



# Mental Health & Well-being Newsletter - June 25

Prioritising mental health in June!



*There is a reason for every behaviour.*



The six developmental strands are:

1. Learning to be 0-6 months (Being)
2. Learning to do 6-18 months (Doing)
3. Learning to think 18 months - 3 years (Thinking)
4. Learning to be powerful and have an identity 3-7 years (Power and identity)
5. Learning to be skilful and have structure 7-11 years (Skills and structure)
6. Learning to be independent and secure in your sexual identity 11-18 years (Separation and sexuality)

Let's help every child **thrive**

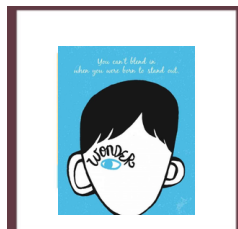


To find out more about Child Accident Prevention Week, please visit <https://capt.org.uk/child-safety-week/>

## Book Recommendation

Wonder

by R J Palacio



Wonder follows Auggie as he experiences more than the usual ups-and-downs of friendships, family and school. The story is also told from the perspective of other characters, providing glimpses into their own behaviour and exploring the impact our actions can have on others.

Thought-provoking, engaging and uplifting, this is a wonderful read with a powerful message - we can all choose to be kind.



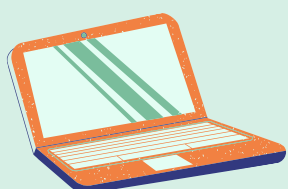
At our academy we celebrate inclusivity, diversity and difference, everyone is welcome.



# MENTAL HEALTH AWARENESS WEEK



During this year's Mental Health Awareness Week, we have been celebrating the impact of the Thrive Approach across our academy by opening our new thrive space. An increasing number of children have been accessing the room during the day so we decided to move to larger surroundings. The vision is that by showcasing the power of school community and supporting attitudes, it helps us all take care of our mental health.



Visit our academy website

[www.norbridgeacademy.org.uk](http://www.norbridgeacademy.org.uk)



# Joyful June



Joyful June 2025

SUNDAY

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

MONDAY

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)

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." Roald Dahl - The Twits



centreplace

talkzone

If you're looking for a supportive group where you can meet other parents and carers and share your worries, Talkzone might be the place for you.

SUPPORTIVE & SAFE



# PARENT SUPPORT GROUP



MEETING MONTHLY

Centre Place,  
Abbey Street,  
Manton, S80 2LA

Friday 20<sup>th</sup>  
June

9.30 -  
10.30am

OF CHILDREN UPTO AGE 25



Drop  
In



Call 01909 479191

Email: [talkzone@centreplace.org.uk](mailto:talkzone@centreplace.org.uk)

Website: [www.centreplace.org.uk](http://www.centreplace.org.uk)



# SAFEGUARDING TEAM

If you are feeling sad, upset, hurt or scared  
or would just like to talk to somebody  
- you can ALWAYS talk to any member of staff.

Are you  
worried about  
anything?

Is something  
making you  
unhappy?

Is someone  
being unkind?

Who  
can help?

Senior Leadership Team,  
Teachers, Teaching Assistants,  
Office Staff,  
Lunchtime Staff

## Your Safeguarding Team



Miss R. Jackson  
Senior  
Safeguarding Lead



Mrs S. Townsend  
Deputy  
Safeguarding Lead



Mrs E. Williams  
Designated  
Safeguarding Lead



Mrs L. North  
Designated  
Safeguarding Lead



Mr S. Machin  
Designated  
Safeguarding Lead



Mrs K. Whittington  
Designated  
Safeguarding Lead  
DT for LAC Children