

Wellbeing Newsletter September 2025



We hope that everyone enjoyed a happy and restful Summer break. We look forward to welcoming you all back for another exciting academic year!



Use the QR code to access the Hampshire Back to Basics advice leaflet focusing on 5 ways of wellbeing: **Connect**, **Be Active**, **Keep Learning**, **Give** and **Take Notice**.



As we welcome the children back to school, we will be thinking about the importance of self-care, and what this can look like both in the classroom and at home.

Helping your child back to school

Plan ahead together - try using pictures...

...the morning routine, their uniform, the journey to school

Focus on what you both can do

Not everything will be different - the staff, building and some routines will still be familiar

Give praise when they talk about a worry

It's OK to feel worried about change - let them know that!



For more information, please see our school website:
<https://www.lockerleyprimary.co.uk/family-support-team/>

SELF-CARE BINGO KIDS EDITION

READ 	PLAY A GAME 	WATCH A MOVIE 	HUG SOMEONE 	Drink water
BE KIND 	READ 	WRITE 	DANCE 	HAVE FAMILY TIME
HAVE FUN 	TAKE A NAP 	FREE 	BUILD 	GO FOR A WALK
LISTEN TO MUSIC 	DO A PUZZLE 	DO EXERCISE 	EAT HEALTHY 	HAVE A COOKIE
DO NOTHING 	TAKE CARE OF YOUR PET 	TAKE A BRAIN BREAK 	ASK FOR HELP 	SING

Important Dates

8th - International Literacy Day
19th - Talk Like a Pirate Day!
21st - UN International Day of Peace
22nd - 28th - Recycle Week
26th - National Doodle Day

Self-Care September 2025



ACTION FOR HAPPINESS

Happier • Kinder • Together

MONDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

TUESDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

WEDNESDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



THURSDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



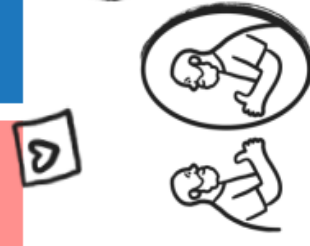
FRIDAY

5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents



SATURDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans



SUNDAY

7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

