

# Wellbeing Newsletter

Autumn 1 – October 2026

## World Mental Health Day

Our school will be taking part in "Hello Yellow" on Friday 9th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health.

We'll be taking part by having a mufti day and finding something yellow, to wear loud and proud!

To donate,  
please click  
here

**YOUNGminds**

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children.

This includes:

- Online Resources
- A phone line, open 9.30am-4pm  
0808 802 5544
- An online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health

## October's FACE Workshops

Are now available book!

More details can be  
found in  
your  
emails!

| FACE October Timetable                                                                                                                                                                                                          |             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| All regular sessions delivered via zoom, 50 minutes long<br>£24 each or FREE with School Membership<br>Book online at <a href="https://bookings.faceworkshops.co.uk">faceworkshops.co.uk</a><br>Bookings available for 48 hours |             |
| Raising Self-Esteem                                                                                                                                                                                                             | 5 Oct 10am  |
| Supporting Healthy Sleep                                                                                                                                                                                                        | 5 Oct 7pm   |
| Decreasing Depression                                                                                                                                                                                                           | 6 Oct 10am  |
| Introduction to OCD                                                                                                                                                                                                             | 6 Oct 7pm   |
| Improving Family Communication                                                                                                                                                                                                  | 12 Oct 10am |
| What is ACT?                                                                                                                                                                                                                    | 12 Oct 7pm  |
| Understanding Addictive Behaviour                                                                                                                                                                                               | 13 Oct 10am |
| Supporting a Child with ADHD                                                                                                                                                                                                    | 13 Oct 7pm  |
| Understanding Anger                                                                                                                                                                                                             | 19 Oct 10am |
| Understanding the Teenage Brain                                                                                                                                                                                                 | 19 Oct 7pm  |
| Supporting Healthy Screen Use                                                                                                                                                                                                   | 20 Oct 10am |
| Autism: Improving Communication                                                                                                                                                                                                 | 20 Oct 7pm  |
| FREE - ADHD and Homework                                                                                                                                                                                                        | 22 Oct 7pm  |
| Facing Defence                                                                                                                                                                                                                  | 26 Oct 10am |
| Cannabis & Ketamine Awareness                                                                                                                                                                                                   | 26 Oct 7pm  |
| School Anxiety                                                                                                                                                                                                                  | 27 Oct 10am |
| Anxiety Explained                                                                                                                                                                                                               | 27 Oct 7pm  |

## Key Dates

Black history month

International Walk to school month

1st - National Poetry Day

10th - World Mental Health Day

Important  
Dates

## Recommended Reads



Chosen to mark Mental Health Day this month, Everybody Has Feelings by Jon Burgerman is a wonderful picture book that explores many of the different emotions

experienced by young children. The bright and bold illustrations explore feelings such as joy, sadness, excitement and anxiety that the characters experience as they go through the day. This book will be on display in the library with other similar title

Shirley Hughes's classic poetry collection Out and About: A First Book of Poems is chosen to mark National Poetry Day. First published in 1988 and still in print, the poems in this beautifully illustrated book are arranged by season, with Katie, and her little brother Olly experiencing all types of weather and enjoying being 'out and about'. Highly recommended! Look out for a range of poetry books on display in the library this month.



Mrs Hampshire, Librarian

Laura Gradidge  
Family Wellbeing Coordinator  
01794 322201  
[L.gradidge@UWINAT.co.uk](mailto:L.gradidge@UWINAT.co.uk)

