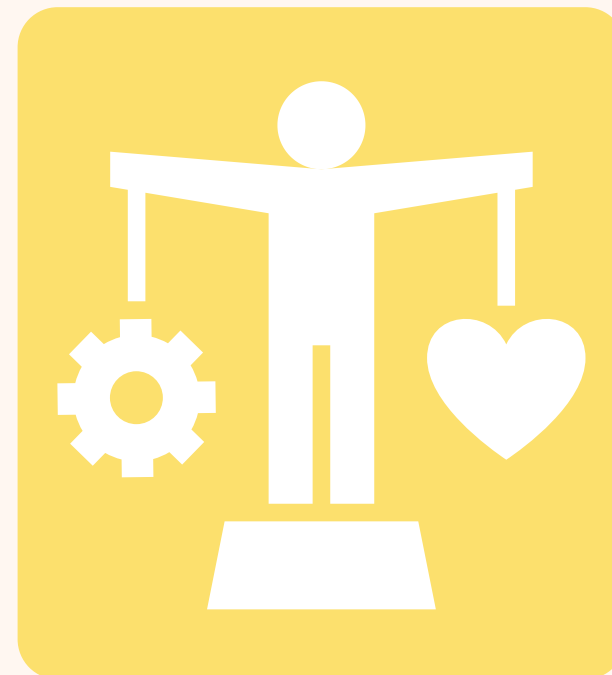




THE BALANCE BULLETIN

**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 new year edition of **The Balance Bulletin**, our 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.



JANUARY 2026



This month's calendar from **Action for Happiness** suggests lots of different ideas for starting the new year **happier**. How many can you try to help you form some new happier habits for 2026?

**New Year
New
Beginnings!**

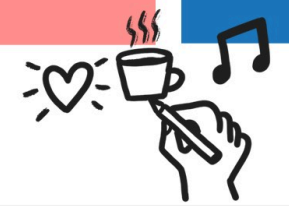


Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why
5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime
12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend
19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down
	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS

Happier · Kinder · Together



New Year Yellow - January Wellbeing Challenge

This New Year, we're turning January yellow! These fun wellbeing challenges are designed to help your days - and your mood - feel a little brighter as the year begins.



<p>WEAR YELLOW</p> <p>Wear something yellow. It could be a hair bow, a hat, socks, a jumper, or something with yellow on it. Notice how it makes you feel.</p>	<p>SPOT YELLOW</p> <p>Find something yellow as you go about your day. Look carefully - inside or outside. Have you ever noticed it before?</p>	<p>BREATHE YELLOW</p> <p>Pretend your tummy is a yellow balloon. Breathe in slowly through your nose and fill the balloon. Breathe out gently through your mouth and let it empty. Try this 5 times.</p>	<p>EAT YELLOW</p> <p>Colour something yellow today. It might be something you love that is already yellow, or something new you imagine.</p>	<p>COLOUR YELLOW</p> <p>Colour something yellow today. It might be something you love that is already yellow, or something new you imagine.</p>	<p>FEEL YELLOW</p> <p>Do something you enjoy today. Something that makes you feel happy, calm, or proud. Notice how you shine like a bright yellow star.</p>	<p>CRAFT YELLOW</p> <p>Make something yellow using anything you can find. Paint, paper, card, sticks, leaves, or recycled materials all work. You could even use things you find in nature.</p>
<p>GIFT YELLOW</p> <p>Make a yellow gift for someone. It could be a thank-you card, a drawing, or a small craft. Notice how it feels to share your yellow with someone else.</p>	<p>WRITE YELLOW</p> <p>Write something using yellow today. You could write three things you are grateful for, a happy word, or your name. Take a quiet moment when you're finished.</p>	<p>PAUSE YELLOW</p> <p>Find something yellow and look at it quietly for two minutes. Notice its colour, shape, and details. Take slow breaths while you look.</p>	<p>SENSE YELLOW</p> <p>Find five yellow things you can see, touch, smell, hear, or taste today.</p>	<p>BE YELLOW</p> <p>Make yellow your energy today. Pass it on by doing something kind for someone.</p>	<p>DRAW YELLOW</p> <p>Draw something yellow. Or Design your own yellow emoji and draw a face that shows how you feel today.</p>	<p>THINK YELLOW</p> <p>Think of something bright and yellow that makes you feel happy. Hold it in your mind for a few slow breaths until you feel calm.</p>



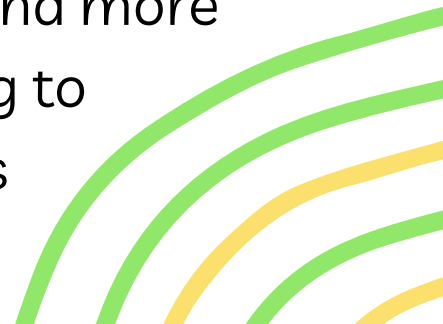
Complete 7 of the challenges above, or as many as you can. Notice how you feel before, during and after - don't forget to tick off as you go!

© Be Happy Resources

This January, **Be Happy** are saying no to the January blues and turning January yellow instead! Short days, gloomy weather, and the return to routines after a busy December can make this time of year feel a little glum. The **New Year Yellow** Wellbeing Challenge is designed to brighten your days by encouraging small, happy, and mindful moments throughout the month.

Through a series of fun, accessible challenges, children are encouraged to notice more, slow down, get creative, and connect with themselves and others. Designed to fit easily into home routines, this challenge helps January feel lighter and more manageable - helping to set positive intentions for the year ahead.

JANUARY WELLBEING CHALLENGE - NEW YEAR YELLOW



The first **#WakeUpWednesday** of 2026 focuses on helping parents understand how digital devices can affect children's wellbeing and how to promote healthier habits.

Education Support also share their seven top tips for feeling **good** this school year!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- ONLINE PEER PRESSURE**
Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- CYBERBULLYING EXPOSURE**
Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- PRIVACY AND SAFETY RISKS**
Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- MODEL HEALTHY HABITS**
Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert
Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026

7 ways to feel good this school year



Here are seven evidence-based strategies you can try this school year to feel good and manage burnout. For more on these check out *'Burnout – the secret to solving the stress cycle'* by Emily and Amelia Nagoski.



1 Move

Run, swim, dance (whatever you enjoy!)



2 Social interaction

Talking to colleagues can help boost our mood and reassure us that the world is a safe place to live.



3 Connect with others

Speaking to someone with whom you share a special connection can make a huge difference to how you feel.



4 Breathe

Deep, slow breaths can help regulate the stress response.



5 Sleep

A full, uninterrupted night's sleep can be a great tool in the fight against stress.



6 Cry

Crying after a stressful event is proven to help by releasing feel good hormones.



7 Get creative

Engaging in a creative activity you leads to more energy, excitement, and enthusiasm.



FRIENDSHIPS AND SOCIAL SKILLS

We are welcoming back Young Somerset this term to work with some of our youngest learners on developing friendship and social skills such as teamwork, making positive choices, and managing feelings.



We look forward to sharing with you some of the lovely activities they get to experience!

CHILDREN'S MENTAL HEALTH WEEK



February sees the return of the annual **Children's Mental Health Week**. We will be launching this important event with our own Scarf Wellbeing Day on Friday 6th February - keep an eye on Parentmail and Class Dojo for more information in due course!

SCHOOL IN A BAG

OUR NOMINATED CHARITY FOR 2026



We were delighted to welcome **Katie** from **School in a Bag**, our nominated charity for this year. Katie delivered two assemblies and spoke with our **School Council** and **Happiness Heroes** to explain how the charity supports disadvantaged children around the world by delivering School Bags filled with vital educational resources and eating utensils. These will enable a child to write, draw, colour, calculate, express themselves, eat, drink and above all, learn.

We are proud to be supporting this worthy charity through our fundraising efforts this year and look forward to not only raising much needed funds to support the education of others, but also educating our learners about empathy, building community and empowering action.

Click on the bag to find out more about what our fundraising process will involve!





The **Mental Health Support Team** (MHST) are running two **free** webinars this month - click the link or scan the QR code to book your place!

Don't forget our upcoming **SCARF** session for parents happening in February which will also offer some tips and advice around mental health and wellbeing.

SCARF
Working together with parents

SAVE THE DATE
Friday 6th February
3:20 PM

FREE WEBINAR FOR PARENTS & CARERS



SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING

Would you like to know ideas on how to support your child with their mental health & wellbeing as they grow?

IN THIS 1 HOUR WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- WHAT MENTAL HEALTH IS AND THE IMPORTANCE OF GOOD MENTAL HEALTH FOR CHILDREN AND YOUNG PEOPLE
- HOW TO IDENTIFY THE EARLY WARNING SIGNS OF POOR MENTAL HEALTH
- A RANGE OF STRATEGIES TO SUPPORT YOUR CHILD'S EMOTIONAL AND MENTAL WELLBEING
- WHERE AND HOW TO GET MORE SUPPORT IF NEEDED



WHEN?
20TH JANUARY 2026
10-11AM

REGISTER HERE!
[HTTPS://BIT.LY/WEBINARSNC2026](https://bit.ly/webinarsnc2026)

SCAN ME!

FREE WEBINAR FOR PARENTS & CARERS



SUPPORTING YOUR NEURODIVERSE CHILD

Would you like to know ideas on how to support your child with their mental health & wellbeing as they grow?

IN THIS 1 HOUR WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- HOW TO SUPPORT YOUR CHILD OR TEEN'S MENTAL HEALTH AND WELLBEING IN ANEUTYPICAL WORLD.
- UNDERSTANDING YOUR CHILD/TEEN'S NEURODIVERGENT EXPERIENCE
- WHERE TO GET FURTHER SUPPORT



WHEN?
22TH JANUARY 2026
1:30-2:30PM

REGISTER HERE!
[HTTPS://BIT.LY/FREEWEBINARMH](https://bit.ly/freewebinarMH)

SCAN ME!

SUPPORTING PARENTS - JANUARY MHST WEBINARS



January 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
FREE Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 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 - JANUARY 2026



Somerset
Mindline



0800 138 1692 Freephone

01823 276 892 Local

Here when you need us 24/7
For anyone of any age in Somerset experiencing
mental distress or wanting emotional support.

