

# Mental Health & Well-being Newsletter - April 26

Prioritising mental health & well-being  
at Norbridge Academy



## Physical Health

As the weather starts to improve children should be encouraged to reduce screen time and get out and about!

NHS guidance states children and young people need to do 2 types of physical activity each week: aerobic exercise and exercises to strengthen their muscles and bones. This should be completed for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week, through a variety of types and intensities of physical activity. This not only benefits children's physical health, but improves their mental health and wellbeing.

How can children complete 60 minutes of exercise a day?

- Walking and running
- Sports like football
- Swimming
- Skateboarding
- Gymnastics
- Jumping

This can be completed at home, at a club or in your local park! Children should take ownership of completing their daily exercise and can discuss how this makes them feel with an adult.

Please visit the NHS link for additional advice.

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

# what are the benefits of exercise?



## What are the benefits?

Regular physical activity plays an important role in supporting the mental health of both children and parents. Movement helps reduce feelings of stress, improves mood, supports better sleep, and builds focus and resilience.

For children, active play also boosts confidence and emotional regulation, while for parents it can increase energy and wellbeing. Finding simple ways to move together as a family can make activity feel enjoyable and achievable. Even short bursts of movement each day can have a positive impact on mental health. By making physical activity part of everyday family life, you are supporting emotional wellbeing and setting healthy habits for the year ahead.



# Family Support



How can parents and carers support this at home?

Movement doesn't need to be structured or competitive to be beneficial, short bursts of activity throughout the day still support mental wellbeing.

## Simple Ways to Add More Movement at Home

- Start or end the day with a short family walk or stretch
- Turn on music and have a 10-minute dance break
- Use active transport where possible, such as walking or riding a bike/scooter to school
- Set up an obstacle course in garden or living room
- Encourage outdoor free play after school and reduce screen time

## Fun Family Activities

- Weekend bike rides or park visits
- Ball games, skipping, or kicking a football together
- Set a move goal for the day, week or month

## Gentle Reminders

Children are more likely to stay active when adults join in and model enjoyment!

# PE at Norbridge Academy



## How do we support physical health at Norbridge Academy?

We actively support students' mental health and wellbeing through a strong focus on physical activity during PE lessons, at playtimes and through our extra curricular clubs. Our Physical Education program encourages participation, teamwork, and enjoyment of movement, helping students build confidence, resilience, and positive connections while staying active.

In addition, a range of extra curricular sporting and activity clubs provide further opportunities for students to engage in regular movement, develop new skills, and strengthen friendships in a supportive environment. Together, these programs promote healthy habits that support both physical and mental wellbeing and encourage a lifelong positive relationship with physical activity.

We welcome families to share any suggestions for future clubs or activities, as we value your ideas and partnerships in supporting the wellbeing of our students.

Do you know what my  
favorite part of the game  
is? The opportunity to play.

Mike Singletary

© Singletary

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

# Active April

Active April 2026

MONDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

TUESDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

WEDNESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

THURSDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

FRIDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

SATURDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

SUNDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes



ACTION FOR HAPPINESS

Happier · Kinder · Together

# North Notts Brick Show 2026

Event date 10am - 4pm, Saturday 20th June 2026

Venue - Outwood Academy Valley, Valley Road, Worksop, Nottinghamshire, S81 7EN

Organiser - Northern Brickworks.

<https://www.bricksmcgee.com/event/north-notts-brick-show-2026/>





# 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?

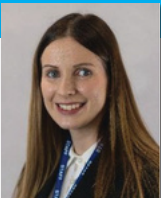
Is something  
making you  
unhappy?

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



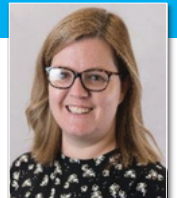
Mrs E. Williams  
Designated  
Safeguarding Lead



Mrs L. North  
Designated  
Safeguarding Lead



Mr S. Machin  
Designated  
Safeguarding Lead



Mrs K. Whittington  
Designated  
Safeguarding Lead  
DT for LAC Children