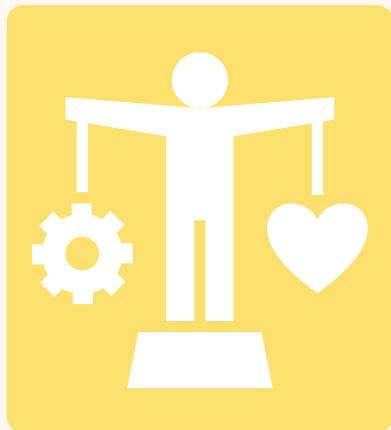




THE BALANCE BULLETIN



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

Mental Health Awareness Week is happening in May so we are again sharing a lot of signposting and advice to support your family's mental health. Swipe to find out about:

- May's Action For Happiness theme
- Wellbeing in School events happening this month
- Mental Health Awareness Week
- MHST webinars
- Wellbeing for Little Minds - Sleep and routines
- FACE workshops
- Somerset Parent/Carer Forum



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.*

MAY 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meaningful May 2026



1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

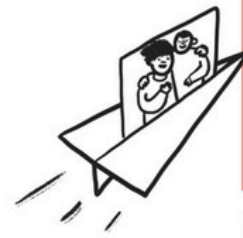
27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

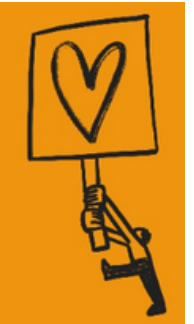
30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



This month's calendar from **Action for Happiness** is full of ideas for finding ways to **be part of something bigger.**

Act as if what you do makes a difference. It does. ~ William James



ACTION FOR HAPPINESS

Happier · Kinder · Together

ACTION FOR HAPPINESS - MEANINGFUL MAY

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.

*Next term's theme is **Growing and Changing**. We will be sending out letters in due course to each year group to explain the elements of RSE (Relationships and Sex Education) covered as part of this theme.*

Enrichment

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

MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week is coming up this month from **11th-17th May**, and this year's theme is **Action** - focussing on taking action to support our own mental health and the wellbeing of others.

One of the ways we are taking part in school is by joining in with **The Big School Workout** with **Joe Wicks!**

We will also be thinking about what might be in our **Wellbeing Toolkit**.

Picture News

Thursday
14th May,
2.15-2.45pm

**The BIG
School Workout**

Live with Joe Wicks for Mental
Health Week online assembly!

WELLBEING IN SCHOOL

MENTAL HEALTH AWARENESS WEEK

On the following pages you will find ideas for thinking about Mental Health Awareness Week at home.

For Children

The **Taking Action Checklist** is designed to help children think about the actions they take each day to support their mental health. It's a quick and simple way of exploring how different actions support wellbeing, while also encouraging children to take positive steps each day.

For You

The **Mental Health Foundation** are sharing their **top ten actions to support good mental health** - can you take action for yourself?

Even **small actions** can make a big difference.

Together our individual actions build a movement for good mental health.

Find a positive action that works for you.



MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

ACTION
FOR YOURSELF
FOR SOMEONE ELSE.
FOR ALL OF US.

ACTION
FOR YOURSELF.



Start small and build from there.

Find one thing you can do today to boost your mental health.

It could be taking a walk in nature, prioritising a good night's sleep or catching up with a friend over a cuppa.

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026



ACTION
FOR SOMEONE ELSE.

We all have a role to play in creating mentally healthy communities, schools and workplaces.

And doing something for others is good for our own mental health too.

Together, we can turn awareness into action.

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026




















WELLBEING AT HOME

Every action counts!
What did you do today to look after your mental health?
Tick them below.



Today, I took action by...

-  Moving my body
-  Drinking water
-  Eating something healthy
-  Getting enough sleep
-  Talking about my feelings
-  Saying something kind to myself
-  Trying again when something was hard
-  Asking for help when I needed it
-  Doing something I enjoy
-  Doing something creative (drawing, writing)
-  Spending time with others
-  Helping others
-  Learning something new
-  Calming my body (breathing, resting)
-  Noticing things around me
-  Spending time outside
-  Doing something just for me!

Total number of actions:



ACTION

FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.



MENTAL
HEALTH
AWARENESS
WEEK

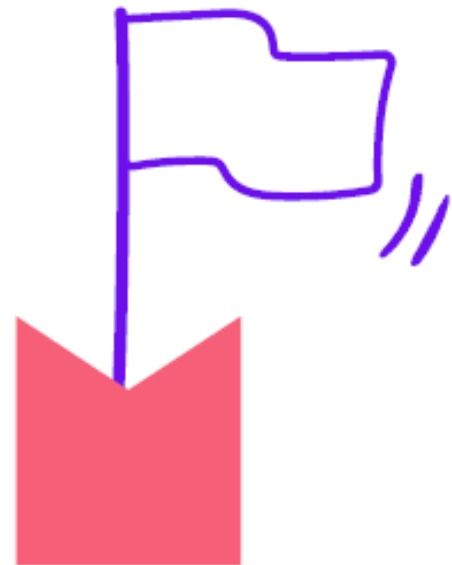
11-17 MAY 2026

Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

MENTAL HEALTH AWARENESS WEEK

3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



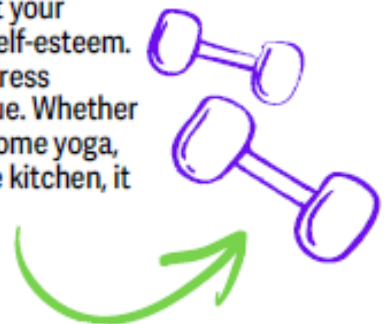
5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

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MENTAL HEALTH AWARENESS WEEK

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 9th April 2026 | [Register here](#)

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

13:30-15:00 13th 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 1st June 2026 | [Register here](#)

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

13:00-14:30 11th 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 17th June 2026 | [Register here](#)

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

10:00-11:30 23rd 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.

WELLBEING for Little Minds

Summer A 2026

SIMPLE IDEAS TO SUPPORT YOUR CHILD'S WELLBEING AT HOME

Issue 1



FOCUS: ROUTINES & SLEEP

CREATING CALM, PREDICTABLE DAILY HABITS

This half term, we're focusing on routines and sleep - two key areas that have a big impact on children's wellbeing. Simple, consistent routines can help children feel calmer, sleep better and be more ready for the day ahead.



Routines

Research consistently shows that predictable, daily patterns help children feel safer, regulate their emotions more effectively and sleep better. When children know what's coming next, it reduces uncertainty and that reduces stress.

Why Routines matter

Children's brains are still developing the ability to manage emotions, attention and behaviour. Consistent routines support this by:

- **Reducing anxiety** - predictability lowers stress levels
- **Improving sleep quality** - regular sleep patterns support brain development
- **Supporting behaviour** - fewer power struggles when expectations are clear
- **Building independence** - children begin to anticipate and manage steps themselves

Even small, consistent routines can have a significant impact over time.

Predictable days create calmer children.

Reduce decision fatigue
 Too many choices can overwhelm children.
 Instead of: "What do you want to do now?"
 Try: "Now it's story time"

Use visual cues (especially for younger children)

- Picture charts
- Simple checklists
- "First this, then that" language.

Keep routines simple and repeatable
 Avoid overcomplicating. 3-5 clear steps are enough.

Use the same order every day
 It's the sequence that builds security - not perfection.

Give gentle warnings before transitions
 Children struggle with sudden change.

Stay calm and consistent
 Children test boundaries less when routines are predictable.
 Consistency matters more than strictness.

Where Routines matter most

Focus on the key pressure points in the day:

Morning routine Sets the tone for the whole day. Example: <ul style="list-style-type: none"> • Wake up • Get dressed • Breakfast • Brush teeth/wash face • Leave Children who know this sequence are less likely to feel rushed or overwhelmed.	After School routine Helps children decompress and relax. Example: <ul style="list-style-type: none"> • Snack • Rest/quiet time • Homework (if applicable) • Play This transition time is often overlooked, but is important for emotional regulation.	Bedtime routine Strongest link to wellbeing and behaviour. Example: <ul style="list-style-type: none"> • Bath or wash • Pajamas • Story • Cuddles • Lights out A consistent bedtime routine signals to the brain that it's time to wind down.
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Silly School Education



Sleep

A good night's sleep helps children feel more settled, manage their emotions and cope better with the demands of the day. It also supports attention, learning, memory and behaviour, which is why sleep is such an important part of children's overall health and development.

♥ What Really helps

Good sleep supports mood, behaviour and learning. What helps most:

- A regular bedtime and wake-up time
- A calm wind-down period before bed
- A predictable bedtime routine
- A low-stimulation environment in the evening



Children find it easier to settle when their brains and bodies have time to slow down before sleep.

Same time.
Same steps.
Same order.

Common Sleep Challenges and what helps

"They won't fall asleep"

Keep the routine the same each night. Consistency builds the habit.



Calmly return them to bed with minimal conversation.

"They keep getting out of bed"

"They're overtired"

Try an earlier bedtime. Overtired children often find it harder to settle.

A simple bedtime routine

Keep it short and consistent:

- Warm bath or wash
- Pyjamas and brush teeth
- Bedtime story
- Cuddles and check in
- Lights out

The exact activities matter less than doing them in the same order each night.

Try This at home

- Have a clear screen-off time each evening
- Avoid screens in the hour before bed
- Keep bedrooms screen-free at night where possible
- Replace screens with calm activities (stories, drawing, Lego)
- Use consistent language: "Screens off, wind-down time now"

Screen time: A Simple Approach

Screens are part of everyday life, but children cope best when screen use is predictable and limited - especially in the evening.

Using screens right before bed can make it harder for children to fall asleep, as it keeps the brain alert and delays natural sleep signals.



Practical things to try at home

For younger children

Morning **BINGO!**

What you need: Paper and a pen

Draw a simple 3x3 bingo grid and fill each square with a morning routine step e.g. get dressed, eat breakfast etc. Your child crosses off each square as they go. First to complete the row wins. A small, low-effort way to make mornings feel purposeful rather than pressured.

Teddy's Bedtime

What you need: A soft toy

Ask your child to put their favourite teddy or doll to bed - bath, pyjamas, story, lights out. Narrate the steps together as they go. Role play is a powerful way for young children to internalise routine without any pressure.



The Sleep Fairy Jar

What you need: A jar, craft materials, small notes

Decorate a jar together. Each morning that your child followed their bedtime routine, they add a small token or note. After a set number, celebrate with a small reward of their choosing. Builds positive association with the routine itself.

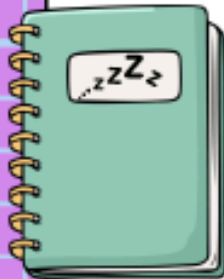


For older children

The Sleep Experiment

What you need: A simple notebook

For one week, keep a joint sleep diary - what time they went to bed, how they felt going to sleep and how they felt in the morning. No judgement, just noticing. At the end of the week, look at the results together. Children are often genuinely surprised by the patterns they spot themselves.



The Body Clock Investigation

What you need: Access to the internet or a library book

Challenge your child to find out how the body clock works. What happens in the brain when we sleep, why do we feel tired at certain times, what does a sleep cycle look like? Discuss what they found out. Turns sleep science into something genuinely interesting rather than a rule to follow.



For the whole family

Family Routine Board

What you need: A whiteboard, poster or chalk wall

Create a shared family routine display - morning, after school and evening - that everyone can see. Let each family member add their own section. Makes routines feel collaborative rather than imposed and reduces the number of reminders needed from adults.



Routine activities work best when they feel like something you do together, not something you do to your child.

Silly School Education



Supporting Sleep & Routines: Book Ideas



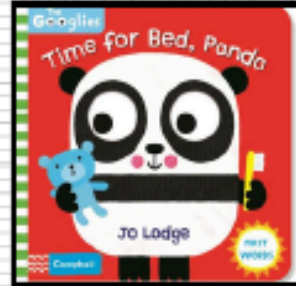
For children



Written using calming language designed to help children relax and drift off.



Helps children understand why their brain feels busy at night and gives calming strategies.



A simple, visual routine book showing each stage of getting ready for bed.



An interactive, mindfulness-based book that helps kids understand sleep and calm bedtime habits.



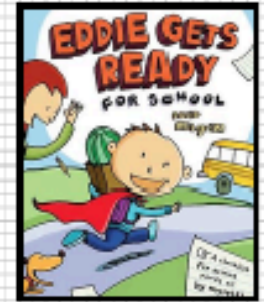
All about stepping out of your comfort zone mixed with a little humour.



Five simple stages of getting ready for bed, making the routine clear, predictable and easy to follow.



A fun, science-based bedtime book that explains what the brain does while we sleep.



A simple, reassuring story that walks children through a morning routine step-by-step.



For parents



Explains how sleep works and how routines support better sleep and behaviour.



A calm, reassuring approach to children's sleep with practical routines and strategies.




A practical, evidence-informed guide that helps parents understand children's sleep.



Silly School Education




Supporting Sleep & Routines: Websites

1  Practical sleep routines and advice


The Sleep Charity

Explains how routines support sleep and gives clear, realistic advice for common challenges like bedtime resistance and night waking.

2  Evidence-based sleep guidance


NHS

Trusted, evidence-based guidance on children's sleep, including how to build routines and what good sleep looks like at different ages.

3  Sleep and emotional wellbeing


Young Minds

Focuses on the link between sleep and emotional wellbeing. Helpful for understanding how poor sleep can affect mood, anxiety and behaviour.

4  Support for routines and behaviour


NSPCC

Offers broader parenting support, including routines, boundaries and creating a secure environment at home.

5  Advice on healthy digital habits

Internet Matters

Provides clear advice on managing screen time, especially before bed.

 **One Thing to Remember**

Routines don't need to be perfect, just consistent enough for your child to rely on them.

FACE WORKSHOPS



May 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
Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	28 May 7-8pm



PARENTING SUPPORT

FACE COURSES

FACE (Family Advice - Communication - Education) are offering several online courses for parents. These distance learning courses are designed for you to access and complete in your own time and are aimed at enhancing your existing skills and raising your confidence. Click [here](#) to find out more.

Online support courses for Parents



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Parenting Courses page
Email: info@facefamilyadvice.co.uk



PARENTING SUPPORT

SOMERSET PARENT/CARER FORUM

WISE UP WORKSHOPS



Somerset Parent Carer Forum offer a comprehensive programme of **WISE Up Workshops** (Workshops 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

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05 Autism & Toileting 12.30-14.30	06	07 Attachment & Trauma 18.30-20.30	08	09
10	11	12 Increasing independence & daily living skills over 12 years 10-12	13 Family wellbeing 10-12	14	15 Help your Neurodivergent child manage their Anxiety 10.00-12.00	16
17	18	19 How to talk to your young person about Neurodiversity 10.00-12.00	20 Tourette's 10.00-12.00	21 Smooth Starts: Supporting Your Child's Transition to a New School 12.30-14.30	22 Internal presentation of Autism 12.30-14.30	23
24	25	26	27	28	29 Sensory processing-Interception 10.00-12.00	30

WORKSHOPS RUN BY:

- Toileting- SPCF
- Attachment & Trauma- NeuroConnect
- Increasing Independence & daily living skills over 12 years- Bibic
- Family wellbeing- Platypus
- Help your Neurodivergent child manage their Anxiety- CYPNP
- How to talk to your child about Neurodiversity- CYPNP
- Tourette's- Tourette's Action
- Smooth Starts: Supporting Your Child's Transition to a New School - The Inclusion Service
- Internal presentation of Autism- Platypus
- Sensory processing- Interception- Neurodiverse training

LOCATION

Minehead	Langport	
Online	Highbridge	Glastonbury
Yeovil	Frome	



Click [**here**](#) to access the Mental Health Foundation's signposting to services and organisations that offer help and support directly to people with mental health problems.

- [Talk to Samaritans](#) ▼
- [Shout 85258](#) ▼
- [Rethink Mental Illness](#) ▼
- [Mind](#) ▼
- [CALM](#) ▼
- [Support specifically for Young People](#) ▼
- [Specialist Mental Health Services](#) ▼
- [Tell someone you can trust](#) ▼
- [Talking to your GP](#) ▼
- [Support for LGBTQ+ People](#) ▼

SIGNPOSTING TO SUPPORT

BE
THE CHANGE
YOU WANT TO SEE
IN THE
WORLD



A FINAL TAKE-AWAY...