. Talking to children about changes they have already successfully made, visiting and taking photographs in new classrooms. Their new teacher may have already read them a story or spoken to them on the playground. Parents can also play an important role to support their child with this process, by being calm and reassuring, encourage independence, normalise their feelings about change (most of us dislike change) and support to prepare</p>

	<p>for the start of term by discussing the positives about their new class and what they will be able to do in their new year group. If your child has additional needs or you feel that they need more support please see the resources below and speak to their class teacher.</p> <p><a href="https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/">https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/</a></p> <p><a href="https://www.youngminds.org.uk/media/2odjltz/top-ten-tips-for-parents.pdf">https://www.youngminds.org.uk/media/2odjltz/top-ten-tips-for-parents.pdf</a></p> <p><a href="https://www.autismeducationtrust.org.uk/resources">https://www.autismeducationtrust.org.uk/resources</a></p> <p><a href="https://www.caretech-uk.com/supporting-transition-back-school-tips-parents-carers-young-people-autism">https://www.caretech-uk.com/supporting-transition-back-school-tips-parents-carers-young-people-autism</a></p>
11/7/25	 <p>During the summer holidays, it's important to support children's online safety and mental well-being. Parents/carers can help by having open conversations about online activities, particularly what the children are watching and who they are talking to. Set parental controls on devices or the network to reduce the risk of accessing inappropriate material and reminding children about the SMART rules we use in school including using the blocking or reporting tools, setting online privacy and stranger danger. It is also important to encourage children to take breaks from screens, stay active, and seek support if children are struggling with their mental health. The school website has a list of support agencies but key agencies for support are;</p> <p><a href="https://www.hpft.nhs.uk/news/ten-ways-to-take-the-stress-out-of-summer/">https://www.hpft.nhs.uk/news/ten-ways-to-take-the-stress-out-of-summer/</a></p> <p><a href="https://thegrid.org.uk/safeguarding-and-child-protection/online-safety/online-safety-advice-to-parents-and-carers">https://thegrid.org.uk/safeguarding-and-child-protection/online-safety/online-safety-advice-to-parents-and-carers</a></p>
18/7/25	<p>Support over the summer - for urgent mental health concerns or if you need to urgently speak to someone about your child, call the Single Point</p>



	<p>of Access (SPA) on <b>0800 6444 101</b> available 24 hourly.</p> <p>For non urgent help and advice please see the school website or the links below.</p> <p><a href="https://www.hertfordshire.gov.uk/microsites/local-offer/services-for-children-and-young-people/mental-health-and-wellbeing.aspx">https://www.hertfordshire.gov.uk/microsites/local-offer/services-for-children-and-young-people/mental-health-and-wellbeing.aspx</a></p> <p><a href="https://www.hertsmindnetwork.org/">https://www.hertsmindnetwork.org/</a></p> <p><a href="https://thesandbox.mindler.co.uk/">https://thesandbox.mindler.co.uk/</a></p>
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