

Wellbeing Newsletter

Autumn 1 – September 2026



Welcome Back!

We hope that you all had a wonderful summer break and a very warm welcome to all our new families that have joined us at Awbridge School!

Wellbeing and positive mental health continue to be a priority for us at Awbridge Primary School. We would therefore like to share what we have on offer to all parents and carers across our schools for this next academic year!

Our BRAND NEW FAMILY SUPPORT & WELLBEING MENU

Autumn Term Family Support and Wellbeing Menu 2026/27	
For Parents/carers	For Children
'Supporting your Child with Anxiety' Workshop Thursday 1st October 9.15-10.45am At Hatherworth Managing Behaviours' Workshop Wednesday 14th October 9.15-10.45am At Wellow Parenting Puzzle Workshops (4 Week Programme) Thursday 5th, 12th, 19th and 26th November 1-3pm At Wellow NOW Conversations' Workshop Tuesday 1st December 1.45-3.15pm At Hatherworth	Hello Yellow Day - Children's Mental Health 9th October All schools CARE Workshops for Y5/Y6 Monday 2nd, 9th, 16th, 23rd November 1.15-2.15pm At Awbridge Odd Socks Day - Anti-bullying and celebrating individuality Monday 16th November At all schools *All parents/carers welcome to other school parent events

This timetable (attached) shows all support available, that can be accessed independently and also alongside school staff or other families.

If you wish to find out more or book onto anything advertised then please contact Mrs Gradidge via email:

L.gradidge@uwinat.co.uk

Key Dates

15th-21st - National Inclusion Week

21st - World Gratitude Day

24th - National Fitness Day

Recommended Reads

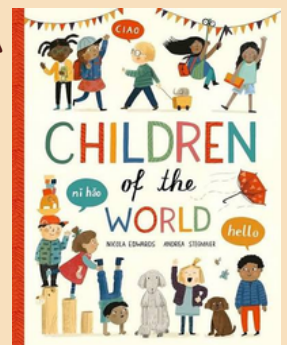
Chosen by our school Librarian, Mrs Hampshire!



Who Are You? by Smriti Halls, and illustrated by Ali Pye, is a lovely, bright picture book chosen to mark National Inclusion Week this September, and to tie in with reception children's topic this term, 'All About Me'.

This rhyming book encourages children to think about themselves, and their place in the world, and to think about other families and friends similar or different to their own.

Children of the World by Nicola Edwards, and illustrated by Andrea Stegmaier, is a fascinating book for children from Year 1 upwards that contains such interesting information about different children around the world, looking at how they live their lives at home and in the wider world.



For example, what they eat, the language and words they use, the homes they live in, and how they travel, play and celebrate. A wonderful, informative, and inclusive book!

'Both books are available to borrow in the library and will be on display with similar titles - Mrs Hampshire, Librarian'.

Please note: I am available if you ever feel like a drink and a chat in my room. Little ones are always welcome!

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