



Pendle Primary School

Autumn Term Wellbeing Newsletter



At Pendle we really understand the importance of keeping both bodies and minds healthy. Our mental health lead is Mrs Atkinson, and Mrs Snell is our Emotional Literacy Support Assistant (ELSA).

At Pendle we value the importance of really getting to know our children; each morning staff greet the children at the classroom door for a welcome chat. We also hold termly supervision meetings in our key stage teams to make sure we are doing our best to support all of our children to best access their learning.

Mrs Atkinson is extremely proud to work with our Wellbeing Warriors, a group of children from Year 2 to Year 6 who help to spread awareness of how we can look after our wellbeing and lead us in mindful activities such as the lunchtime colouring club for KS2 children and leading games for our younger children at lunchtime.

Supporting Your Child's Wellbeing

As the autumn term progresses, we know this time of year can bring both joy and challenges for families. The shorter days, cooler weather, and the build-up to Christmas can sometimes feel overwhelming for children and adults alike. Here are some tips and ideas to help support your child's wellbeing during this season:

- **Maintain Routines:** Children thrive on predictability. Try to keep bedtime and mealtime routines consistent, even during busy festive periods.
- **Talk About Feelings:** Encourage your child to share how they feel about school, friendships, and upcoming celebrations. Listening without judgment helps them feel understood.
- **Balance Activities:** While festive events are exciting, too many commitments can lead to stress. It's okay to say no and create downtime.

Fun Autumn Activities

Nature Walks: Collect colourful leaves, pinecones, or conkers and make an autumn collage.

Baking Together: Simple recipes like gingerbread or apple muffins can be a fun way to spend time together.

Crafting: Create homemade decorations or cards for Christmas. This can be calming and creative.



Christmas – Joyful but Sometimes Overwhelming

The festive season is magical, but it can also bring pressure. Children may feel overstimulated by parties, presents, and changes in routine. Here are some tips:

Set Realistic Expectations: Talk about what Christmas will look like for your family to avoid surprises.

Create Calm Spaces: If celebrations get too busy, allow your child to take breaks in a quiet area.

Focus on Togetherness: Emphasize family time and simple traditions rather than material gifts.



Looking After Yourself

Your wellbeing matters too! Taking time for yourself helps you support your child better. Even small moments—like a cup of tea or a short walk—can make a big difference.

Please remember you can visit the Wellbeing Warrior section of our website to find further resources, links and guides to help you support your child's wellbeing.