



WELLBEING NEWSLETTER



Burleigh Primary School

July 2026

Dear Parents and Guardians,

Welcome to our first Wellbeing Newsletter.

We will be producing a newsletter once every half term with the aim of providing you with information about how we are supporting your children's wellbeing in school and also with helpful ideas about how you can continue to support your children at home.

Wellbeing Award for Schools

As a school, we are working towards achieving the national 'Wellbeing Award For Schools' by April 2027.

There are four key principles behind the award:

- 1.Children's emotional wellbeing and mental health can change over time, ranging from feeling happy, confident and resilient to experiencing worries, distress or mental health difficulties.*
- 2.Schools support children's emotional wellbeing every day. Our aim is to help children thrive, reduce the impact of challenges, and provide the right support when needed.*
- 3.Emotional wellbeing includes important life skills such as building resilience, developing positive relationships, growing self-esteem, and learning how to manage emotions.*
- 4.A positive school culture is created when everyone works together. By involving staff, pupils, parents and carers, we can help every child feel safe, valued and supported.*

'Thank You'

A huge 'thank you' to everyone who completed our survey in April regarding the introduction of the Wellbeing Award for Schools.

In our initial parent survey, for the question 'I know about the Wellbeing Award for Schools', we scored 2/7 out of 5.

In response to this, we are introducing this half-termly newsletter so that you have a better understanding of what 'wellbeing' looks like at Burleigh.



Useful Links

Information for parents/ carers to support their child's mental health:

Young Minds

A mental health charity for children, young people and their parents.

www.youngminds.org.uk/parent/

Childline

A service run by NSPCC which provides help and advice about a range of issues.

www.childline.org.uk

Healthy Young Minds in Herts

Provides information about emotional health and wellbeing support for children and parents/ carers in Hertfordshire.

www.healthyyoungmindsinherts.org.uk/parents-and-carers

MindEd

Has advice and information from trusted experts about how you can support your family and take care of yourself.

www.mindedforfamilies.org.uk/young-people

A Tip To Try At Home

This technique can be great calming technique or can help focus on the present moment.

Sit with your child and quietly ask them to:

- Notice and name five things that they can see.
- Notice and describe the texture of four things that they can feel.
- Listen carefully. Notice and name three sounds they hear in their environment.
- Notice and name two things they can smell.
- Focus on and name one thing they can taste.



Pupil Voice

Children throughout the school also completed an initial survey. Here are some of their thoughts:

Question: 'In our school, we learn about how important it is to talk about our feelings and emotions' Score: 3.8 out of 5

Question: 'I believe I can make a difference if someone else is feeling worried or unhappy.' Score 4 out of 5

Question: 'My teachers know when I am feeling worried or happy.' Score: 3.5 out of 5

Moving forward, we will be introducing 'Zones of Regulations' in all classrooms so that children have an easier way to communicate their feelings in school.