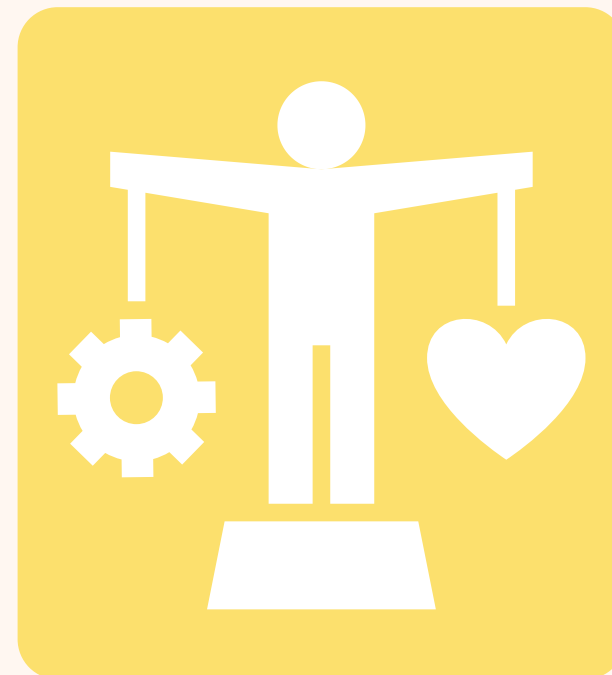
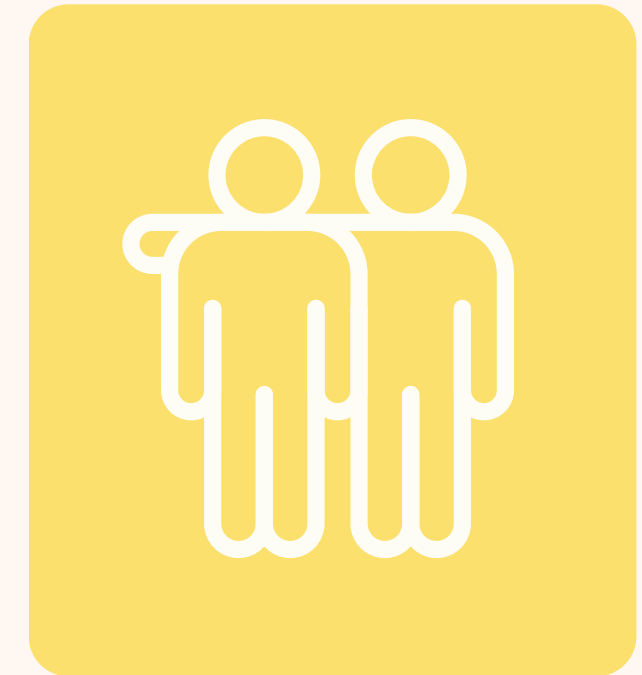




# THE BALANCE BULLETIN

**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 February 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.

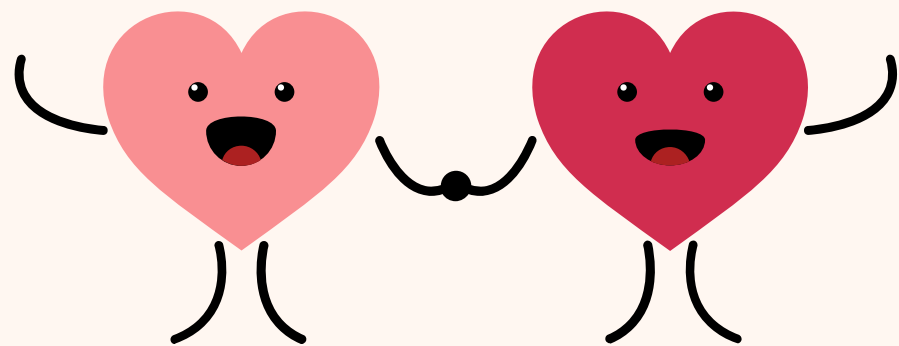
In each issue we will share practical tips, useful information and advice, and resources to help foster a happy, healthy environment for your family to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.



**FEBRUARY 2026**



This month's calendar from **Action for Happiness** focuses on daily ideas for being **friendly** to others and giving your **relationships** a **boost!**



**Friendly February 2026**

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today



23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

# THIS IS MY PLACE

## 9<sup>TH</sup>-15<sup>TH</sup> FEBRUARY

February sees the annual **Children's Mental Health Week**, which has taken place every year since 2015. Launched by the charity **Place2Be**, the week aims to empower young people and raise awareness about their emotional wellbeing.

The official theme for 2026 is "**This is My Place**", which focuses on the vital role of **belonging**. It encourages children to explore their place within friendships, schools, and local communities, as feeling **connected** is a basic human need that fosters long-term **resilience**. In school, we will be taking part in different activities to explore and reinforce this important message.

Place2Be share some top tips for parents/carers about developing and strengthening belonging in children.

The **Eikon Charity** have some fabulous activities for primary families about helping your child feel "**This is My Place**" - click [here](#) to find out more..



### TOP TIPS FROM OUR CHILDREN AND YOUNG PEOPLE ON HOW TO HELP THEM FEEL A SENSE OF BELONGING

- Parents, Carers or Community Groups can help belonging by asking questions about things they see us becoming passionate about.
- By checking in with you, providing support and making you feel safe and important.
- By being there and being happy
- By doing things that make you feel happy and safe
- Letting us choose our likes and interests and letting us explore new things.
- Parents taking time to listen and speak to us, reassure us.
- Making a comfortable, welcoming place for us.

### A FEW MORE FROM US:

Parents and carers can foster belonging by **providing a loving and consistent family environment**, encouraging strong connections with peers and other trusted adults, and collaborating with school. A child's sense of belonging starts at home and expands to include the wider community.

**Emphasise positive, trusting relationships.** Create a loving, secure base by being available, emotionally supportive, and consistent. Simple acts, like listening without judgment, sharing smiles, or offering hugs, help build trust and intimacy.

**Show them you know and value them.** Notice your child's personality and unique talents, and cheer for their achievements, no matter how small. This boosts their confidence and sense of self-worth.

**Establish family rituals.** Create a sense of security and connection through routines and traditions. These can be as simple as making a favourite meal, sharing stories in the evening, or having a special way of saying goodbye.

**Encourage open communication.** Create a safe space where our children and young people can share their thoughts and feelings without fear of judgment. Talk to them about what belonging means and encourage them to explore their feelings when they feel included or excluded, using curiosity and open questions.

**Embrace and celebrate heritage** to keep our children connected to their roots. This is a powerful way to strengthen their sense of self and belonging.

# #WakeUpWednesday throwback!

A reminder of this guide which provides some practical tips for helping to reduce your family's screen time and promote healthier use of their devices.

Our children have grown up surrounded by technology but as a consequence can sometimes struggle to put them down, switch them off or keep themselves occupied without them.

While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. This guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.



**SCARF**  
Working together with parents

SAVE THE DATE Friday 6<sup>th</sup> February  
3:20 PM

Don't forget our parent session on the 6<sup>th</sup> February all about **SCARF!**



**Top Tips for... MANAGING SCREEN TIME**

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

- GET OUT AND ABOUT**  
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.
- TRY A TIMED TRIAL**  
When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?
- GO DIGITAL DETOX**  
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.
- LEAD BY EXAMPLE**  
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.
- AGREE TECH-FREE ZONES**  
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.
- HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.
- BE MINDFUL OF TIME**  
Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.
- 'PARK' PHONES OVERNIGHT**  
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.
- SWITCH ON DND**  
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.
- TAKE A FAMILY TECH BREAK**  
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.
- SOCIALISE WITHOUT SCREENS**  
When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.
- WIND DOWN PROPERLY**  
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert  
Mira's Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

**DEVICE BOX**

The National College  
NOS National Online Safety  
#WakeUpWednesday

@nationlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

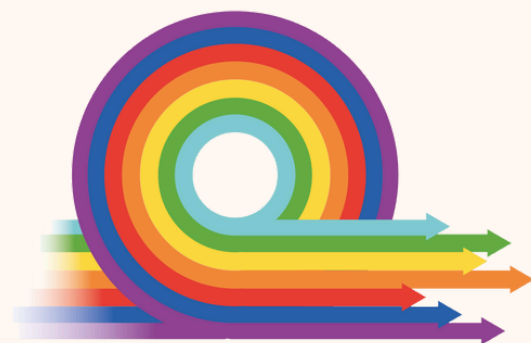
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024

# SOMERSET PARENT/CARER FORUM


## WISE UP WORKSHOPS



**Somerset Parent Carer Forum** offer a comprehensive programme of **WISE Up Workshops** (**W**orkshops for **I**nformation, **S**upport and **E**ducation). These sessions are aimed at parents/carers of young people with additional needs. They are completely **free** - you just need to be registered on their database to be able to add yourself to workshops. Click on the icon below to find out more.



Somerset Parent Carer Forum C.I.C



**WISE UP WORKSHOPS**  
Empowering Parent Carers to succeed

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 <b>Understanding sensory processing</b> 12.30-14.30	03	04 <b>Autism, ADHD &amp; physical health</b> 18.30-20.30	05 <b>Sleep differences in Neurodivergent young people</b> 10.00-12.00	06	07
08	09 <b>Introduction into SEND</b> 12.30-14.30	10	11 <b>Austistic Masking</b> 10.00-12.00	12 <b>Empowering Parents: Building strong SEN partnerships with schools</b> 12.30-14.30	13	14
15	16	17	18	19	20	21
22	23 <b>Understanding language development &amp; disorders</b> 19.00-21.00	24	25 <b>Increasing independence &amp; daily living skills over 12 years</b>	26	27 <b>Understanding &amp; Supporting Behaviour</b> 10:00-12:00	28

**WORKSHOPS RUN BY:**

- Understanding sensory processing- Bibic
- Autism, ADHD & physical health- Neurodiverse training
- Sleep differences in Neurodivergent young people- CYPNP
- Intro into SEND- SPCF
- Austistic masking- Platypus
- Building strong SEN partnerships with schools- The Inclusion Service
- Understanding language development & disorders- Bibic
- Increasing independence & daily living skills over 12 years- Bibic

**LOCATION**

Wellington	Langport	
Online	Cheddar	Bridgwater
Wincanton	Shepton Mallet	



# FEBRUARY MHST WEBINARS

The **Mental Health Support Team** (MHST) are running **free** webinars this month focused on the topic of **sleep**.

Many families struggle with sleep concerns. These workshops will explore:

- Why we need sleep
- Common teen sleep struggles
- How to help young people develop healthier sleep routines
- Practical strategies to improve sleep patterns at home

These sessions offer valuable insights for any parent or carer seeking to support their child's wellbeing, learning, and overall health.

***They are offering three different dates and times for the session so click on the link to book on the one that is most convenient for you!***



FREE WEBINARS FOR PARENTS & CARERS

## HELPING YOUR CHILD & TEEN SLEEP TOOLS, TIPS & TECHNIQUES



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

- Why do we need to sleep?
- Teen sleep struggles
- How to support young people to get a better night's sleep so they can meet their full potential
- Evidence based sleep information to improve sleep patterns



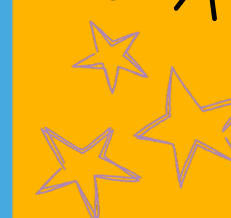
### WHEN?

- 1) 12th February 12-1 PM
- 2) 13th February 10-11 AM
- 3) 19th February 7-8 PM



### REGISTER HERE!

- 1) [HTTPS://BIT.LY/MHSTSLEEP12THFEB26](https://bit.ly/mhstsleep12thfeb26)
- 2) [HTTPS://BIT.LY/MHSTSLEEP13THFEB26](https://bit.ly/mhstsleep13thfeb26)
- 3) [HTTPS://BIT.LY/MHSTSLEEP19THFEB26](https://bit.ly/mhstsleep19thfeb26)





## FEBRUARY 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](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
<b>FREE - Reducing the Harm from Screens</b>	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm



# FACE

FAMILY ADVICE • COMMUNICATION • EDUCATION




## FACE: Family Advice - Communication - Education

FACE gives practical, accessible and affordable support to parents through their 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.

**Save the date** for the upcoming free talk in March!








Online FREE talk by Jane Keyworth

### Anxiety Based School Avoidance

**March 26th 7-8pm**

Book online  
[www.facefamilyadvice.co.uk](http://www.facefamilyadvice.co.uk)  
 go to PARENTS - Live Talks page



# Unhappy?

If you are struggling with your mental health, you don't need to face things alone. You can take action and reach out for support



It's ok not to be ok. Feeling our emotions can be healthy.



We all struggle sometimes. It's normal and understandable.



You are never alone. Reach out for help when you need it.

Click [here](#) for advice from **Action for Happiness** on where you can get support if you are struggling.



A parent's calm  
is a child's  
safe place.

