



# Ayscoughfee Hall School

## Wellbeing and EDI Newsletter

### Summer Term 2025



Welcome to our third Wellbeing and EDI newsletter for 2024/2025, and the last one for this academic year.

Throughout the year we have promoted, highlighted and shared many activities and events related to Mental Health and Wellbeing. This term has been no exception. Take a look at the whole host of different activities that have been happening in school.

Our whole school house event to celebrate World Book day was an amazing day of collaboration and inclusion throughout the school. All the children thoroughly enjoyed the day out of their usual classroom environments and were able to relax and take pleasure in working with different teachers, and their peers across all year groups in school.



We have started focussing on promoting positive play at lunchtimes and the children are thoroughly enjoying the themed activities that have been introduced. The children have the opportunity to try something new, interactive together and most importantly have lots of fun.



Throughout the school we have been running the new child safety initiative called 'Clever Never Goes'. This was to promote the serious message to the children to recognise when someone (whether they are known to the child or not) is trying to persuade them to go with them.



### National Events

As usual we have recognised national events to promote the whole school's mental health and wellbeing.



### Parents' Tool Kit—Supporting Your Child's Mental Wellbeing Over Summer

For many children, the long summer holidays are a time to relax, recharge, and enjoy a well earned rest. But for some, especially those who are anxious about starting a new class in the autumn, summer can also bring a few jitters. If your child is feeling nervous about the transition to a new teacher or class, you're not alone—and there's lots you can do to help. Here are some gentle and practical ways to support their mental wellbeing during the break.

1. **Talk About the Change** Open up conversations about the new class in a calm, non-pressured way. Ask how they're feeling and really listen.
2. **Keep a Light Routine** Maintain regular sleep, meals, and quiet time. A bit of structure helps children feel safe and reduces anxiety.
3. **Revisit the School** Take a walk past the school, familiarity helps reduce nerves about the unknown.
4. **Stay Social** Arrange playdates or meetups with school friends. Staying connected helps children feel more secure going into a new class.
5. **Use Positive Language About School** Talk about school with encouragement. Highlight fun activities, interesting topics, and new opportunities.
6. **Create a Countdown or Visual Calendar** Use a simple calendar to gently prepare for the return to school.
7. **Celebrate Progress and Strengths** Look back at how far they've come this year. Praise their strengths, growth, and resilience—even in small things.
8. **Stay Calm and Reassuring Yourself** Children often mirror your mood. If you stay relaxed and confident, it reassures them that they're going to be okay.