



Charles Darwin Community Primary School

Wellbeing Newsletter

Autumn 1

Welcome to the first wellbeing newsletter for this academic year! We hope that you all had a lovely and relaxing summer break and that batteries are fully recharged for the year ahead. The return to school is always exciting but understandably comes with certain levels of anxiety. Please do talk to us about any worries or concerns that you or your child may be experiencing.

Please look after yourselves and each other in the year ahead and stay kind.

Themes:

Week 1: An Emotional Menagerie

Week 2: Curiosity

Week 3: Dreaminess

Week 4: Embarrassment

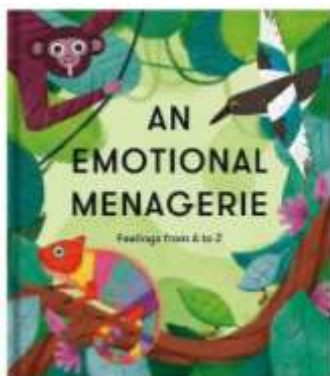
Week 5: Happiness

Week 6: Anger

Week 7: Kindness

Wellbeing Book of the Term:

An Emotional Menagerie: Feelings from A to Z
by The School of Life



We will be looking at this book in school. *An Emotional Menagerie* is an emotional glossary for children. A book of 26 rhyming poems, arranged alphabetically, that bring our feelings to life.

Key Dates:

National Fitness Day
Wednesday 21st September

Hello Yellow Day
World Mental Health Day
Monday 10th October

Support:

<https://parentingsmart.place2be.org.uk/>

<https://www.youngminds.org.uk/parent/a-z-guide/>

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>

<https://www.nhs.uk/oneyou/every-mind-matters/>