



Ravenscote Wellbeing Newsletter



December 2025



Throughout December, people often see images of the picture-perfect Christmas. Social expectations tell us that the festive period should be the most wonderful time of the year, but for many, that is not the reality and can lead to a decline in their mental health.

The Christmas period can be an opportunity to celebrate, spend time with family and friends and enjoy some time away from work. But for some, the additional pressures of socialising, gift buying and striving for perfection can easily leave people feeling overwhelmed and anxious.

It can be hard to admit that such an exciting time of year doesn't feel that wonderful but there are a number of things you can do to help.

As we enter December, the countdown to Christmas has officially begun! In this newsletter, we would like to share a range of ideas to help support mental health and wellbeing throughout the festive season. From all of us at Ravenscote, we wish our families a joyful, restful, and peaceful Christmas.

Ideas for Family Wellbeing at Christmas



- 1. Create Simple Traditions**
Bake together, read a festive story each night, or take a neighbourhood walk to look at lights.
- 2. Plan Screen-Free Moments**
Set aside short, device-free windows for board games, crafts, or chatting.
- 3. Support Emotional Wellbeing**
Have a check-in moment where everyone can share something they're excited or worried about.
- 4. Keep Routines Steady**
Maintain sleep and mealtimes where possible to help children (and adults) feel grounded.
- 5. Spend Time Outdoors**
A Christmas-themed trail walk, a frosty morning stroll, or a family hot-chocolate picnic boosts mood and connection.
- 6. Encourage Shared Responsibility**
Let each family member choose one festive task—decorating, cooking, choosing music, setting the table.
- 7. Practise Gratitude**
Create a "Christmas Gratitude Jar" where everyone adds notes throughout December.

CHRISTMAS REMINDERS (MENTAL HEALTH EDITION)

			
It's okay if you're struggling	You are allowed to say no	You are not a burden	You are more important than other people's expectations
			
Christmas looks different for everyone	It's okay to take breaks	You are not alone	It's ok if you need to just get through the day

Where you can get mental health support this Christmas

If you need local mental health support



0300 123 3393
mind.org.uk

If you're having suicidal thoughts



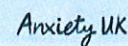
116 123
samaritans.org.uk

If you find it easier to text than talk



Text 85258
giveashout.org

If you're feeling overwhelmed and anxious



0344 477 5774
anxietyuk.org.uk

If you're struggling with grief



0808 808 1677
cruse.org.uk

December Kindness Calendar

This month, we are encouraging everyone to take part in simple acts of kindness to help put a smile on people's faces. Below are some examples you may like to try with your family.

1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

With this in mind, our school is collecting and delivering food for two local charities: The Hope Hub and Camberley Besom. If you would like to get involved, please refer to the recent weekly letters sent home for more details. Many thanks.

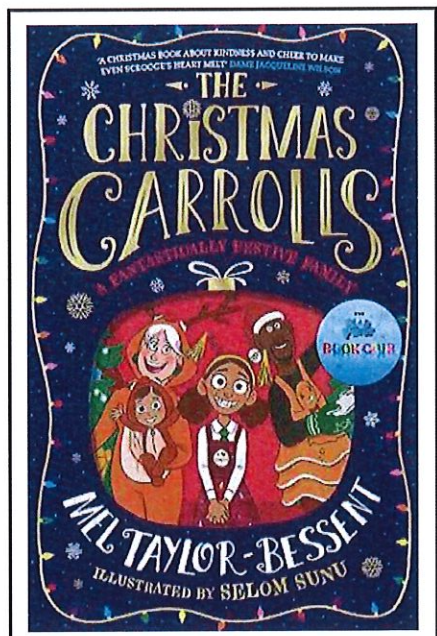


Book Recommendation

Author Mel Taylor-Bessent visited our school in recent years to share her wonderful books with our children. If you have read and enjoyed this first book, you'll be pleased to know there are two more festive stories in the series.

The Christmas Carrolls is a heartwarming, hilarious and inclusive tale about the power of spreading cheer, the magic of friendship and what really matters at this most wonderful time of the year. Wish it could be Christmas every day? Well, for nine-year-old Holly Carroll and her family, it is! Living her merriest life in a house with year-round fairy lights and Christmas trees, a carol-singing toilet and a diva donkey who thinks he's a reindeer, home-schooled Holly tries to spread cheer wherever she goes.

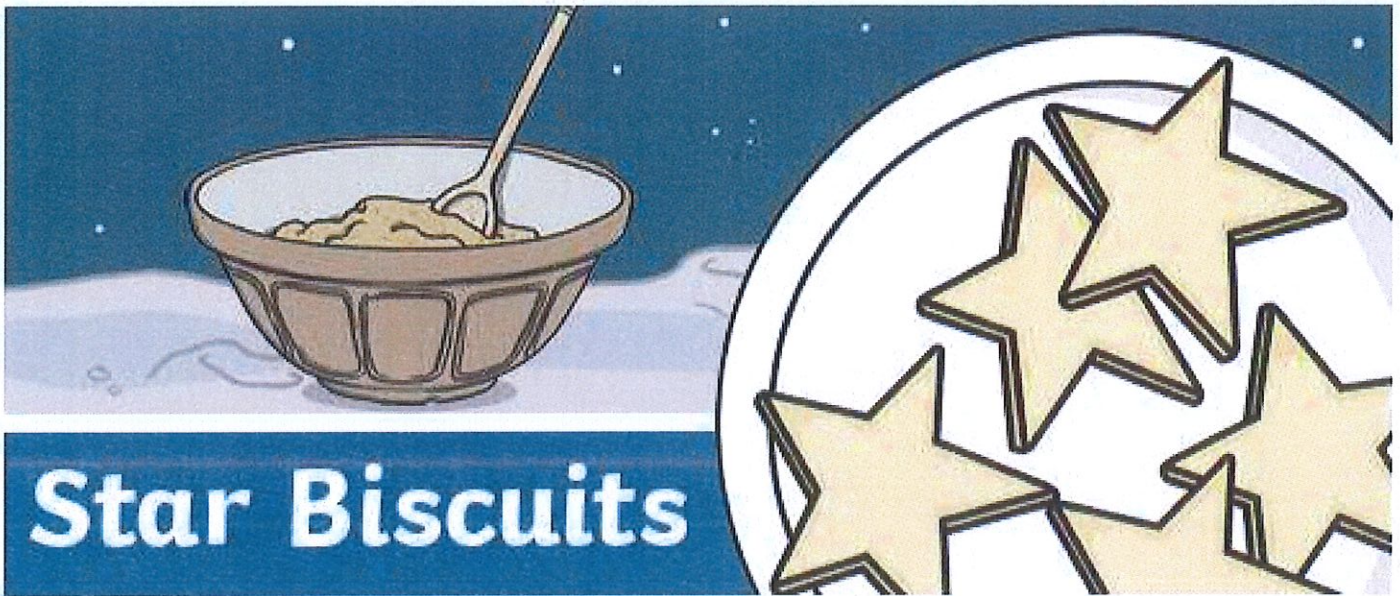
But when she goes to a new school with a singing Santa backpack and first day Christmas cards (during a heatwave in September!), she realises not everyone shares her enthusiasm for spreading cheer. In fact, when the neighbours try to remove the Carrolls from the street and Holly discovers a group of children that may not get a Christmas at all, her snowglobe world begins to crack. Is the world's most Christmassy girl about to lose her Christmas spirit?



CHRISTMAS
Holiday
ACTIVITIES







Star Biscuits

Ingredients

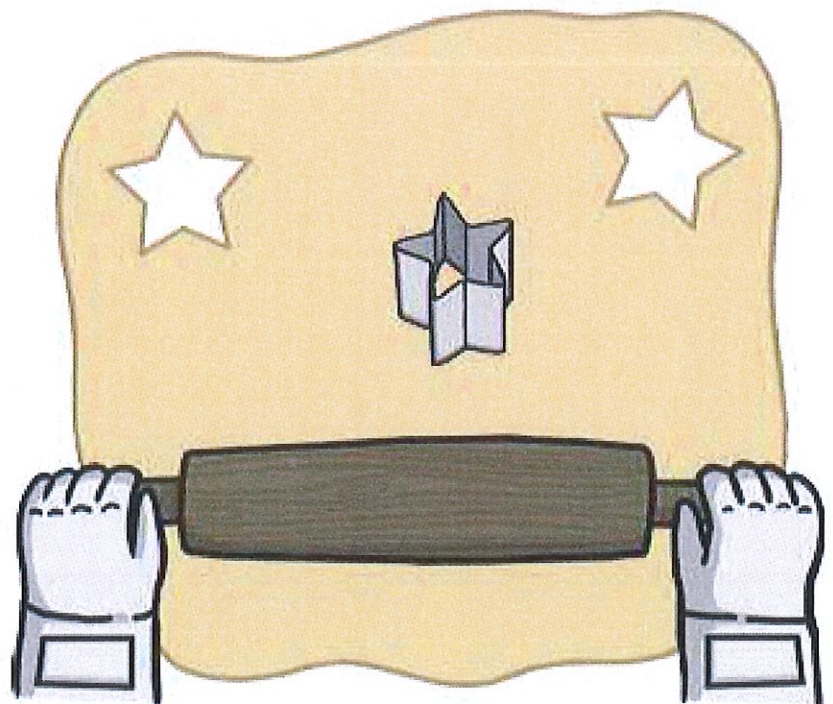
- 100g butter
- 50g caster sugar
- 175g plain flour
- A few drops of vanilla extract

Equipment

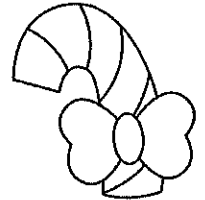
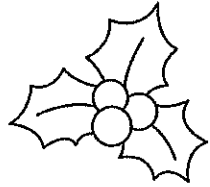
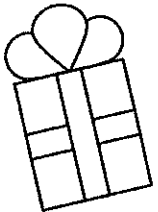
- Bowl
- Spoon
- Rolling pin
- Star cookie cutter
- Baking tray

Method

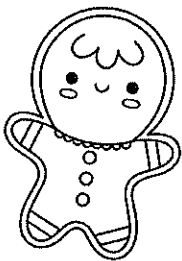
1. Preheat the oven to 150°C.
2. Add butter and sugar in a bowl and mix well until light and fluffy.
3. Add the vanilla, mix, then add the flour and mix well.
4. Roll out to about 5mm thick. Cut into star shapes.
5. Bake for 25 minutes or until golden brown.



CHRISTMAS WORDSEARCH



C D D E E G G N O G W K B L D
 J E L O P H T R O N F A M N S
 B F G T I S N O W B A L L M T
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WORD LIST

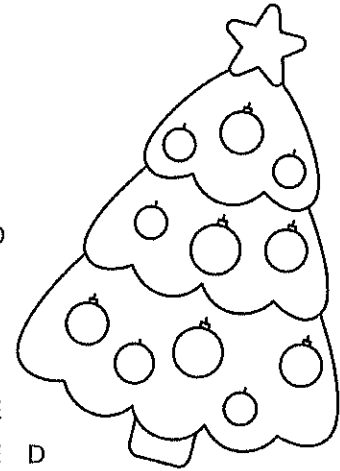
CANDY CANE
 CHIMNEY
 COOKIE
 DECEMBER
 EGGNOG
 ELF
 FROSTY

HOLLY
 LIGHTS
 MISTLETOE
 MITTENS
 NORTH POLE
 PRESENT
 REINDEER

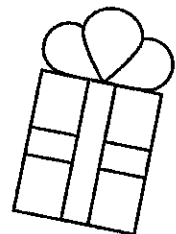
RUDOLPH
 SANTA
 SNOWBALL
 STOCKING
 TINSEL
 TREE

Homemade
 GIFTS MADE EASY

HOLIDAY WORDSEARCH



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L B L N Z T N E M A N R O
T F E Y S C D
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D F E H G N O F I B B N E
L G J N C N I O L S P A G E D
T H R U M L I R K U T Y U E G B B
W L E S N I T K K I H M W B L G G U I
G U G I O U H L C S E D A V L O N R M Z J
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D L N V T T R O G T I L G G A
J M M O P L S K J O R P I Z L U R
W S A M T S I R H C R E H T A F P M L
V P R E S E N T C J A X E W U N N D R C A
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WORD LIST

ADVENT
ANGEL
BAUBLE
CAROLS
CHESTNUTS
CHIMNEY
CHRISTMAS TREE

COAL
COOKIES
EGGNOG
FATHER CHRISTMAS
KRIS KRINGLE
NOEL
NUTCRACKER

ORNAMENT
PRESENT
SLEIGH BELLS
STAR
STOCKING
TINSEL

Homemade
GIFTS MADE EASY