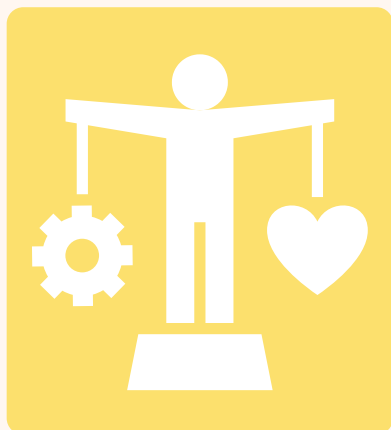




THE BALANCE BULLETIN



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

As we enter the final term of the year, we are looking forward to the busyness that the summer term brings with sports days, plays, school trips and transition events...all hopefully taking place with the sun shining! With the busy times and changes ahead, our Balance Bulletin this month focuses on:

- June's Action For Happiness theme
- Wellbeing in School events
- Wellbeing Tips for Parents
- MHST webinars
- 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.*

JUNE 2026

This month's calendar from **Action for Happiness** is full of ideas for finding ways to **look for the good around us** - one small moment, one kind action and one grateful pause at a time.

Life can feel heavy at times, but there are still good things all around us: moments of kindness, beauty, joy and connection. When we notice and appreciate them, we feel more resilient and hopeful.

Joyful June 2026

MONDAY

1
Decide to look for what's good every day this month

8
Find joy in music: sing, play, dance, listen or share

15
Look for something to be thankful for where you least expect it

22
Watch something funny and enjoy how it feels to laugh

29
Share a friendly smile with people you see today

TUESDAY

2
Say positive things in your conversations with others

9
Ask a friend what made them happy recently

16
Speak to others in a warm and friendly way

23
Create a playlist of uplifting songs to listen to

30
Make a list of the joys in your life (and keep adding to it)

WEDNESDAY

3
Re-frame a worry and try to find a helpful way to think about it

10
Bring joy to others by doing something kind for them

17
Take time to notice things that you find beautiful

24
Bring to mind a favourite memory you feel grateful for



THURSDAY

4
Take a photo of something that brings you joy and share it

11
Eat good food that makes you happy and really savour it

18
Look for something good in a difficult situation

25
Show your appreciation to people who are helping others



FRIDAY

5
Think of 3 things you're grateful for and write them down

12
Write a gratitude letter to thank someone

19
Get outside and find the joy in being active

26
Make time to do something playful, just for the fun of it



SATURDAY

6
Get out into green space and feel the joy that nature brings

13
Take a light-hearted approach. Choose to see the funny side

20
Rediscover and enjoy a fun childhood activity

27
Be kind to you. Do something that brings you joy



SUNDAY

7
Do something healthy which makes you feel good

14
Share a happy memory with someone who means a lot to you

21
Send a positive note to a friend who needs encouragement

28
Notice how positive emotions are contagious between people



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 **Growing and Changing**.

Children will be learning about the physical and emotional changes that happen to their bodies as they grow older, including changes at puberty and how to approach this with confidence.

Information was sent home via ParentMail last term to inform you of the content and vocabulary taught within your child(ren)'s year group, along with an accompanying parent leaflet.

SCARF choose not to offer home activities for this unit in the same way as we have shared for other themes because conversations about our bodies, puberty, and sex tend to come up as part of everyday family life. Various opportunities to talk to our children can arise when we're watching TV, listening to the radio, or when children are trying to make sense of their own bodies or relationships with others.

Click [here](#) to links to useful websites and books (for both children and parents!) to support you in your conversations around puberty at home.

Enrichment

Mr T, our AP (Alternative Provision) teacher, will also be leading an assembly on **Respect for All** as part of our programme for mental health and wellbeing. He is also planning to lead **'masterclasses'** as part of a special themed health and wellbeing day...watch this space!

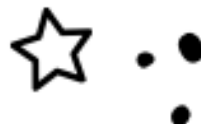
WELLBEING IN SCHOOL



World Cup Wellbeing Challenge



☐ Watch a match with someone you care about.	☐ Learn one fact about a country in the World Cup.	☐ Try a new food from a country in the tournament.	☐ Design your own World Cup shirt.	☐ Spend 10 minutes away from screens after a match.	☐ Tell someone why they're a great teammate.	☐ Draw or write your favourite World Cup moment so far.
☐ Draw the World Cup trophy and fill it with things you're grateful for.	☐ Create your own World Cup team using people who support you.	☐ Learn how to say "hello" in another language.	☐ Design the next World Cup trophy.	☐ Write about your favourite player and why you admire them.	☐ Look around you and find 5 things that match your team's colours.	☐ Create a fan banner for the next match.
☐ Give someone a team talk for someone who needs it.	☐ If your team loses, write down 3 things you still enjoyed.	☐ Write down 3 strengths you'd bring to a World Cup team.	☐ Take a "half-time pause" and stretch your body for 60 seconds.	☐ Draw a football and fill it with everything you love about the game.	☐ Watch a match and spot an act of good sportsmanship.	☐ Find one thing you admire about a team you don't support.
☐ Choose your Player of the Match from your own life this week.	☐ Watch a match and spot a player who never gives up.	☐ Watch a match and find a moment of teamwork.	☐ Tell someone your favourite moment from today's match.	☐ Choose a team you don't usually support and cheer them on for one match.	☐ Match not going to plan? Wiggle out the tension!	☐ When your team misses a chance, take a deep breath.



© Be Happy Resources

The World Cup is an exciting time for children. Whether they're cheering on their favourite team, celebrating goals or coping with disappointment when results don't go their way, football can bring some very big emotions!

This **World Cup Wellbeing Challenge** is packed with fun football-themed activities that encourage resilience, gratitude, kindness and positive thinking. to help children explore the World Cup while supporting their emotional wellbeing.

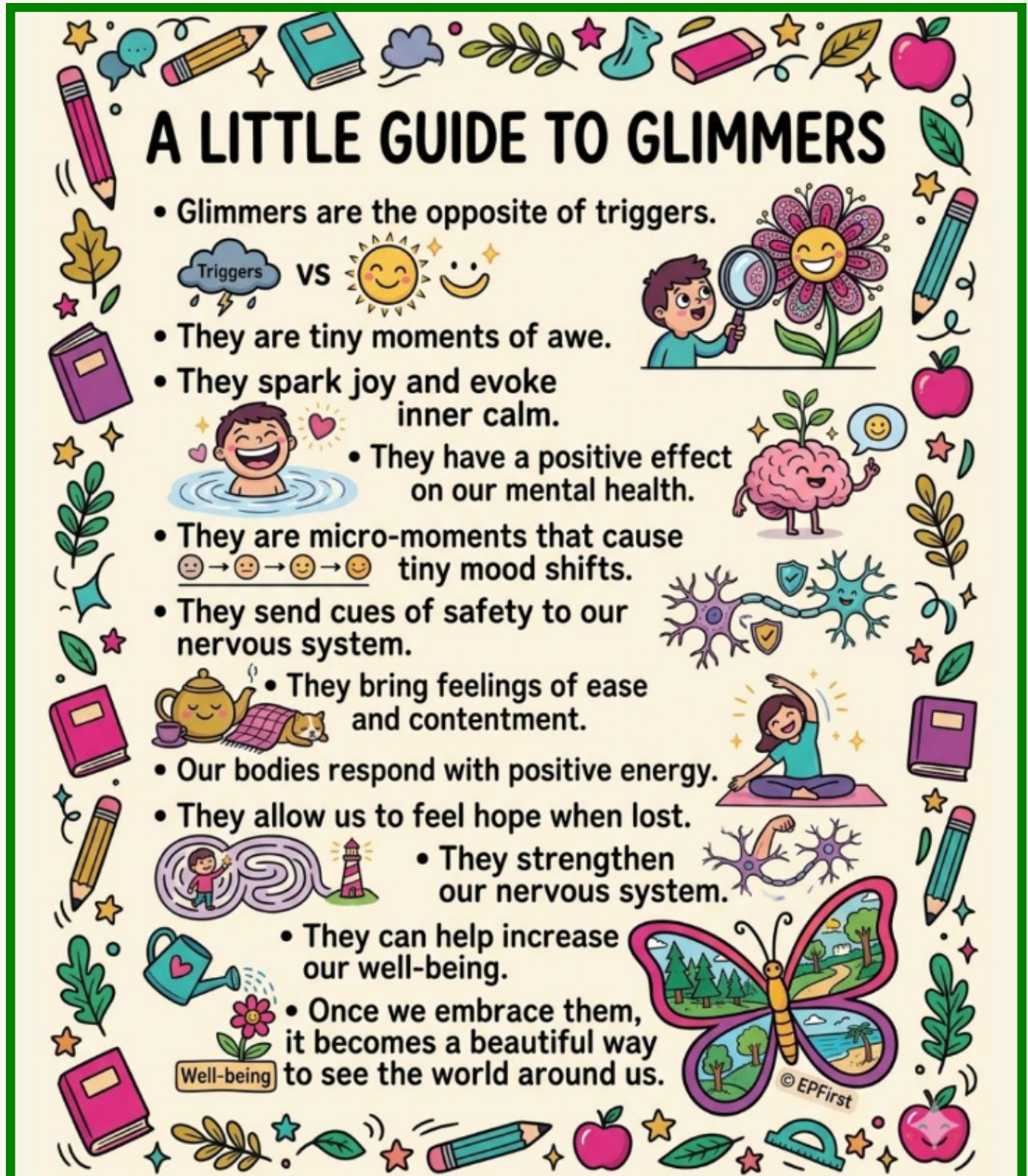
They can choose 10 challenges to complete, or go ahead and complete all 28 to become a true World Cup Wellbeing Champion!



We hear the word "trigger" all the time, but have you ever heard of a **Glimmer**? If triggers send cues of danger to our brain, glimmers do the exact **opposite**! They are tiny micro-moments that send cues of safety to our nervous system. When we train ourselves and the children in our care to look for glimmers—like a beautiful sunset, a warm cup of tea, or a quiet moment of awe—we actively help to:

- ✨ Cause tiny, positive mood shifts ✨ Evoke inner calm and ease
- ✨ Strengthen our nervous system over time

Check out the "**Little Guide to Glimmers**" below to learn more about how spotting these tiny moments of joy can increase our overall well-being!







FREE

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.

Wednesday 24th June 2026 5pm to 7pm
Book your space by contacting the school office
And/or completing the QR Code



Evercreech Primary School
Paradise Cres, Evercreech, Shepton Mallet BA4 6EH

www.youngsomerset.org.uk      @youngsomerset





FREE

Confident Parents – Helping Your Child to Meet Everyday Challenges with a Focus on Transitions

TOPIC: Anxiety and Low Mood

This is a 2 hr workshop facilitated by MHST. It is an opportunity to meet other parents and share common concerns about transition. We talk about the signs and symptoms of everyday anxiety and low mood. We discuss some do's and don'ts and share hints and tips on how to support your child to make a successful transition. Tea, coffee and biscuits provided.

Thursday 9th July 2026
5pm – 7pm
To book a space contact the school office or use the QR code



Evercreech Primary School
Paradise Cres, Evercreech, Shepton Mallet BA4 6EH

www.youngsomerset.org.uk      @youngsomerset

MHST WORKSHOPS

We are pleased to share that we have two new dates for the postponed MHST Parent Workshop on Anxiety and Low Mood - thank you to everyone that responded to our 'scheduling survey' to help us plan these. MHST are kindly offering two different dates for these sessions:

Wednesday 24th June at 5:00pm
Thursday 9th July at 5:00pm

Both workshops will cover the same core topic, but the second one (9th July) will also include bonus content on supporting your child through the transition to secondary school.

Please see the attached posters for more information and click [here](#) to sign up.

As before, we do need a minimum number of people signed up for the workshops to go ahead, so do please register if you intend to come.

Thank you for your support!

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 Somerset & Somerset MHF Foundation Trust

Details of topics and dates on the following
pages.



PARENTING SUPPORT

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:

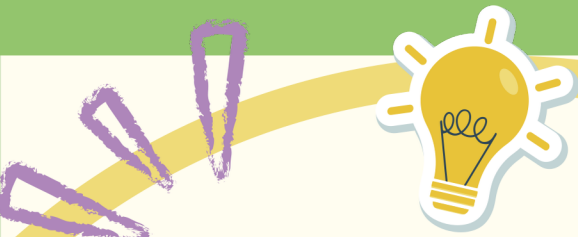
NAVIGATING THE
ROLLERCOASTER OF
STARTING A NEW SCHOOL

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.

FACE WORKSHOPS



June 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

Understanding Anger	1 June 10am
School Anxiety	1 June 7pm
Facing Defiance	2 June 10am
Supporting Healthy Screen Use	2 June 7pm
Anxiety Explained	8 June 10am
Cannabis & Ketamine Awareness	8 June 7pm
Introduction to OCD	9 June 10am
What is ACT?	9 June 7pm
Decreasing Depression	15 June 10am
Raising Self-Esteem	15 June 7pm
Understanding the Teenage Brain	16 June 10am
Supporting Healthy Sleep	16 June 7pm
Improving Family Communication	22 June 10am
Autism-Improving Communication	22 June 7pm
Supporting a Child with ADHD	23 June 10am
Understanding Addictive Behaviour	23 June 7pm
ADHD and Homework	25 June 7-8pm



PARENTING SUPPORT



family
lives



Wellbeing tips for parents

Find out how we
can support your
wellbeing



QUICK TIP

Adding self-care into a
daily routine, even if it is
just 10 minutes a day, can
help you feel recharged

WELLBEING TIPS FOR PARENTS

Prioritising your wellbeing

Being a parent can be a rewarding and joyful experience but it can also bring about some challenges. It is often the case that parents put the needs of their children before they take care of themselves, but this is something that should go alongside each other, side by side. It can be difficult to give our all to our family if we are feeling exhausted. Looking after yourself and recharging your batteries is key in helping you and your family feel happier, confident and build stronger relationships.

Find something that you enjoy doing and that helps you feel calm. Whether it is exercise or crafts, doing something for you can help you feel good.

Treating yourself and looking after yourself isn't being selfish. It's being aware that you're important too and deserve to be cared for just as much as anyone else.



Feeling overwhelmed

It's easy to be overwhelmed by everyone's needs in a family, all competing in their different ways for your attention and care. Everyone's cup can get emptied very quickly and sometimes never be filled up again. If you're running on empty, you have nothing to give to yourself and nothing for the other important people in your life. This can leave you feeling drained, low and empty.

Managing anxious feelings

If we are feeling anxious and low, we may not have the motivation to do simple things such as get ourselves and our children ready for the day ahead. Understanding your triggers can help you manage your anxiety. Once you have identified your significant triggers, ask yourself what is the ideal outcome? What steps can you take to work towards your ideal outcome and who can you ask for help, if need be? Being active or spending time in nature can be incredibly helpful and reduce the intensity of the anxiety. Eating regularly and sleep can help you better cope with stress and worry.



Making time for yourself

Work out what helps you and set aside certain times in the day and week to fill your cup. If you're having difficulty setting aside that time, ask yourself what gets in the way? All sorts of things can get in your way, either practical or emotional.

Practical barriers may be lack of time or money, or anxieties about what your kids may get up to if you went out. Emotional barriers may be negative beliefs about your entitlement such as "I don't deserve it" or feelings of guilt.

Once you've identified the barriers, talk them through with the whole family to seek a solution. Letting other people know directly and clearly what you would enjoy and what we would like. "I" messages are an important tool in helping us to get our needs met, for example, "I would like you to help me with the chores".

REDUCE PRESSURE



If you don't want to do something, give yourself permission to say no. Friends and family will understand.

FRIENDSHIPS



Spend some quality time with friends that make you feel good. Ones that respect and understand the challenges you face.

HOBBIES



Find something that you enjoy doing and that helps you feel calm. Whether it is exercise or crafts, doing something for you can help you feel good.

GO OFFLINE



Being on social media can be overwhelming. Taking some time away can help you refocus and clear your mind.

SELF-CARE



Self-care should be an essential part of your daily routine. Maybe a good book, a nice walk or some meditation can be the tonic you need.

FEED YOUR SOUL



Eating nutritious meals is very important for your wellbeing. It can give you much needed energy and be healthier for you and your family.

Time for you

Sometimes we need to give ourselves permission to relax or treat ourselves. Even very small things we can do for ourselves can help us. The benefits will be that we relax, charge our batteries, feel better about ourselves and our family, feel better about life and more able to cope. Nurturing ourselves helps us take better care of our children. Sit down and work out what might really help you.

Questions to ask yourself

- How does it feel to think of meeting your own needs?
- What are the things you enjoy doing just for you?
- When did you last do them?
- How could you arrange to do them more often?

Bubble vision is a visualisation exercise to help you manage stress and overwhelming feelings and creating a stress-free zone for yourself. Follow the steps below.

- Make yourself comfortable and close your eyes.
- Take a few deep breaths and let them out slowly.
- Imagine yourself surrounded by a bubble that protects you. Be aware of all the demands on your life.
- Now, as you breathe out, feel yourself gently making your bubble bigger, pushing back all these demands.
- Every time you breathe out, make your bubble a bit larger until you feel comfortable.
- When you are ready, open your eyes and see your surroundings.
- Be aware of the bubble space that you have created around you.
- Whenever you want to, go back into the bubble, and relax.



Banishing the guilt

Treating yourself and looking after yourself isn't being selfish. It's being aware that you're important too and deserve to be cared for just as much as anyone else. Self-awareness means being in touch with our feelings and needs, it doesn't mean not caring about other people. The better you feel, the better you can help other people feel too. You owe it to, yourself, your family and the others in your life to do things - even small things - to make yourself feel good. Every little treat helps to fill your cup so you've got something to give out.

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** (**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

WORKSHOPS RUN BY:

- Understanding & supporting behaviour- Link LDA
- Understanding sensory processing- Bibic
- Empowering parents: Building strong SEN partnerships with schools- The inclusion service
- Social stories- SPCF
- Sensory processing- Vestibular & proprioception- Neurodiverse training
- Attachment through a Neurodiverse lens- NeuroConnect
- Increasing independence for children up to 12 years- Bibic
- Sleep differences in Neurodivergent young people- CYPNP

LOCATION

Wellington	Langport	Bridgwater
Online	Cheddar	
Wincanton	Shepton Mallet	

JUNE

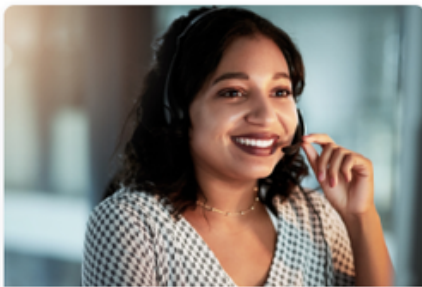
SUN	MON	TUE	WED	THU	FRI	SAT
31	01	02	03	04	05	06
07	08 Understanding & supporting behaviour 10.00-12.00	09	10 Understanding sensory processing 10.00-12.00	11 Empowering parents: Building strong SEN partnerships with schools 12.30-14.30	12	13
14	15 Social stories 10.00-12.00	16	17	18 Sensory processing- Vestibular & proprioception 18.30-20.30	19	20
21	22 Attachment through a neurodiverse lens 18.30-20.30	23	24	25 Increasing independence for children up to 12 years 10.00-12.00	26	27
28	29 Sleep differences in Neurodivergent young people 12.30-14.30	30				

FAMILY SUPPORT - WISE UP WORKSHOPS



How we can help

Coram Family Lives services are free to access and here to support you with parenting and family challenges. Get one-to-one support through our [free helpline on 0808 800 2222](#), [live chat](#) or message us via WhatsApp on 07441 444125 to connect with experienced professional family support workers and highly-trained volunteers. Take one of our [self-guided online parenting courses](#) to learn skills to help you in your family life. Find out more about the different services we offer below.



Confidential parenting helpline

[Read more](#)



Live online chat

[Read more](#)



WhatsApp Support Service

[Read more](#)

Coram Family Lives

Coram Family Lives provides targeted early intervention and crisis support to families. If you need to talk, they're here to listen.

Coram Family Lives understand that family life and parenting can be challenging, and know that the right support at the right time can make all the difference. They offer a comprehensive range of resources, including a national helpline, online chat, WhatsApp and email support service. They also have a wealth of online advice articles and a wide range of free online parenting courses.

Click on the image to go directly to their contact page.

SIGNPOSTING TO SUPPORT

You can't
pour from an
empty cup.



Normalise taking care of yourself,

just as much as
you take care
of others.

Your well-being
is not selfish,
it's necessary.



When you
take care
of yourself,
you...

- ☒ have more energy
- ☒ think more clearly
- ☒ manage stress better
- ☒ show up fully
- ☒ create a better life



It's okay to...

- ♥ rest
- ♥ say no
- ♥ set boundaries
- ♥ choose you



Be kind
to yourself.



You
matter.
You deserve
care too.



Rest is productive. ♥ ♥

Boundaries are healthy. ♥

Self-care is self-respect. ♥

A FINAL TAKE-AWAY...