

Friday 19th July 2024

FRIDAY POST

Our School Value: Respect

Do for other people the same things you want them to do for you. Matthew 7:12

Dear Families,

The summer holidays are upon us and the weather has finally improved!

Thank you to everyone who joined us for our church celebration this morning. It is always wonderful to gather together and celebrate all that the children have achieved over the last year. We also took time to say farewell to our fantastic Year 4 pupils. They are a wonderful group and we wish them all every success as they move to Penkridge Middle in September.

Today we also bid farewell to Mr Waters - after 13 years at St Leonard's, Mr Waters is retiring. We will all miss his artistic talent, musical genius and tales of years gone by! We know you will all join us in wishing Mr Waters well in his next chapter. Our parting message to him was summed up beautifully this morning in the pupils' wonderful rendition of 'Don't You Forget About Me'!

In addition to this, we said goodbye to two families who are re-locating over the summer and we also said thank you and goodbye to Mrs Alogu, who has been supporting Hedgehogs this half-term. We very much look forward to welcoming Mrs Jackson and Mrs Webb into school fully in September, and are grateful for the transition work they have done over the past few weeks. We also have appointed Mr Cole to the position of care taker, and look forward to him joining the team.

We also look forward to welcoming our new families into school on the other side of the summer - all of whom are receiving their first copy of the Friday Post today! We have much to look forward to as these new faces become part of the St Leonards family. Do look out for them at the gate in September - new starts are exciting but we all know how the nerves can kick in too.

Have a wonderful summer however you are spending it, and we look forward to welcoming you back in September.

Miss Phillips



Learn to Love, love to learn

St Leonard's First School & Nursery





Morning Club will be available from Wednesday 4th September from 8am for children in Rec-Y4. Just turn up no need to book.

Ark after school care will be available from Wednesday 4th September, please make sure you send in your booking form to Mrs Briganti. Thank you

Please note that clubs will not start until week commencing **Monday 12th September.**



Children are offered vaccinations in school to reduce their risk of becoming seriously ill from common illnesses like measles, polio, tetanus and more.

A series of pop-up, walk-in MMR vaccination clinics will be taking place across Staffordshire and Stoke-on-Trent over the coming weeks. The clinics are open to anyone (children and adults) who haven't had their second, or any, dose of MMR vaccine.

You need 2 doses for life-long protection from measles, mumps and rubella. You don't need to make an appointment at any of the below clinics:

Stafford:

Saturday 3rd August 10am-2pm – Milwich Village Hall ST18 OEG

Monday 5th August 10am-2pm – Family Hub, Faraday Road ST16 3NQ

Saturday 10th August 10am-2pm – North End Community Centre ST16 1JG

Wednesday 14th August 10am-2pm – Rising Brook Community Church ST17 9LT



Goodbye Mr Waters & Year 4, you will be missed!







Leavers 2024

Let us start at the very beginning,
A very good place to start!
Many years of good memories and stories,
But soon will be our time to part.

Jakey will always tell me,
He's been here since he was three!
While much has changed, and been re-arranged,
He says things get better each year!

Never far from his side we have Jenson,
His intellect always has shone,
Quick thinking and smart, leading team Oak with heart,
His leadership skills just begun!

Preston is a conscientious buddy,
Who also impresses with his study,
A talent for French, a thirst for learning to quench,
Bonjour, ca va, tres bien, merci!

Harrison, full of energy and cheer!
With a smile stretching from ear to ear,
Moving quick as a flash, without ever looking back,
We will really miss you round here!

Next Edie, a lover of animals and nature,
Over the years we have watched you grow braver,
Creative and smart, with a talent for art,
We know whatever comes next will make you greater!

Sophie, big-hearted and kind,
A more loyal friend, hard to find.
You always impress, we wish you every success,
Work hard and keep your values close beside.

On to Danny, a late addition to the team,
Your creativity and imagination a dream!
Our trusted office aide, you'll be missed every day,
We're glad you joined us; we think you're supreme!

Now to Elliot, full of talents a-plenty!
Being outdoors is where he is happy.
Climbing on high, sketching with his artistic eye,
Here's to adventuring and exploring greatly!

Trixie, always as cool as can be,
Thoughtful and deep, also pretty funny!
She dances and sings, and joy she always brings,
Here's to a future full of fun and always sunny!

Josh loves the study of history,
Fossils, archaeology, all past things a mystery!
He's also very brave, trying new things come what may,
Keep trusting yourself, and you'll find victory!

Onto Esme, what a gentle soul,
A buddy and team captain, you've been a brilliant role... model!
Kind and caring, with a hidden streak of daring,
We wish you well as you reach all your goals!

Ellis, he loves to read stories!
He's a listening ear when friends have worries.
He cares such a lot, a winning smile he has got,
Here's to every success with your future studies!

Finally, Lexie our worship team leader,
Always there for anyone who should need her,
Values firmly by her side, they are always her guide,
Go well into your bright, bold future!

Now your time left with us here is short,
Take your values and all you have learnt.
Learn to love, love to learn, let your shining lights burn,
Keep a place for us always in your thoughts.



September Uniform Reminders

Our School uniform can be purchased from [Crested School Wear](#), in Stafford town centre.

Crested Schoolwear
35 – 36 Gaolgate Street
Stafford
ST16 2NT

CRESTED
SCHOOLWEAR

Telephone: 01785 748481

Autumn / Winter Uniform

Teal school sweatshirt / cardigan – from Crested Schoolwear

White shirt & school tie (Years 1-4) – school tie is from Crested Schoolwear

White school polo t-shirt (Early Years) – from Crested Schoolwear

Grey trousers / skirt / pinafore

Grey tights/white socks

Flat black shoes (no trainers) Boots should only be worn outdoors in inclement weather

PE Kit

Teal T-Shirt – plain or logo t-shirt from Crested Schoolwear

Black Shorts

Trainers

PE bag

PE Hoodie and black jogging bottoms for winter months.

Years 3 & 4 will also need a swimming kit, you will be advised when this is needed.

ALL items of clothing should be clearly labelled with your child's name. No jewellery should be worn for school except for a watch which must be removed for PE.

Earrings are not encouraged and should only be studs, these must be removed for PE and swimming.



Picnic & Ice-cream!



Congratulations Oak!



Summer term, team winners!!



THANK YOU!



for your generous donations!



Champions of Respect

Lunchtime Award



Numbers 6:24-26

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."



Well done to Savannah, William and Ellis who wowed Foxes with their keyboard skills!

Achievements from home



Go Karting



Performing in a show

If your child has recently received an award they would like to share with us, eg swimming, football, dance, Beavers, Brownies etc please send them into school & we will share them during our Celebration Worship on Friday.



*Parents of children currently in Year 2
who will be Year 3 in September 2024.*

Your entitlement to 'Universal Free School Meals' has now come to an end, as of September 2024 you will need to pay for your child's school meal at a cost of £2.95 per day, which will be payable via ParentPay.

Please can we ask that you check to see if you could still be entitled to receive a Free School Meal by going to [Who can get free school meals? - Staffordshire County Council](#)

Please note: All children in Reception and above can check to see if they are as eligible for a free school meal. Even if you decide not to have a meal from the kitchen, if you are applicable, then school could get additional funding to help your child in different ways.

Lunchtime Menu - 2nd September is week ONE

The children get asked each morning what they would like to eat at lunchtime.

Cost of a school meal for children in Nursery, Year 3 & Year 4 is £2.95 as of April 2024

	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Chocolate Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
TUESDAY	Pork or Veggie (Ve) Sausages with Mash & Gravy Veg of the Day Apple Sponge (V)	Sausage Roll with Mash & Gravy Veg of the Day Carrot Cake (V)	Chicken Meatballs with Mash & Gravy Veg of the Day Pineapple Upside Down Cake (V)
WEDNESDAY	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)
THURSDAY	Penne with Beef Bolognese Veg of the Day Sultana Flapjack (Ve)	Chicken Korma with Rice Veg of the Day Apple Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)
	2/9/24, 25/9/24, 14/10/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/9/24, 30/9/24, 21/10/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/9/24, 7/10/24, 28/10/24, 18/11/24, 9/12/24, 30/12/24, 20/1/25, 10/2/25
 Choice of Classic Tomato Pasta or Filled Jacket Potatoes also available daily along with freshly baked bread, salad, fresh fruit, yoghurts, jelly and fresh drinking water.			

V - Vegetarian Ve - Vegan



NO NUTS!

Please note do not send children to school with any items containing nuts due to children who have allergies. Thank you



Foxes have been gathering information from children in Hedgehogs to help them with their Maths work this week. They asked them questions such as what is your favourite colour / food etc and have made bar charts to show the results.



In DT we have designed and made photo frames, and have put in our favourite photo from home.



This weeks BIG QUESTION

What have you learnt this year?

Orla *"Always use your manners and everything is new"*

Arthur *"I learnt lots in Art Club with Mr Waters"*

Alfie *"Everything as we are still learning"*

Vinny *"When people are hurt, we have to take care of them"*

Mason *"I found a Crane fly"*

Jarrold *"I remember winning a trophy"*

Sophie *"To have hope, teamwork & friendship"*

Freddie A *"English & Maths as it helps you to get a job"*

Savannah *"To see kindness in people"*

Ellis *"Buddies are important"*

Isla *"Even people who are different, can still be friends"*

Aoife *"I remember on Picture News seeing a boat accident"*

CeCe *"If people are upset we should be friends with them"*

Ruby *"How to let butterflies out on the field"*

Amelie *"To be kind"*

Miles *"Don't take someones trophy!"*

Imelda *"How to tell the time"*

Fran *"You don't always get everything straight away"*

Lucas *"Respect & love"*

Tovah *"Teamwork & perseverance at Laches Wood"*

Thomas H *"People who have been to Before School Club, will have seen perseverance as I have built bigger & bigger structures"*



Free safeguarding training available to anyone wishing to sign up: <https://www.nspcc.org.uk/support-us/listen-up-speak-up/>



Our Safeguarding Team

Miss Phillips is our Designated Safeguarding Lead

Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



DATES TO REMEMBER

Monday 22nd July	Inset Day
Wednesday 4th September	Back to School

Reminder - pierced ears

Earrings **MUST** be removed for PE on Thursdays & Fridays.

Many children have their ears pierced at a range of ages. Children are allowed to wear one pair of plain studded earrings for school. However, please note that for health and safety reasons, children are not allowed to wear any earrings for PE and Teachers are not allowed to remove them. Therefore, if you are planning for your child to have their ears pierced, please make sure that this is done at the start of the summer holidays to allow plenty of time for them to heal. Once healed, children can either remove studs themselves for PE or you can leave them out on that day. We recommend that earrings are kept at home as school cannot be responsible for the safe keeping of them.

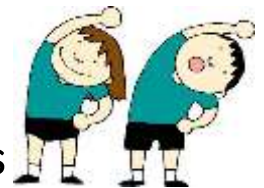
Please remember, PE is a statutory part of the primary curriculum and therefore children must take part.

Please make sure
your child has their
PE kit in school.
Thank you for your
co-operation

PE Timetable - Autumn Term

Thursday - Owls & Foxes

Friday - Hedgehogs, Owls & Foxes



Church services

Reverend Amanda welcomes any families to join in with her services at St Leonard's church, Dunston.

Dunston service is weekly at **11am** with communion, the first Sunday of every month is an all age service without communion.





SCHOOL TERMS AND HOLIDAY DATES 2024 – 2025

Autumn Term 2024

Inset Day: Monday 2nd September

Inset Day: Tuesday 3rd September

Term Starts: Wednesday 4th September (all students return)

Half Term: Monday 28th October – Friday 1st November

Term Ends: Friday 20th December

Christmas Holiday: Monday 23rd December – Friday 3rd January

Spring Term 2025

Term Starts: Monday 6th January (all students return)

Inset Day: Friday 31st January

Half Term: Monday 17th February – Friday 21st February

Last Day: Thursday 10th April

Inset Day: Friday 11th April

Easter Holidays: Monday 14th April – Friday 25th April

Easter Sunday: Sunday 20th April

Summer Term 2025

Term Starts: Monday 28th April (all students return)

May Day Bank Holiday: Monday 5th May

Half Term: Monday 26th May – Friday 30th May

Inset Day: Monday 2nd June

Last Day: Friday 18th July

Inset Day: Monday 21st July

Summer Holidays: Tuesday 22nd July – Friday 29th August



Supporting parents & carers with home learning through a wide range of books for all ages, no charges for lost or damaged books borrowed by under 5's, no overdue charges for under 18's, special library ticket for foster carers.



Supporting families with SEND-Sunflower hours, Autism friendly. Sensory room at Stafford Library



Activities & Events e.g. Sparks writing groups, crafts, Lego clubs and more!

Staffordshire Libraries & Arts Service Supporting Staffordshire Families to give children the best start



Supporting speech language & early literacy skills e.g. Summer Reading Challenge, nursely visits, class visits, gifting of free Bookstart packs



Supporting the development of social skills e.g. Baby Bounce & Rhyme, Tot's Time

For more information visit our web pages



Fostering a love of reading



Looking for something football related for your child?
Download a free football themed activity book from McDonalds.com

<https://www.mcdonalds.com/gb/en-gb/family-hub/football-challenges/activity-book.html>

JOIN US FOR OUR FREE

LANDYWOOD FAMILY HUB FUN DAY

1ST AUGUST 2024
9AM - 3PM

LANDYWOOD
FAMILY HUB
HOLLY LANE
WS6 6AQ

ICE CREAM
BOUNCY CASTLE
FREE RAFFLE
& MORE!



 Family Hub
Staffordshire

VISIT OUR FACEBOOK PAGE FOR MORE INFORMATION



Holiday Club

Ages 5-13

Mon 12th August – Fri 16th August
10.00am – 12.30pm each day

at St Michael's School

Cost

£12 for first child in family, £6 for younger brothers or sisters (but please contact us if this is a problem)

Contact

penholclub@btinternet.com or
Phone Esther on 07806 804943





www.staffordsport.co.uk



Summer Holiday Sports Clubs

At Blessed William Howard Catholic High School Stafford



Monday 22nd July - Thursday 29 August

8.30am- 5.30pm - £20 per day
10am-4pm - £17 per day



Staff are NGB qualified, DBS Checked and First Aid Trained.
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, gymnastics, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.



IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

www.facebook.com/staffordsport

For Information please call 07793891029 or email holidayclubs@staffordsport.co.uk
To Book: <https://www.staffordsport.co.uk/holiday-clubs-booking>



www.staffordsport.co.uk



FREE Summer Holiday Sports*



*Free spaces available to children on
FREE SCHOOL MEALS Programme

Monday 22nd July to Thursday 29th August 10am-4pm
Booking from JULY 1st
<https://eequ.org/experience/8870>

At Blessed William Howard Catholic High School Stafford

Staff are NGB qualified, DBS Checked and First Aid Trained.
Staff employed by the Stafford Sports and Performance Academy

To book use QR code:



The days will be filled with sporting fun including football, rounders, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.

FREE MEAL INCLUDED



IDEAL FOR AGES 5-13

Twitter: @staffordsport

facebook

www.facebook.com/staffordsport

For Information please call 07793891029 or email holidayclubs@staffordsport.co.uk
To Book from July 1st <https://eequ.org/experience/8870>

The Sandbox



Free Online Mental Health Support For Young People



Free resources and gaming livestreams



Guided modules on different mental health topics



Up to 12 free 1:1 online therapy sessions

Proud to be an



Find us on:
sandbox.mindler.co.uk



Self-care summer toolkit: Primary



The summer holidays can be a time to relax, recharge and take a break.

However, school staff can find it difficult to switch off during summer, while young people may struggle with the loss of structure and not seeing their friends every day.

It's important that you and your pupils look after your mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, you have techniques you can turn to in stressful times.

This toolkit contains activities, teaching materials and guidance to help support and boost mental wellbeing over the summer and beyond.

It is divided into resources to use with pupils and staff.

Resources



Resources for pupils

[My self-care plan](#) - Anna Freud

A set of simple activities and a step-by-step guide to help young people create their own self-care plan.

[Wellbeing activities: being kind to yourself](#) - British Red Cross

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

[Self-care resources](#) - Anna Freud

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.

[Dealing with change and transitions toolkit](#) - Anna Freud

Resources to support young people dealing with change and potential transitions at the end of the academic year.

SUMMER SAFETY

#DITCH
THE
BLADE

Knife Crime

Are you feeling pressured to carry a knife as you think everyone else is? The reality is that 99% of 10-29 year olds DON'T carry a knife.

Carrying actually increases your chance of being stabbed or slashed. The risk is real, your knife could be used against you.

Speak up now! You can get help and advice on how to ditch the blade at www.staffordshire.police.uk/ditchtheblade

County Lines is when gangs and organised criminal networks move illegal drugs into other areas of the country, often smaller areas.

Dealers will take orders from drug users through mobile phones and take advantage of young people to move and store drugs and money. They often do this through blackmail, intimidation and violence.

COUNTY
LINES
THE REALITY

DON'T GET
TRAPPED IN IT!

It may start off as a couple of jobs a week for some much needed cash but you will end up getting caught up in drug trafficking and gangs.

If you feel like there is no way out or you are worried about a friend you can get help and advice at:

WWW.STAFFORDSHIRE.POLICE.UK/ADVICE/ADVICE-AND-INFORMATION/CL/COUNTY-LINES

STAY SAFE ONLINE



Follow these top tips when online:

-  Choose a good password and keep this secret. The best passwords have a combination of letters, numbers, and other characters. Avoid using your name, birthday, or birth year.
-  When you are online or using apps check your privacy settings to see if your information is public or private.
-  Stop and think if someone online asks for your full name, address, phone number, school or a photograph. Don't share these details with anyone online.
-  If a message makes you feel uncomfortable you don't have to reply. Always tell a parent or guardian if you are worried about anything you see online or on your phone.
-  Do not say anything or publish pictures that might later cause you or someone else embarrassment. Be aware of what friends post about you, or reply to your posts, particularly about your personal details and activities.
-  You can't always believe what you see online, some of the information can actually be fake - this can include fake facts, images, videos and even people. If you haven't met someone in real life before you chat online be very careful as they may not be who they say.



OUTDOOR FIRE SAFETY

Respect the outdoors and remember these points when you are out with your friends this summer:



Take your rubbish home or put it in a nearby bin.

Don't leave glass bottles lying on the ground. Sunlight shining through glass can start a fire.



Call 999 if you see a fire - don't try and tackle it yourself and leave the area as soon as possible.



Don't use disposable barbecues in the countryside - they can easily set fire to the ground and spread.

DON'T BE BLAMED FOR THE FLAMES

Be Water Safety Aware

When the weather is warm the water can seem so inviting, but it is a risk that is simply not worth taking. Swimming in rivers, canals and lakes is dangerous. Remember these points when out and about this summer:



Only swim in properly supervised pools, the dangers of water include: very cold temperatures, hidden currents, fast flowing water, deep water, locks and weirs, pollution, hidden rubbish and debris. It may also be difficult to get out and there will not be lifeguards present.



If you see another person or a pet in trouble in the water do not enter the water yourself. Raise the alarm or if you have a mobile phone call 999 and ask for the fire service. Try and give an exact location of where you are and look for and signs or landmarks. If there is a lifebuoy or throwline nearby throw it to them. If not, throw anything to them that will float.



If you fall into water by accident try to fight your instinct to thrash about, instead lean back and float on your back while you catch your breath. Once you are calm call for help or swim for safety if you are able.

Off-road bikes and e-scooters are illegal to use in any public space such as pavements, roads and green spaces. They can only be used on private land with the permission of the land owner.

Keep busy this summer!

Space runs fun activities for 8-17 year-olds during the school summer holiday across Staffordshire and Stoke-on-Trent.

For more information about what is on and to book a place visit:
www.staffordshirespace.uk

Space
Live • Laugh • Learn

www.staffordshirespace.uk

You're Not Alone

If you feel unable to cope, worried about your own mental health or someone you care for, you're not alone - help is available.

Samaritans

- you can talk to someone 24 hours a day, 365 days a year.

☎ 116 123

Shout Crisis text line

- a free, 24/7 text messaging support service for anyone who is struggling to cope.

☎ Text 'SHOUT' to 85258



Useful Contacts

We want young people to be happy, feel safe and listened to.

We want you to know there is always somewhere to turn to if you need help.

Here are some other helpful websites and numbers:

Childline - a free, private and confidential service where you can talk about anything. They can also advise on how you can report and remove a nude image shared online.

☎ 0800 1111 🌐 www.childline.org.uk

NSPCC - help young people at risk and find the best ways to prevent child abuse from ever happening.

☎ 0800 1111 🌐 www.nspcc.org.uk

Victim Support - there for anyone who has been affected by crime, whether it was reported or not, and no matter how long ago it happened. Victim Support will provide **free, confidential support** so you can move forward with your life. The Victim Support website also includes a live chat function.

☎ 0808 1689 111

🌐 www.victimsupport.org.uk

Fearless - an independent charity that allows people to pass on information about crime **100% anonymously**. They provide a route for passing details of crime **securely and safely via the Fearless website**.

🌐 www.fearless.org/en

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College