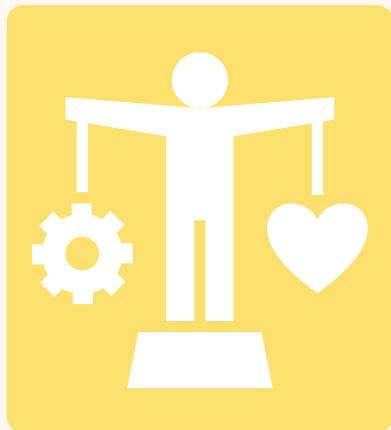




# THE BALANCE BULLETIN



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

This month's edition is a little different as it contains lots of signposting to courses and workshops that can support your family's wellbeing journey. There is a lot on offer next term so we wanted to make sure you had plenty of notice of events and to give you enough time to book the ones that are relevant to you and your family.



## ***Help us celebrate our amazing team!***

*Has a member of staff gone the extra mile for you? Please share your positive comments on any member of our staff team so that we can celebrate them and support their wellbeing too! Click [here](#) or scan the QR code to use our **Staff Shout-Out** form.*

# APRIL 2026



This month's calendar from **Action for Happiness** is full of ideas for **getting moving** and finding ways to stay **active** and **healthy**.

**Take care of your body. It's the only place you have to live. ~ Jim Rohn**

**Active April 2026**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|--|--|---|---|---|
|   |  | 1 Commit to being more active this month, starting today           | 2 Spend as much time as possible outdoors today              | 3 Listen to your body and be grateful for what it can do        | 4 Eat healthy and natural food today and drink lots of water                          | 5 Turn a regular activity into a playful game today                                   |
| 6 Do a body-scan meditation and really notice how your body feels                    | 7 Get natural light early in the day. Dim the lights in the evening                 | 8 Give your body a boost by laughing or making someone laugh       | 9 Turn your housework or chores into a fun form of exercise  | 10 Have a day with less screen time and more movement           | 11 Set yourself an exercise goal or sign up to an activity challenge                  | 12 Move as much as possible, even if you're stuck inside                              |
| 13 Make sleep a priority and go to bed in good time                                  | 14 Relax your body & mind with yoga, tai chi or meditation                          | 15 Get active by singing today (even if you think you can't sing!) | 16 Go exploring around your local area and notice new things | 17 Be active outside. Plant some seeds and encourage growth     | 18 Try out a new exercise, activity or dance class                                    | 19 Spend less time sitting today. Get up and move more often                          |
| 20 Focus on 'eating a rainbow' of multi-coloured vegetables today                    | 21 Regularly pause to stretch and breathe during the day                            | 22 Enjoy moving to your favourite music. Really go for it          | 23 Go out and do an errand for a loved one or neighbour      | 24 Get active in nature. Feed the birds or go wildlife-spotting | 25 Have a 'no screens' night and take time to recharge yourself                       | 26 Take an extra break in your day and walk outside for 15 minutes                    |
|  | 27 Find a fun exercise to do while waiting for the kettle to boil                   | 28 Meet a friend outside for a walk and a chat                     | 29 Become an activist for a cause you really believe in      | 30 Make time to run, swim, dance, cycle or stretch today        |  |  |

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



# SCHOOL EVENTS

## PHSE

We will continue to develop pupil wellbeing and support personal development through our PHSE curriculum delivery using SCARF.



This term's theme is **Being My Best**. Children will be learning about how to set goals and develop positive strategies to help them achieve their potential, through a growth mindset approach. They'll also learn about taking care of themselves, physically and mentally – including good hygiene, healthy eating, sleep routines and managing screen time.

Click [here](#) to find resources and activities that you can use to support this learning at home.



## Enrichment

We will again be delivering the NSPCC's **Speak Out. Stay Safe.** programme to support children in understanding that they have a right to feel safe and who can they speak to if they need help or support.

Mr T, our AP (Alternative Provision) teacher, will also be leading an assembly on **Dare to Dream** to explore what it means to dream big, believe in yourself and how you can overcome hurdles to achieve your aspirations.

MHST will also be supporting Y6 pupils with their wellbeing as part of their SATs preparation by delivering a workshop on **Stress Skills**.

# WELLBEING IN SCHOOL

# MHST WORKSHOP



## Confident Parents – Helping Your Child to Meet Everyday Challenges

### TOPIC: Anxiety and Low Mood

This is a 2hr workshop facilitated by Young Somerset. It is an opportunity to meet other parents and share common concerns. We talk about, the signs and symptoms of everyday challenges such as anxiety and low mood, some do's and don'ts and share hints and tips on how to support your child.

Tea, coffee and biscuits provided.

**Thursday 7<sup>th</sup> May 2026 9am to 11am**

Book your space by contacting the school office and completing the QR Code



Evercreech Primary School

Paradise Cres, Evercreech, Shepton Mallet BA4 6EH

[www.youngsomerset.org.uk](http://www.youngsomerset.org.uk)

 @youngsomerset

# PARENTING SUPPORT

# MHST WEBINARS



LED BY THE MENTAL HEALTH SUPPORT TEAM

## PARENT & CARER WEBINARS

Supporting your child's mental health & Wellbeing

- ✓ FREE ONLINE SESSIONS
- ✓ THIS SUMMER TERM

Register online 

[Bit.ly/Summerterm2026](https://bit.ly/Summerterm2026)

**MHST**  
MENTAL HEALTH SUPPORT TEAM  
In partnership with Young Carers & Carers MH Foundation Trust

Details of topics and dates on the following pages.



## PARENTING SUPPORT

# FREE WEBINARS FOR PARENTS & CARERS COPING WITH EXAMS

SUPPORTING YOUR CHILD  
THROUGH TEST STRESS AND  
EXAM SUCCESS



In this 90 minute virtual workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ Understanding your child's experience of stress and overwhelm
- ✓ How your child would like you to help them (without having to ask you)
- ✓ Ideas of how to support before, during and after exams and tests

## WHEN?

12:30-14:00 9<sup>th</sup> April 2026 | [Register here](#)

18:00-19:30 30<sup>th</sup> April 2026 | [Register here](#)

13:30-15:00 13<sup>th</sup> May 2026 | [Register here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

# FREE WEBINARS FOR PARENTS & CARERS SUPPORTING YOUR CHILD'S BIG FEELINGS.

AN EMOTION COACHING  
APPROACH



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family
- ✓ You will go away with a range of tools (including emotion coaching) to boost your child's, and your own, emotional resilience.

## WHEN?

13:00-14:30 1<sup>st</sup> June 2026 | [Register here](#)

18:00-19:30 4<sup>th</sup> June 2026 | [Register here](#)

13:00-14:30 11<sup>th</sup> June 2026 | [Register here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

# FREE WEBINARS FOR PARENTS & CARERS SUPPORTING YOUR CHILD WITH CHANGE & SCHOOL TRANSITIONS:

NAVIGATING THE  
ROLLERCOASTER OF  
STARTING A NEW SCHOOL

## WHEN?

13:00-14:30 17<sup>th</sup> June 2026 | [Register here](#)

18:00-19:30 18<sup>th</sup> June 2026 | [Register here](#)

10:00-11:30 23<sup>rd</sup> June 2026 | [Register here](#)



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How we can support our children through their emotional ups and downs when moving schools
- ✓ How we can help our children to prepare for and manage change
- ✓ A range of activities you can do with your child to set them up for school success



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

# FACE WORKSHOPS



## April 2026 Timetable

All regular 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

|                                   |                       |
|-----------------------------------|-----------------------|
| Understanding Anger               | 6 April 10am          |
| School Anxiety                    | 6 April 7pm           |
| Facing Defiance                   | 7 April 10am          |
| Supporting Healthy Screen Use     | 7 April 7pm           |
| Anxiety Explained                 | 13 April 10am         |
| Cannabis and Ketamine Awareness   | 13 April 7pm          |
| Introduction to OCD               | 14 April 10am         |
| What is ACT?                      | 14 April 7pm          |
| Decreasing Depression             | 20 April 10am         |
| Raising Self-Esteem               | 20 April 7pm          |
| Understanding the Teenage Brain   | 21 April 10am         |
| Supporting Healthy Sleep          | 21 April 7pm          |
| <b>FREE Decreasing Depression</b> | <b>23 April 7-8pm</b> |
| Improving Family Communication    | 27 April 10am         |
| Autism: Improving Communication   | 27 April 7pm          |
| Supporting a Child with ADHD      | 28 April 10am         |
| Understanding Addictive Behaviour | 28 April 7pm          |



# PARENTING SUPPORT

# 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

APRIL

| SUN | MON | TUE   | WED                                       | THU   | FRI   | SAT |
|-----|-----|---|---|---|---|-----|
|     |     |   | 01  | 02<br>Sleep differences in Neurodivergent young people<br>12.30-14.30 | 03  | 04  |
| 05  | 06  | 07  | 08  | 09  | 10  | 11  |
| 12  | 13  | 14  | 15<br>De escalation & dealing with crisis | 16  | 17  | 18  |
| 19  | 20  | 21<br>Decoding Dyslexia- What we all should know<br>12.30-14.30 | 22<br>Social Stories<br>12.30-14.30       | 23<br>EBSA<br>19.00-21.00   | 24<br>Understanding social skills & adapting for SEN child<br>12.30-14.30 | 25  |
| 26  | 27  | 28<br>Understanding & supporting behaviour<br>12.30-14.30       | 29  | 30  |   |     |

**WORKSHOPS RUN BY:**

- Sleep differences in Neurodivergent young people- CYPNP
- De escalation & dealing with crisis- Platypus
- Decoding Dyslexia: What we all should know- Insight
- ARFID- Understanding avoidant restrictive food intake disorder- Neurodiverse training
- Social Stories- SPCF
- EBSA- SPCF & EP Service
- Understanding social skills & adapting for your SEN child- Bibic
- Understanding & supporting behaviour- Link LDA

**LOCATION**

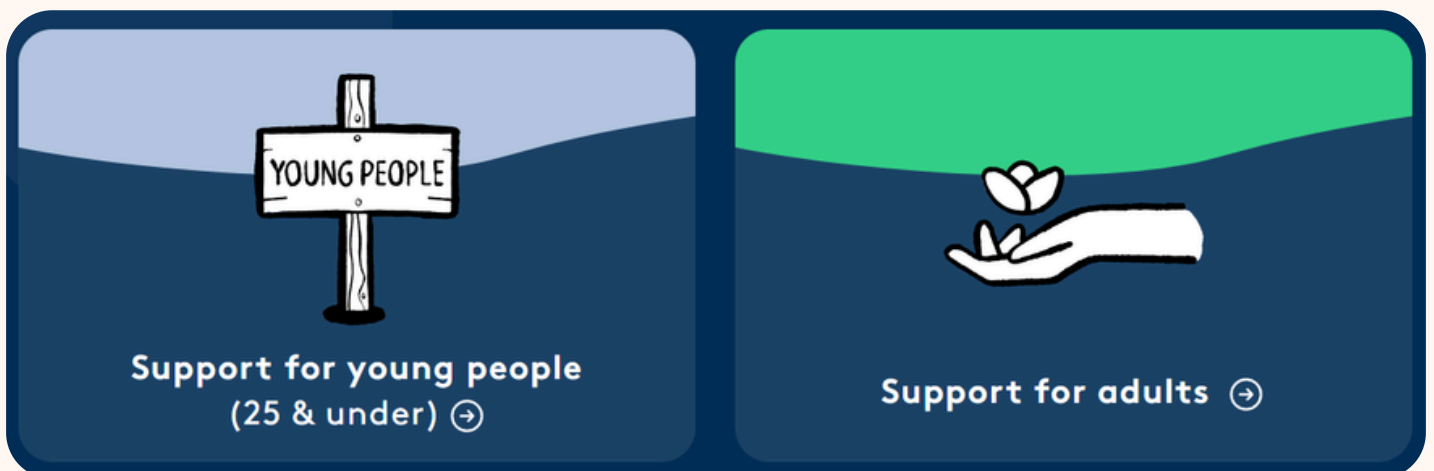
|            |                |            |
|------------|----------------|------------|
| Wellington | Taunton        |            |
| Online     | Cheddar        | Bridgwater |
| Wincanton  | Shepton Mallet |            |



## There is always hope.

**Hub of Hope** are the UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, they can help.

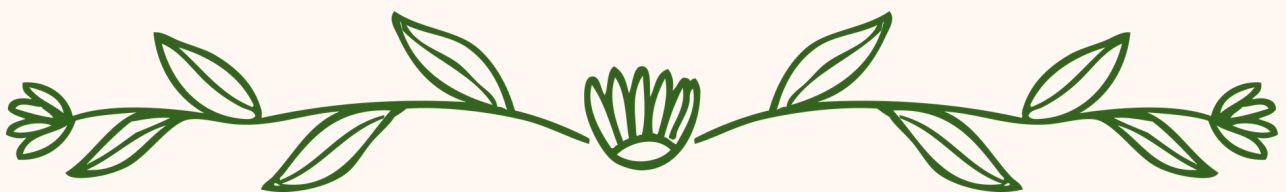
Click on the image below to access their Mental Health Support Network and find services that might be able to support you and your family's needs.



**SIGNPOSTING TO SUPPORT**

*Invest in yourself -*

— IT PAYS THE BEST INTEREST —



**A FINAL TAKE-AWAY...**