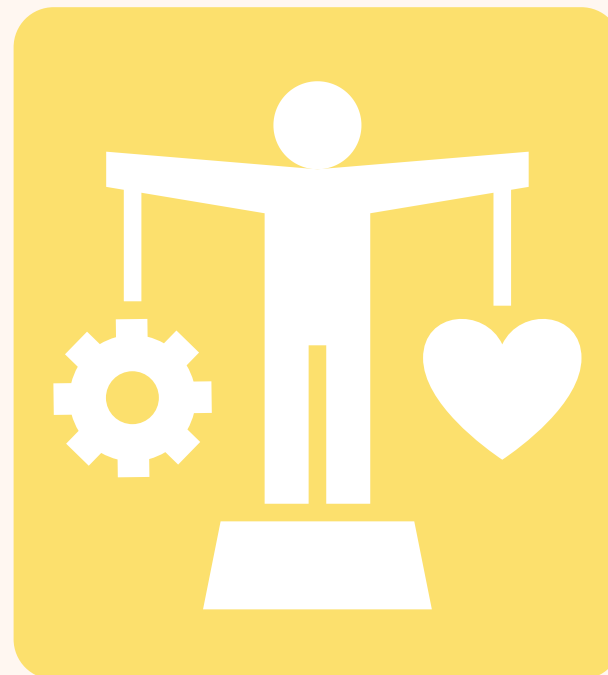
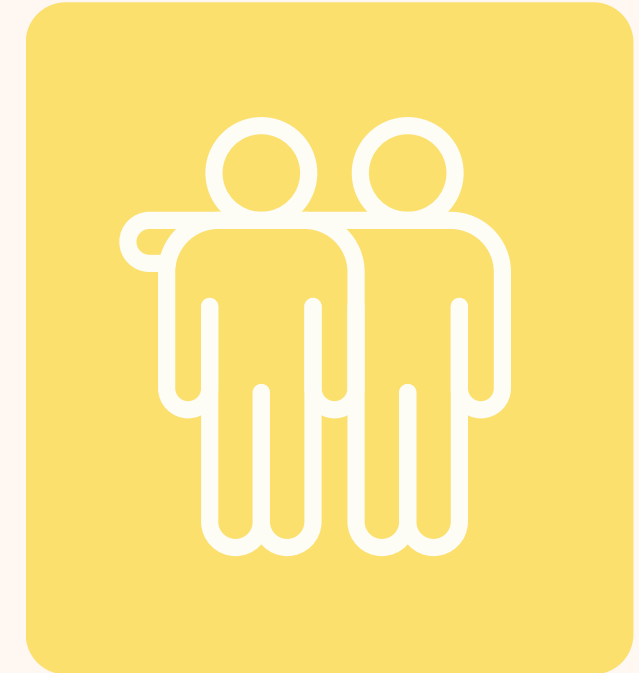




# THE BALANCE BULLETIN

**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 second 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.



**NOVEMBER 2025**





This month's calendar from **Action for Happiness** encourages you to try something **new!** How many can you have a go at before the start of winter?



**New Ways November 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 3 Get outside and observe the changes in nature around you	 4 Sign up to join a new course, activity or online community	 5 Change your normal routine today and notice how you feel	 6 Try out a new way of being physically active	 7 Be creative. Cook, draw, write, paint, make or inspire	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way
10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective
17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love
24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



## MANAGING BIG EMOTIONS

Children in Holly and Cherry Class have been **'Emotion Detectives'** with Young Somerset, and have enjoyed exploring a wide range of activities to help them learn about recognising, labelling and expressing the six core emotions.



**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!

# MANAGING BIG EMOTIONS

Children in Holly and Cherry Class have been **'Emotion Detectives'** with Young Somerset. They have enjoyed exploring a wide range of activities to help them learn about recognising, labelling and expressing the six core emotions, including making **worry monsters** and **emotion wheels**.

We are looking forward to working with Young Somerset again in the future as we continue to develop our whole-school approach to mental health and wellbeing.



# HELLO YELLOW!



We were thrilled by the support for **Hello Yellow** in October where the school was bathed in all shades of sunshine to raise awareness and funds for children's mental health.

We have also introduced a weekly **Wellbeing Star** award where pupils are nominated to receive recognition for actions that demonstrate a positive mental attitude and care for the wellbeing of others. Congratulations to all our successful winners so far!

## ODD SOCKS DAY

On **Thursday 13<sup>th</sup> November** we invite all members of our school community to wear **odd socks** in support of **Anti-Bullying Week**. Through wearing odd socks, we are celebrating that we are all **unique** and that we should all be allowed to be ourselves and free from bullying.

Click [here](#) to watch the official video of **Power For Good** by Andy and the Odd Socks for this year's Odd Sock Day.



## CHILDREN IN NEED



**Friday 14<sup>th</sup> November** sees the annual **BBC Children In Need** extravaganza which raises vital funds to support children and young people struggling with challenges caused by **mental health, poverty, social inequality** and **family-related issues**. Our school council will be leading our fundraising efforts for this worthy cause - more information coming very soon!

# WEBSITE OF THE MONTH:

## CHILDREN IN NEED - SUPPORTING MENTAL HEALTH



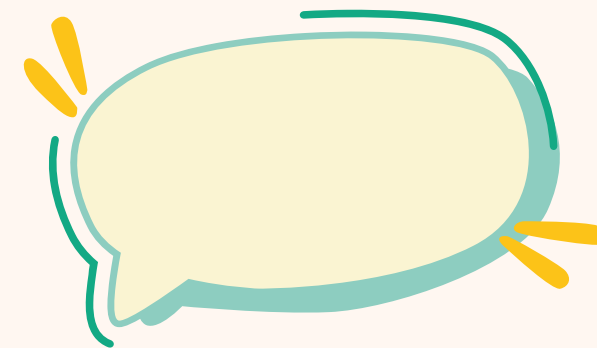
Use **Pudsey's Pause** to help teach your child how to share their feelings and problems in three simple steps – **pause, spot** and **share**. Developed with the help of clinical psychologist Dr Julie, this quick and easy tool can help to boost mental healthiness.

Click [here](#) to try it out!



### Conversation Starters

We know how important **talking** is for our mental health, but sometimes it can be difficult to know how to begin a conversation. Click on the speech bubble below to find suggestions for conversation starters that can make it easier to have a chat and support you in building positive relationships.



Find more helpful information and links about supporting mental health [here](#).



## November Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
<b>FREE ADHD Kids &amp; Homework</b>	<b>13 Nov 6-7pm</b>
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm



# FACE

FAMILY ADVICE • COMMUNICATION • EDUCATION



## FACE: Family Advice - Communication - Education

FACE gives practical, accessible and affordable support to parents.

*Are you feeling that no-one is listening?*

*Are you stuck on a waiting list needing some support?*

Raising children is probably the most challenging thing we will ever do. You are probably already doing lots of great parenting but sometimes we need extra ideas and techniques, especially as the children turn into teenagers.

FACE offer a programme of live, online talks (via Zoom) sharing up-to-date information, effective and easy to apply interventions, and the opportunity to ask questions and get practical advice.

Click [here](#) to book your online place or to receive an email to a link of the recording if you can't make the live session.

# FACE - LIVE TALKS FOR PARENTS - NOVEMBER 2025

# PODCAST



## Help! My Child's Anxious

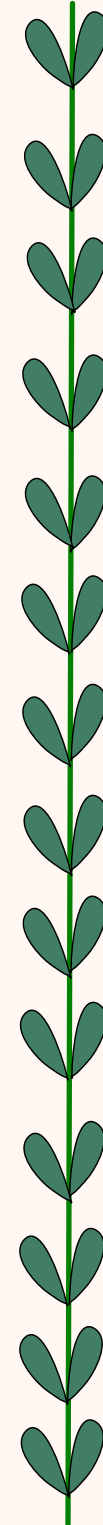
Vanessa Feltz and Saskia Joss



**Parenting is hard.** And when **anxiety** enters the picture, it can feel impossible. If your child is struggling and you're not sure what to do next, this is the podcast for you.

Join broadcaster Vanessa Feltz and her daughter, child therapist Saskia Joss, as they explore the emotional challenges of parenting - especially when anxiety or emotional overwhelm start to take over. With a mix of professional insight, real-life stories, and no-judgment honesty, each episode offers clear, compassionate advice to help you feel more equipped and less alone.

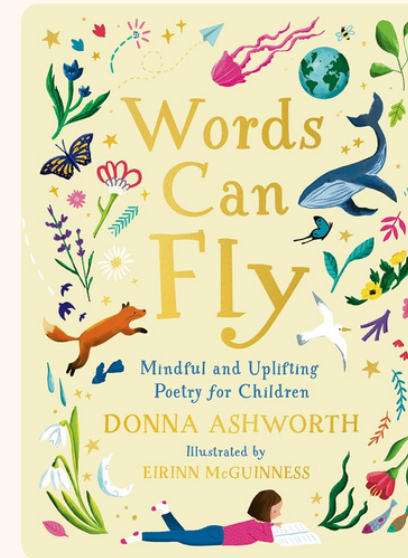
From school avoidance and separation anxiety, tricky teens to bedtime battles, they tackle the hardest parenting moments with warmth, humour, and expert guidance - because while parenting doesn't come with a manual, this podcast might be the next best thing.



# BOOK

## Words Can Fly

Donna Ashworth



A beautifully illustrated poetry collection that acts as a compassionate guide through the journey of childhood, crafted with wisdom and warmth by No. 1 Sunday Times bestselling author Donna Ashworth.

Each poem explores what's most important in young lives - family, friendships, school and the world around us - encouraging a **growth mindset** that fosters **empathy** and builds **resilience**. Through its heartfelt verses, children are inspired to celebrate their **unique identities**, embrace **curiosity**, and discover the transformative power of **kindness** and **compassion**.

A timeless addition to any family's bookshelf, Words Can Fly offers a treasure trove of poems that will be cherished, revisited, and shared for years to come.

**M H S T**  
**MENTAL HEALTH SUPPORT TEAM**  
 In partnership with Young Somerset & Somerset NHS Foundation Trust

**WE ARE A MENTAL HEALTH SUPPORT TEAM (MHST) SCHOOL**

An Educational Mental Health Practitioner (EMHP) can help you with anxiety, worries, low mood, panic, exam stress, emotional support, coping strategies, specific phobias and sleep problems.

Speak to a trusted adult in your school if you would like support.

The MHST supports a whole school approach to mental health and wellbeing through staff training, groups, parent workshops and consultation.

IN PARTNERSHIP WITH

Young Somerset NHS Somerset NHS Foundation Trust

CONTACT: [spn-tr.mhstsomerset@nhs.net](mailto:spn-tr.mhstsomerset@nhs.net) [www.youngsomerset.org.uk/mhst](http://www.youngsomerset.org.uk/mhst)

## How can my child get support from MHST?

If you are concerned about your child's mental health and wellbeing, please speak with **Mrs Chilcott**.

Mrs Chilcott is the school's **Senior Mental Health Lead** and is responsible for managing referrals to the MHST service.



# Support for your mental health



## Looking after yourself

There are little things you can do to look after your mental health. Just a few simple changes can help improve your mood and cope with life's challenges.

With the Every Mind Matters online platform, you can get free expert advice and practical tips to help you look after your mental health and wellbeing.

## Talking therapy

If you feel stressed, anxious or depressed, you might struggle with work, life or relationships. NHS Talking Therapies can help. Search [nhs.uk/talk](https://www.nhs.uk/talk)

Your GP can refer you to your local NHS Talking Therapies service - or you can refer yourself online.

## Crisis

If you are experiencing significant emotional or mental distress, call NHS 111 and select the mental health option.

The service offers 24/7 advice and support if you are:

- Experiencing worry, anxiety or fear that you can't control
- Hearing voices and seeing things that others can't
- Considering harming yourself
- Find yourself withdrawing from your friends or family.

If someone's life is at risk, call 999 or go to A&E.