

Mental Health & Well-being Newsletter - December 25

Prioritising mental health in Winter



Health & well-being

Teach children how to listen to their bodies - encourage interoceptive awareness to understand body signals and model the language of emotions.

Help children navigate the overload of information - illustrate how children can apply their critical thinking to every day life by discussing their decision making.

Promote good physical health - sleep, nutrition, activity and education are all positive contributors to regular routines and regulation.

HAF - Holiday activities and food



Who is eligible?

HAF programme is open to children and young people aged between 5 and 16 years (age 4 if in F2) and receiving benefits-related free school meals. Please note, this is different from the universal infant free school meals that children receive in reception, year 1 and year 2.

To book your place please visit
<https://eequ.org/hafnottinghamshire>

Missed the flu vaccine at school?

Call Intrahealth on 0333 358 3397 option 4 followed by option 2 to make an appointment or find out about a catch up service near you.

Visit our academy website



www.norbridgeacademy.org.uk

E-Bikes & E-Scooters

How many children have an E-Bike or E-scooter at the top of their Christmas list this year?

Police forces are strongly encouraging parent/carers to think carefully about purchasing these vehicles - that children are not legally allowed to drive.

Safety warnings come from a place of public and physical health and can alert us to putting lives, places and properties at risk by charging the vehicles at home and accidentally starting a fire.

For those still tempted to buy a vehicle it is important to understand the laws around using them.

<https://www.gov.uk/electric-bike-rules>

<https://www.gov.uk/electric-scooter-rules>

Educating children is also necessary as there have been many accidents involving children in our local area. Please see below.

<https://www.bbc.co.uk/news/articles/cg4206yn3x9o>

<https://www.bbc.co.uk/news/articles/cj9jd4v4y19o>

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KINDNESS DECEMBER



December Kindness 2025

MONDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

TUESDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2026

THURSDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

SATURDAY

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

SUNDAY

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy



ACTION FOR HAPPINESS

Happier · Kinder · Together



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



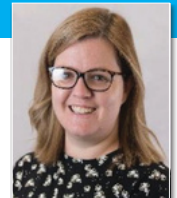
Mrs E. Williams
Designated
Safeguarding Lead



Mrs L. North
Designated
Safeguarding Lead



Mr S. Machin
Designated
Safeguarding Lead



Mrs K. Whittington
Designated
Safeguarding Lead
DT for LAC Children