



WELLBEING NEWSLETTER



Burleigh Primary School

October 2026

Dear Parents and Carers,

Welcome to the New School Year

We are continuing to produce our newsletter every half-term to provide you with information on how we are supporting your children's wellbeing in school, as well as helpful ideas for how you can continue to support your children at home.

Burleigh's Wellbeing Vision

At our school, emotional wellbeing is at the heart of everything we do. We believe that when children feel safe, valued and connected, they are empowered to achieve their very best.

Guided by our values of **Motivation, Aspiration, Gumption, Integrity** and **Communication**, we nurture confident, resilient and compassionate learners who are ready to embrace challenges, celebrate success and support one another.

We celebrate every child's unique strengths through opportunities such as Hot Chocolate with the Head, Curriculum Trophies and our weekly Aspiration Award, recognising not only achievements in school but also as individuals in the wider world.

Together with our families, staff and governors, we are committed to creating a community where everyone belongs, every voice matters, and every individual can flourish—today and in the future.

Lumi Nova

Lumi Nova is game based therapeutic digital intervention for childhood anxiety, and is recommended for children aged between 7 and 12 years of age.

Through an intergalactic adventure game, it helps children to manage difficulties with fears, worries or anxiety, providing a first-line treatment to build lasting self-management skills.

The game is designed to be used with parental supervision and is free for families in Hertfordshire. For further information, look at their website:
<https://luminova.app/>



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

Provides advice and information from trusted experts on how to support your family and take care of yourself.

www.mindedforfamilies.org.uk/young-people

Sandbox

An NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. It has resources about common mental health issues, including information on how to access additional support or emergency services.

<https://sandbox.mindler.co.uk/>

A Tip To Try At Home

Teddy Bear Belly Breathing

This is a mindful practice to help children learn focusing skills, to calm down and to understand that paying attention to their bodies helps them to relax.

- Ask your child to lie comfortably and place their hands on their belly (or hold a soft toy on top of their belly)
- As you count to three, ask your child to inhale deeply through their nose. Tell them to fill their belly with air. It should get bigger and bigger, and they may see their soft toy rise up.
- Ask your child to exhale to a slow count of four. Tell them they might see their toy fall as they feel their belly shrinking.
- Do five rounds of belly-breathing and when ready, ask your child how it felt. Do they feel different now? How did it feel to release their breath?

Did you know that deep belly-breathing signals the nervous system to relax, which then lowers stress and reduces the heart rate and blood pressure?



Pupil Voice - Wellbeing Ambassadors

Some children in Years 5 and 6 will begin their training in the next couple of weeks. Here are some of their reasons for wanting to be a Wellbeing Ambassador.

Being helpful makes me feel good, and I think I am polite and calm. Other children like to talk to me.

Emelia

I love to talk and communicate with others in different year groups, and I can express my emotions and understand the emotions of others.

Elissa

I've got an awareness of when people are feeling sad or happy and how to help. I am an open person, and I'm comfortable talking to others about their feelings.

Rae