

Mental Health & Well-being Newsletter - February 26

Prioritising mental health & well-being
at Norbridge Academy



Children's Mental Health Week 2026

During this half term the children took part in Children's Mental Health Week: the theme this year - This is My Place.

Feeling that you belong is something that is very important to everyone at Norbridge Academy. Across the week, the children spent time participating in assemblies and thinking about their wellbeing.

Place2Be - Parent Support

Place2Be is a charity dedicated to improving children's mental health and it has an excellent website full of advice for parents. Here is a link to its [Parenting Smart Hub](#). This has over 50 articles and video clips on strategies to help with common parenting challenges including: Understanding Sibling Rivalry; My Child Says "I Hate You!"; My Child Pushes My Buttons and My Child Struggles With Change. This section offers further support and signposting links [Supporting My Child's Mental Health](#).



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>

Visit our academy website



www.norbridgeacademy.org.uk

Half term challenge!

Norbridge Self Care Challenge – look after your mental health by taking part in one of our daily challenges!

Day 1 – Write a diary of your day

- What did you do today?
- What do you appreciate about today?
- What made you smile today?
- Did anyone make you laugh today?

Day 2 – Meditate for 5 minutes or mindful minutes

- Find guided meditations – search guided meditation for children or download Headspace
- You could also try deep breathing exercises – these can be found online!
 1. Breathe in through you nose for 4 seconds
 2. Hold your breath for 4 seconds
 3. Breathe out through your mouth for 6 seconds.

Day 3 – Go for a 30-minute walk

When outside think about:

- What can you hear?
- What can you smell?
- What can you see?
- Did you notice anything that you haven't noticed before?

Day 4 – YOGA

Search online to find some child friendly yoga pages. Cosmic Kids Yoga is brilliant for children.

Day 5 – Call a friend

- Call a friend to just see if they're ok, have a chat and make each other feel good.

Day 6 – Read a book alone

- Take some quiet reading time for yourself today.

Day 7 – Mindfulness colouring

- Print off some mindfulness colouring sheets to colour in – try whilst listening to music.
- Draw your own mindfulness colouring sheet.

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Friendly February

Friendly February 2026

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today



23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Random Acts of Kindness Day - 17th February 2026

KINDNESS STARTS WITHIN.

Celebrate Random Acts of Kindness Day by focusing on the most important person in your life—YOU.

Take this day to reset, relax, and recharge so you're ready for your next call to action.

Whether it's spreading love to others or taking on your next big goal, a refreshed mind and heart make all the difference.

Here are some self-kindness ideas to inspire you:

- ♥ Take a deep breath and enjoy a moment of stillness.
- ♥ Unplug for an hour to do something you love.
- ♥ Write down three things you're proud of or grateful for.
- ♥ Rest, reset, and remind yourself it's o.k. to pause.

Let today be a reminder that *you are worth it.*
What will you do for YOU today?

RANDOM ACTS OF KINDNESS FOUNDATION™



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