



# Ayscoughfee Hall School

## Wellbeing and EDI Newsletter

### Autumn Term 2025



Welcome to the first Wellbeing and Equality, Diversity and Inclusion (EDI) Newsletter for this academic year.

Each term we will share some of the Wellbeing and Mindfulness activities that are happening throughout the school and keep you up to date with any useful links to support your child's wellbeing while they are at home.

Within the newsletter we will also share with you how we are celebrating and promoting EDI throughout the school.

#### Kindness Ambassadors



We are delighted to congratulate our three Kindness Ambassadors for this academic year. They will be responsible for reviewing the weekly nominations and selecting the recipients of the Junior and Infant Kindness Awards, which will be presented in our celebration assembly every Friday. In addition to this important role our Ambassadors will actively promote kindness and empathy throughout the school community.

To celebrate Black History Month, we had a series of assemblies on the theme of the Windrush Generation. We learned about the journey of the Caribbean citizens on the ship Empire Windrush and the challenges that they faced settling into a new life in the UK. We celebrated some of the many Windrush Generation citizens and their relatives who have achieved great things, including Malorie Blackman, Sir Lenny Henry and Raheem Sterling. For our final assembly, we learned about the life and accomplishments of Baroness Floella Benjamin and thought about how perseverance and determination lead to great things.



### On line Safety

We are continually promoting online safety and supporting our pupils in understanding how to keep themselves safe and well when using the internet. Ensuring children know how to use technology responsibly is a key part of our commitment to their mental health and wellbeing. We are delighted to introduce our three new Junior Online Safety Officers (JOSOs) who have successfully completed two sessions of specialist training. They recently led an informative assembly on online safety and have launched an exciting poster design competition to encourage everyone to think about their digital choices. In addition, we now have a vibrant new Digital Footprint display in school to remind us all how to stay safe and positive online.



### Young Minds Hello Yellow Day

Once again we supported the Young Minds Charity by participating in their National Hello Yellow Day. Young Minds is a charity dedicated to supporting the mental health and well-being of children and young people. Pupils and staff came to school dressed in yellow, the children brought a yellow snack for playtime and at the end of the day each child took home a yellow balloon as a symbol of hope and positivity.



### Parents' Tool Kit

BBC Bitesize: <https://www.bbc.co.uk/bitesize/articles/z3x6m39>

Young minds: [https://www.youngminds.org.uk/professional/schools?gclid=EAIaIQobChMIInoT9xszf-gIVCOrtCh1eIAImEAAYASAAEgJAIfD\\_BwE](https://www.youngminds.org.uk/professional/schools?gclid=EAIaIQobChMIInoT9xszf-gIVCOrtCh1eIAImEAAYASAAEgJAIfD_BwE)

Barnardo's: [https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAIaIQobChMIyd-f78zf-gIVIoBQBh2ftgkIEAAYASAAEgIe9PD\\_BwE](https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAIaIQobChMIyd-f78zf-gIVIoBQBh2ftgkIEAAYASAAEgIe9PD_BwE)

Yoga for younger children:

<https://www.youtube.com/watch?v=0ImHIWzP49M>

Yoga for older children;

[https://www.youtube.com/watch?v=sM5MGLMNN\\_E](https://www.youtube.com/watch?v=sM5MGLMNN_E)