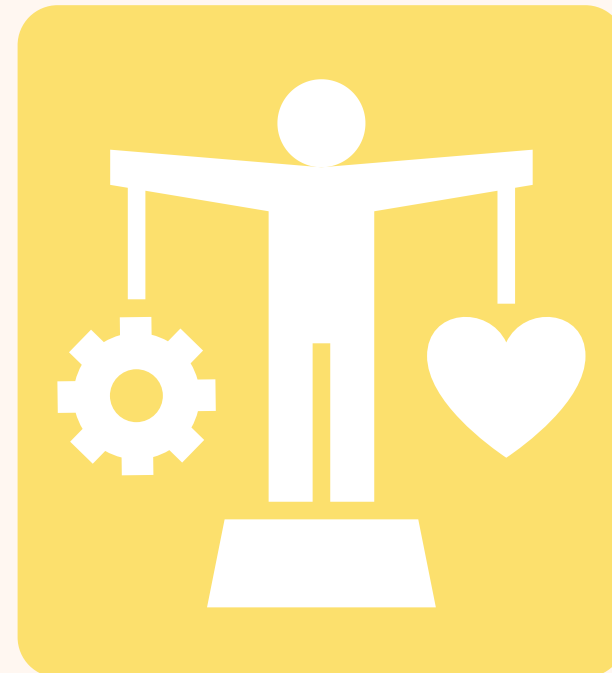




THE BALANCE BULLETIN

**Supporting the mental health and
wellbeing of our school community**

*Sharing information and signposting to
support to help your family thrive*





WELCOME

Welcome to our first edition of **The Balance Bulletin**, our new monthly communication focused on shining a spotlight on all things mental health and wellbeing.

This newsletter is designed to support you in nurturing the wellbeing of both **your children** and **yourself**; parenting can be incredibly demanding and it's important to be mindful of your own wellbeing to enable you to perform your role with positivity and resilience.

In each issue we will share practical tips, useful information and advice, and resources to help foster a happy, healthy environment for your family to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.



OCTOBER 2025



This month's calendar from **Action for Happiness** suggests an action for each day to help you focus on **what really matters**.



Optimistic October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good
6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today
13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future
20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face
	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month	

ACTION FOR HAPPINESS

Happier · Kinder · Together



YOUNG SOMERSET WORKSHOPS



Mini Police starts this month! Successful applicants from Year 6 are taking part in this programme which links to our PHSE curriculum. More details next issue!



YOUNGMINDS

**Hello
Yellow**
FRIDAY 10 OCT

**Wear it loud.
Wear it proud.**

This **World Mental Health Day**, Friday 10th October, we will be wearing **yellow** and donating to **YoungMinds**. Less than 1 in 3 young people are getting the support they need for their mental health. This needs to change. With our support - it can.

#HelloYellow

M&S | **YOUNGMINDS**

YoungMinds, registered Charity in England (1016968) and Scotland (SC039700)

We are taking part in **Hello Yellow** for World Mental Health Day. All children are encouraged to come to school wearing as much yellow as possible on **Friday 10th October** to raise awareness and funds for children's mental health.

YOUNGMINDS

**Hello
Yellow**
FRIDAY 10 OCT

**We're supporting
Hello Yellow
for young people's
mental health.**

OCTOBER EVENTS

WEBSITE OF THE MONTH: PLACE2BE: PARENTING SMART

Parenting Smart

offers a wealth of parenting advice from child mental health experts. There are videos to watch and articles to read on a whole range of topics; these are full of practical tips to support children's wellbeing and behaviour.

<p>My child just says no to everything</p> <p>2 min video 6 min read</p> <p>Read now</p>	<p>My child still wets themselves</p> <p>8 min read</p> <p>Read now</p>	<p>Helping your child when they start or change primary school</p> <p>2 min video 6 min read</p> <p>Read now</p>
<p>Family mealtimes are turning into a battleground</p> <p>2 min video 8 min read</p> <p>Read now</p>	<p>Safe social media for primary aged children</p> <p>2 min video 10 min read</p> <p>Read now</p>	<p>My child is stealing</p> <p>9 min read</p> <p>Read now</p>
<p>My child is lying, what does it mean, what should I do?</p> <p>2 min video 4 min read</p> <p>Read now</p>	<p>Building secure relationships with children</p> <p>6 min read</p> <p>Read now</p>	<p>Creating routines and rituals to help your child</p> <p>2 min video 6 min read</p> <p>Read now</p>





Autumn 2025

FREE PARENT & CARER WEBINARS

Hosted by Somerset's Mental Health Support Team

WONDERING HOW TO SUPPORT YOUR CHILD'S WELLBEING?

WHAT'S ON?

- SLEEP
- SUPPORTING BIG FEELINGS
- BUILDING SELF-ESTEEM & RESILIENCE



[BIT.LY/AUTUMNWEBINARS25](https://bit.ly/AUTUMNWEBINARS25)



[BIT.LY/MHSTINFO](https://bit.ly/MHSTINFO)

[BIT.LY/YOUNGSOMERSETMHST](https://bit.ly/YOUNGSOMERSETMHST)

SOMERSET MHST

@SOMERSETMHST



DADS TUNING INTO KIDS™

A FREE SEVEN-SESSION PROGRAMME FOR FATHERS OF SCHOOL AGED CHILDREN



Would you like to learn how to help your child manage feelings such as worry, frustration & anger?

Dads tuning into kids teaches you how to help your child understand and manage feelings (Emotional intelligence).

Children with good emotional intelligence:

- ✓ Have better concentration at school
- ✓ Have greater success with making and keeping friends
- ✓ Are more able to manage conflict with peers
- ✓ Are more able to calm down when upset or angry



WHEN?

November 4th, 11th, 18th & 25th

December 2nd & 9th
6-8pm

**Via Teams

You will need a device & good WIFI

[Register here!](#)

Dad's Tuning into kids Registration



We are an **MHST** (Mental Health Support Team) school. MHST work with children and their families to develop tools and strategies for managing emotions and supporting wellbeing. MHST run **free** online sessions each term - sign up using the QR codes on the flyers.



Mental health support



Call 0300 102 1234
(Open 9am–6pm weekdays
except bank holidays)



Call 0800 1111 or
chat to them online at
childline.org.uk

SAMARITANS

Call 116 123



Call 111 and press 2

shout
85258

Text SHOUT to 85258

Hub of Hope

Enter your postcode to find mental health support in your area
hubofhope.co.uk

GPs

GPs can provide advice and refer people to professional services
nhs.uk/service-search/find-a-gp

Side by Side

Online peer support community
sidebyside.mind.org.uk

Supported self-help

Mind's free 6-week guided programme
mind.org.uk/supported-self-help

Mind is a registered charity in England (no. 219830)

Spot | Support | Signpost

