

Date	Weekly Information on the Newsletter
17/4/26	April is Stress Awareness month and the theme for 2026 is Be The Change. Inspired by Gandhi's quote - "Be the change you want to see in the world". This theme calls for personal action and fostering a supportive, stigma-free culture. The organisers are encouraging everyone to choose one small action daily to boost physical, mental, or emotional wellbeing and have created a calendar of ideas as well as other resources to support specific areas of potential stress. 
24/4/26	Earth Day offers a unique opportunity to enhance personal and community well-being by linking environmental action with mental, physical, and social health. Shifting from eco-anxiety to empowered action, we can use this focus as a launchpad for healthier lifestyles that benefit the community, families and the wider planet. Here are a few ideas to get you started; Spend time in green spaces to reduce stress, anxiety, and lower blood pressure. Slow down on a walk, focusing on sensory experiences like the scent of flowers or bird songs. Shifting from worry to participation (e.g., in a community cleanup) counters feelings of helplessness and provides a sense of purpose. Choose to walk or bike to school or instead of driving for short errands. This improves physical fitness while reducing emissions. Growing your own herbs or vegetables—even in a pot—encourages nutritious eating and provides rewarding physical activity.  By

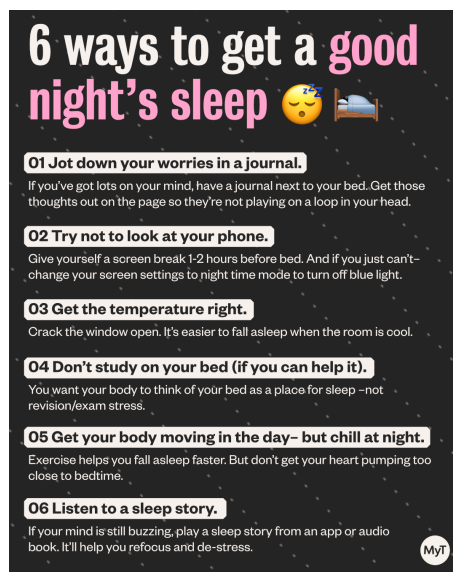
1/5/26



A Culture of Kindness is important to help everyone to get along and to make school a happy place to learn. Kindness is the combination of being **friendly** (connecting), **generous** (sharing time and resources), and **considerate** (valuing the feelings of others). Acts of kindness trigger the release of **dopamine**, which counteracts stress hormones. A single positive interaction can ripple out to affect over 100 people. Kindness is a skill that requires practice. Small, daily gestures like offering a compliment or a simple "hello" are often more effective at changing an environment than rare, massive efforts. If you want to know more about the importance of kindness please see the link below.

 [Culture of Kindness | Now and Beyond 2025](#)

8/5/26



Next week our Year 6 children are completing their Key Stage 2 SATs tests and I'm sure that many of the children are feeling anxious. Childline has excellent pages on [exam stress](#) and [coping with anxiety](#) with lots of ideas to manage any issues that arise. Over the weekend, engage in fun, low-stress activities to build confidence. On Sunday ensure a good night's sleep, and prepare school uniforms/bags to avoid last-minute stress. Focus on boosting your child's confidence and reassuring them that doing their best is what matters.

15/5/26	We have been asked to share this survey with parents and carers. In Hertfordshire children and young people who are registered with a Hertfordshire GP can currently access a range of services to support them with their emotional and mental wellbeing. This includes free online, virtual and digital support delivered through WithYouth young people's service for 5-18-year-olds (including the Lumi Nova game) and the Sandbox for 10-25-year-olds. (Please see the school website for further information about these services.) To ensure we are commissioning services that are based on the needs of children and young people, Hertfordshire County Council and the NHS are seeking the views of those who have or may access these services' support. By completing this short survey as a young person or a parent/carer of a young person, you will help us understand your views and opinions as well as indicating what you might want from future online, virtual or digital mental health and emotional wellbeing support. Complete the survey as a Parent/Carer or child or young person here: https://surveys.hertfordshire.gov.uk/s/KTULEE/
22/5/26	Please see the flier about the workshop on Understanding Anxiety and Fears in Children, and how to support this as a caregiver/parent. On Friday 5th June at 9am (1 hour session). Explore ways to build confidence and emotional resilience Understand what anxiety is and why children experience it. Learn simple practical strategies to support your child. Why attend? To improve confidence, share ideas with others and learn some new ideas or strategies.

5/6/26



This June, we are proudly joining in with the national celebrations for Pride Month. As part of our commitment to being an inclusive and respectful school, children will be taking part in thoughtful, age-appropriate discussions about fairness, equality, and the importance of

celebrating what makes us all unique. Our core message for the children is simple: **Choose kindness**. By educating our pupils about protected characteristics and diversity, we are helping them build a kinder, more respectful community where everyone feels safe to be themselves.

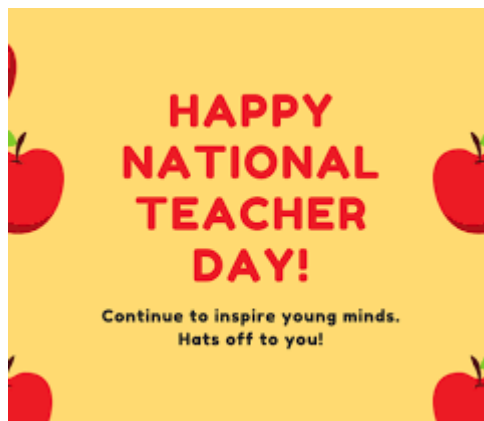
Discussing diversity at home helps reinforce the values of respect and empathy. Here are a few great ways to continue the conversation:

Talk about uniqueness: Discuss with your child what makes them special and why it's important to respect that everyone is different.

Read together: Check out age-appropriate books that celebrate different families and backgrounds. You can find reading lists on the [BookTrust](#) website.

Explore together: Watch educational videos, such as this [What is Pride Month?](#) for Kids resource, which explains the celebration simply and positively.

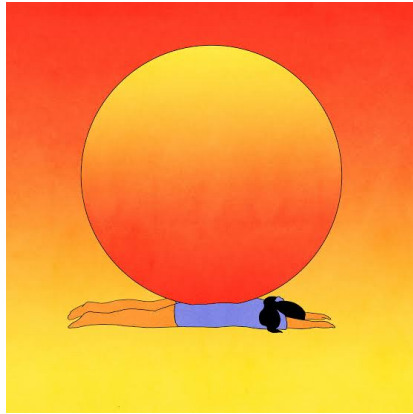
12/6/26



Celebrate Our School Heroes on National Thank a Teacher Day!

On Wednesday 17 June 2026, it is Thank a Teacher Day. This special day is a wonderful opportunity to pause and celebrate the incredible dedication, care, and commitment shown by everyone who works in our school every single day. We want to highlight and celebrate every single person who makes school life special. This includes our classroom teachers, teaching assistants, school leaders, lunchtime supervisors,

	office staff, caretaker, and cleaners. Every individual plays a vital role in keeping our school safe, running smoothly, and filled with learning. Saying "thank you" is about more than just good manners; it is a powerful tool for personal wellbeing. Research shows that practicing gratitude has a profound, positive impact on a child's mental and emotional health. By taking the time to notice and appreciate the good things others do, children experience: Boosted Happiness, Stronger Resilience, Deeper Connections and Better Sleep and Focus. Gratitude also builds empathy, helping children form kinder, stronger relationships with peers and adults. How You and Your Child Can Get Involved: You can send a free, personalized, limited-edition digital e-card to any staff member or to our entire school team. It only takes a moment, is completely free, and can even be sent anonymously if your child feels shy. Sending a message through the official portal automatically registers our school for fantastic national competitions, including £1,000 Tesco fruit and vegetable grants and book tokens from National Book Tokens and The Week Junior. Please take a few minutes before 17 June to help your child say thank you to a staff member who has made a positive difference to them this year. https://thankateacher.co.uk/parents/
19/6/26	Hertfordshire NHS are encouraging schools and parents to give children a smart phone free childhood. Given the government's stance on smart phones in schools. They feel that this is a simpler, cheaper and more enforceable approach, where parents can still contact their children but it removes peer pressure and the online risks from bullying and social media. It also removes the need to monitor your child's use of their phone, especially as overuse of smartphones is associated with increased stress, anxiety and sleep disruption. The challenge is, it requires collective action from a large group of parents.
26/6/26	The Heat and Mental Health



High temperatures cause irritability and exacerbate mental health problems in a few different ways.

Children are more susceptible to heat stress than adults. Heatwaves cause sleep disruption and mood changes, which severely hinder a child's ability to cope with daily stressors.

Summer months also amplify self-consciousness over wearing less clothing and extreme heat and body image anxiety compound mental health challenges. Feeling pressure to look a certain way can have a big impact on young people's mental health. This pressure is often about trying to fit to certain body ideals or be "perfect", even though there's no such thing. Many young people find themselves comparing their body to others - whether that's friends, classmates, celebrities, or people on social media. Over time, this can lead to a negative body image, where they judge or criticise themselves. This can affect mental health, potentially leading to low mood, anxiety, or low self-esteem.

It is important for children in primary school to learn to value things like; personality, values, effort, and strengths, rather than how they look in order to feel happier and healthier in their teenage years.

<https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary/body-image-childhood>

3/7/26

Curiosity, anxiety and excitement: three emotions that are common for primary pupils to feel as they move on to a new year group. Here are a few essential methods to ensure a smooth transition.

1. Encourage open conversations about change. Create regular opportunities on transition days or in the first few weeks of the new school year to talk openly about a child's concerns to reduce anxiety and build confidence during the new term.
2. Build independence and organisational skills. In Key Stage 2 we encourage children to take responsibility for their uniform, equipment and homework. Encouraging independence at the start

	of the new year through naming clothes, establishing routines around bed time and homework, and taking more personal responsibility can help children feel better able to cope and be ready to learn. 3. Familiarise children with new environments. Attending transition days, exploring the school journey (if this is new) and reviewing class information can make the new environment feel less overwhelming and more secure before term starts or as the term gets under way. 4. Support emotional wellbeing and confidence. Encouraging positive coping strategies, celebrating strengths and maintaining supportive routines can ease emotional pressures in the first few weeks and months of the new school year. 5. Work closely with class teachers. Strong communication between families and schools is essential during transition periods. Parents and carers should reach out to teachers if their child may need additional support or reassurance. Support for transition to Year 7 or Life transitions Information about the App LumiNova for children presenting with high levels of fears and worries  4. Parent Information Sheet.pdf
10/7/26	Online Safety With the school summer holidays only a matter of weeks away, many parents and carers will already be planning outings and activities to keep their children entertained. In between those special summer moments, though, there are also likely to be occasions when children happily invest a whole afternoon in Among Us or spend most of their Monday on Minecraft. As young people's screen time almost inevitably increases over the holidays, parents need to feel confident that their child will stay safe and their mental health not be negatively impacted while they're exploring the digital world. The National College have produced a #WakeUpWednesday poster with some simple solutions to help children avoid frequent online pitfalls and enjoy a more positive experience when they go online this summer. The most effective online safety strategy, regardless of age, is to talk to your child about what they are doing online, to listen to what they have to say, and to learn about the benefits and the challenges they face. The UK Safer Internet Centre and Webwise also have some helpful suggestions for parents about how to support and manage their children's online safety.

17/7/26	<i>If you have concerns about a child's mental health and they are in need of help urgently over the holiday, please call:</i> • Your doctor - it is important that your doctor is aware of their symptoms, as being your primary care service, they can offer you access to wider treatment and medical support. • <u>SPA (Single Point of Access): 0800 6444 101</u> or NHS 111 and select the option for mental health crisis. • The A&E department at your nearest hospital or 999 if you are very concerned about your own or someone else's imminent safety. • Childline - trained Childline counsellors are there for children 24 hours a day, every day of the year. Telephone: 0800 1111 (Freephone from mobiles and landlines). • Samaritans - trained Samaritans are available to talk through your concerns, worries and troubles any time, day or night. Telephone: 116 123 (Freephone from mobiles and landlines). This video explains how to seek support for Mental Health in Hertfordshire.
22/7/26	<i>Further to the information shared last week regarding who to contact in a mental health emergency. Please also check out the school website and the links below for further advice and support for non-urgent problems.</i> https://www.leys.herts.sch.uk/leys---mh.html https://schools.1decision.co.uk/info/family-support/ https://nipinthebud.org/films-for-parents-carers/ https://www.leys.herts.sch.uk/documents/22_02_04_Mental-Health-and-Emotional-Wellbeing-Services-and-Resources.pdf