



Ravenscote Wellbeing Newsletter

September 2025



A warm welcome to all our new Year 3 pupils and families who have recently joined us, and a huge welcome back to the rest of our school community. We hope you enjoyed a wonderful summer break and are feeling refreshed and ready for an exciting new school year! We hope that most children have now settled into life at Ravenscote, though we understand that some may still be finding the transition a little challenging.

With this in mind, we'd like to share a few suggestions that may help support children who are finding school more difficult:

- Encourage your child to write down the things they enjoy about school, as well as anything that may be worrying them. Take time to talk these through together, while also focusing on the positives.
- Remind your child that it can take time to adjust to being back at school after a break, and that it's perfectly normal if it doesn't feel comfortable straight away.
- Even once routines are back in place, try to make time each day for something your child enjoys, to help reduce any feelings of anxiety.
- If you or your child have any concerns, please share them with school staff. We are here to support your child and want to help them feel happy, confident, and secure in school.



At Ravenscote, we encourage children to develop an awareness of their mental wellbeing. Research shows that there are five key steps we can all take to help improve and maintain positive mental health;

Connect

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

- Ways to incorporate this into everyday life;
- Phoning family or friends for a chat.
 - Facetime or video calls.
 - Connect with pets.
 - Playing games with siblings.
 - Writing a letter or postcard to someone who lives far away.

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Be active

- Some things to try;
- Try and get 60 minutes of fresh air each day.
 - Take the dog for a walk.
 - Create your own workouts to do as a family.
 - If possible, try and walk to school rather than taking the car.
 - Play in the garden or do some gardening.

Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

- Some suggestions;
- Notice how you are feeling – it is OK to feel worried, upset or angry.
 - Notice how others are feeling – is there anything you can do to cheer them up?
 - Try and recall the positives of each day.
 - Do some planting and watch the changes as the plants grow.
 - Be aware of the seasons changing, thinking about what you can see, hear, touch, smell and taste.

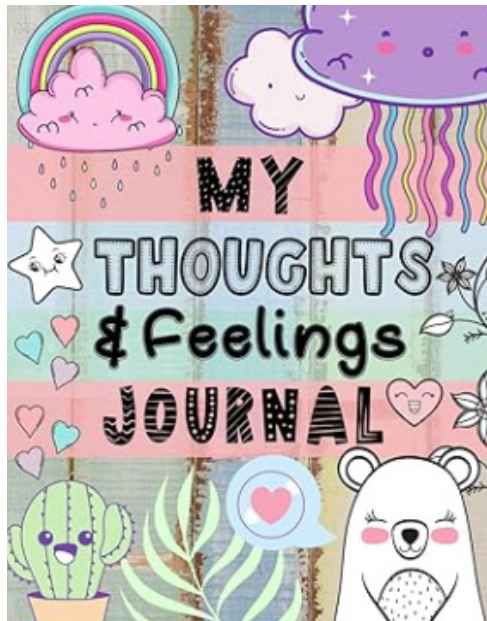
Book recommendation

My Thoughts and Feelings Journal.

There are various prompts throughout this journal, to help your child reflect on their day and explore their feelings.

Some of the daily prompts include:

- A mood tracker - circle the relevant face.
- Space to write about what made them happy/ something they want to remember about the day / take note of someone who was kind to them / remembering a moment they felt proud / key emotions they've felt and so forth.
- Space to write about some things that made them laugh / things that were fun / some thoughts that they had / how they were a good friend / what they did well at that day / some goals or plans they want to make for the following day and more.



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Keep learning

How about trying;

Be creative -start a project- perhaps building, art or science.

Try learning a new language or sign language using online videos.

Learn how to draw using YouTube videos.

Keep reading! You could also listen to audiobooks.

Perhaps learn more about your family and make a family tree.

Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Some ideas to try;

Make a card or write a letter and send it to a care home – hopefully, this will make the residents smile.

If possible, donate to a food bank.

Donate books or toys to a hospital or charity.

Give blood.

Support family members who may need a little extra help.

Parent Support

Mental Health Support

Financial Support

Bereavement Support

Referral Information

Wellbeing and Personal Development

Ravenscote Junior School's Commitment to Wellbeing

Please be aware that we have a dedicated page on our school website. This page provides helpful information for our families and includes useful links to organisations that can offer advice and support.