



Ayscoughfee Hall School

Wellbeing and EDI Newsletter

Summer Term 2026



Welcome to our third Wellbeing and EDI newsletter for 2025/2026, 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.

We are very excited to share a recent addition to our school environment. Our large staircase display has been beautifully refreshed and now proudly showcases a range of children's work inspired by powerful texts linked to equality, diversity and inclusion.

The books we have explored include Fabulous Frankie, All Are Welcome, The Proudest Blue and The Day You Begin. These wonderful stories have helped spark meaningful discussions and thoughtful reflections. This display has been created to celebrate the rich diversity within our school community and to highlight the importance of inclusion, respect and belonging. It reflects our commitment to ensuring that every child feels seen, valued and proud of who they are.

We are incredibly proud of the children's work and the messages it shares, and we hope it will inspire everyone who walks through our school.





We are delighted to share that Miss Herbert our assistant SENDCO has recently completed five days of specialist training to become an Emotional Literacy Support Assistant (ELSA).

This training has equipped Miss Herbert with valuable skills to support children in understanding and managing their emotions, developing resilience and building positive relationships. Through targeted sessions, Miss Herbert will be able to work with pupils who may need additional support with their emotional wellbeing, helping them to feel more confident, secure and ready to learn.

This development is an important step in strengthening our whole-school approach to wellbeing and inclusion. By embedding emotional literacy into daily school life, our nurturing environment where all children feel heard, supported and valued will continue to develop and go from strength to strength.



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.