

Wellbeing Newsletter

SPRING 2026

Well-being is defined as the state of being comfortable, healthy, or happy. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and being able to manage stress.

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

As a school, we are committed to supporting the mental health and wellbeing of all our pupils.

For more information please speak with Ms Firman, our school Mental Health Lead.

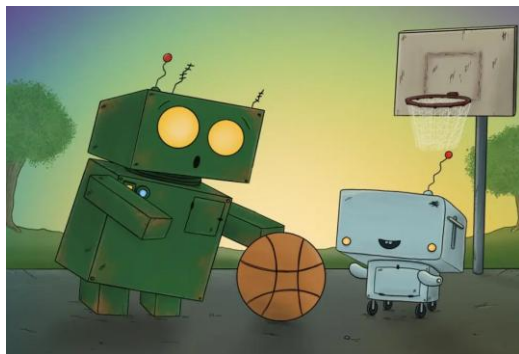
Jot the friendly robot emotional wellbeing tips for children

Suffolk County Council's Children and Young People's Engagement Hub Team, and JG Mind Doodles, in partnership with NHS Suffolk and North East Essex Integrated Care Board (ICB), has created a 'Jot the friendly robot' campaign to help support children with their wellbeing, as well as young people with learning difficulties.

Jot the friendly robot is an animated character that is being used in Suffolk to help start a conversation with children of primary-school-age (children aged 5-11 years old) about the importance of talking about our feelings when we feel sad or worried.

You can find out more about Jot here

[Jot the friendly robot emotional wellbeing tips for children - Suffolk County Council](#)



CHILDRENS MENTAL HEALTH WEEK

Children's Mental Health Week 2026 takes place from **9-15 February 2026**.

Created by Place2Be, the week focuses on empowering children and amplifying their voices.

The theme for 2026 is *This is My Place*. It explores the idea of belonging and what it means for children and young people to feel part of something - whether that is their family, their school or their friendships.

During Children's Mental Health Week, we'll be talking about how we can help everyone feel like they belong. We will share This is my Place activities so we can learn from each other what makes us feel happy. We'll learn how to be kind, include others, and make sure no one feels left out. Because everyone deserves to feel like they have a place where they are accepted, cared for, and loved.

PARENT AND CARER MENTAL HEALTH WORKSHOP PROGRAMME

The Parent Workshop Programme offers **free 1 hour Mental Health Workshops** for parents and carers, offering support, advice and guidance on how best to support a child or young person's emotional health and wellbeing.

This programme offers families a range of workshops, led by the [Psychology in Schools Team from Norfolk and Suffolk Foundation Trust \(NSFT\)](#). The Psychology in Schools Team is made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services.

PSYCHOLOGY IN SCHOOLS TEAM (PST) PARENT AND CARER WORKSHOPS - SPRING TERM 2026

Building Confidence and Managing Anxiety in Your Child Parts 1 & 2

For parents/carers of children or young people aged under 12. This is a two-part webinar and is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents/carers feel more confident in supporting their children and young people.

WORKSHOP DATES

[Book Monday 12 January 10:00am Part 1 Workshop](#) (Please also book Part 2)

[Book Monday 19 January 10:00am Part 2 Workshop](#) (Please also book Part 1)

Supporting your Child or Young Person (up to age 11) to Manage their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed.

WORKSHOP DATES

[Book Monday 26 January 13:00pm](#)

Supporting your Child or Adolescent (ages 12-18) with Low Mood

Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to make it difficult for our children and young people to do the things that are important to them. This can affect their relationships with others. For us as parents and carers it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

WORKSHOP DATES

[Book Tuesday 27 January 12:00pm](#)

Managing Exam Stress

A workshop for young people to provide guidance around exam season. It is very normal for exams and tests to lead to anxiety, stress, and worry. This workshop is designed for young people to attend to provide guidance around preparing for and coping with exam season.

WORKSHOP DATES

[Book Monday 16 February 12:00pm](#)

Supporting Your Child/Adolescent with Obsessive Compulsive Disorder (OCD)

This session covers: what OCD is, how it affects and impacts children and young people, how parents and carers can support their children/adolescents who might be struggling with OCD, and what further support is available.

WORKSHOP DATES

[Book Thursday 26 February 13:00pm](#)

Parenting and Anxious Adolescent – Parts 1 and 2

For parents/carers of children and adolescents who are aged 12 and above. This is two-part webinar is delivered by the Under 18s Wellbeing Team part of Norfolk and Suffolk NHS Foundation Trust. It will provide additional strategies and aims to further develop understanding of anxiety, so that parents and carers feel more confident in supporting their young people with anxiety.

WORKSHOP DATES

[Book Monday 16 March 10:00am Part 1 Workshop](#) (Please also book Part 1)

[Book Monday 23 March 10:00am part 2 Workshop](#) (Please also book Part 2)

Understanding and Supporting Your Child with Emetophobia

This workshop for parents and carers will explore the topic of emetophobia, the fear of being sick or seeing others be sick. The impacts of emetophobia can vary greatly for one child to another. This session will cover what emetophobia is and how it might present in children and young people. It will then consider effective strategies you can use to support your child or young person that might be experiencing emetophobia.

WORKSHOP DATES

[Book Monday 23 March 12:00pm](#)

Understanding and Supporting Your Child with Tourette's symptoms/TICS

This workshop, delivered by clinicians experienced in working with children and young people with Tourette's/Tics Disorder, will provide information about Tourette's and Tics in children and young people, dispel some common myths and give guidance on how you can best support your child/teenager as they negotiate the highs and lows of life with tics.

WORKSHOP DATES

[Book Tuesday 24 March 12:00pm](#)

BROWSE RECORDED WORKSHOPS YOU MAY FIND USEFUL

If you are unable to make a workshop date you can [view previous recorded workshops online](#).