



Darell Primary School



Wellbeing Newsletter February 2026

We work with schools to support children's and young people's mental health.



As part of this, we offer advice and resources for parents and carers to help support their child or young person's wellbeing.

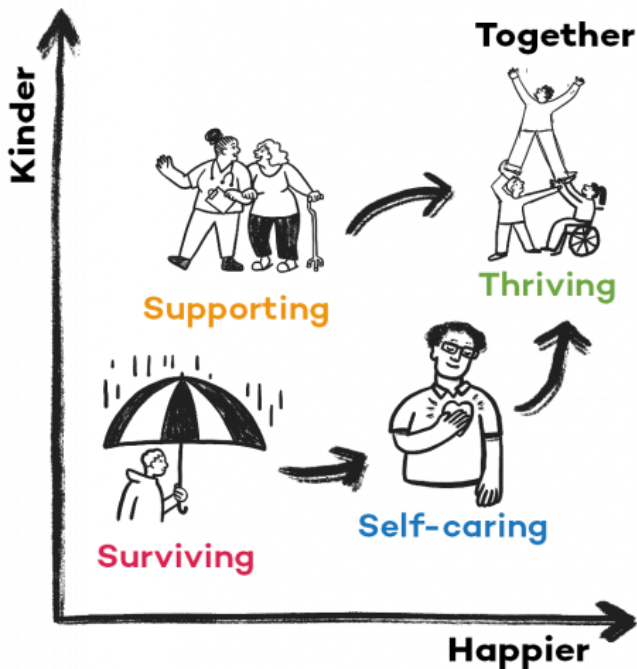
Parenting Smart

Our new site full of practical advice and tried and tested tips for parents and carers of primary-age children. <https://parentingsmart.org.uk/>

Improve Your Sleep



Feelings of uncertainty and changes to daily life may mean your child, you and members of your family are having more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day and try and get some natural sunlight by opening curtains, etc. This helps regulate your body and can help you sleep better. Also, wind down before bed by avoiding tablets, phones and computers an hour before bedtime.



How can you talk with your child about mental health?

An opinion poll conducted by Parents' Toolkit and popular parenting website Netmums found that many parents of primary school aged children noticed that their child had expressed feelings of loneliness and anxiety, with nearly 1 in 3 saying that they've noticed a deterioration in their child's mental health over a 6 month period.

It can be difficult to navigate conversations about mental health with your child - especially if you didn't have those conversations when growing up. Laverne Antrobus is a consultant child and educational psychologist who has over 20 years' experience in family mental health. Here are her top tips to help you build confidence when initiating conversations about mental health.

Follow the link for more information:

<https://www.bbc.co.uk/bitesize/articles/zfnybat>

Repeat Positive Affirmations Together

Reciting positive affirmations with your child is a simple yet effective way of instilling confidence and self-belief into them from a young age", says Amanda.

Try starting with a simple sentence like 'I am brave' or 'I am kind'.

To keep your child interested in what you are saying, you could **sing each affirmation and add actions** to make it more fun.

They will love watching and copying your actions when you sing a positive mantra. It will also help them connect different words with actions, boosting their self-esteem and language learning!

Friendly February 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Ask a friend how they have been feeling recently	Do an act of kindness to make life easier for someone	Invite a friend over for a 'tea break' (in person or virtual)	Make time to have a friendly chat with a neighbour	Get back in touch with an old friend you've not seen for a while	Show an active interest by asking questions when talking to others	Share what you're feeling with someone you really trust
2	Send a message to let someone know you're thinking of them	Think someone and tell them how they made a difference for you	Look for good in others, particularly when you feel frustrated with them	Send an encouraging note to someone who needs a boost	Focus on being kind rather than being right	Smile at the people you see and brighten their day	Tell a loved one or friend why they are special to you
3	Check in on someone who may be struggling and offer to help	Appreciate the good qualities of someone in your life	Respond kindly to everyone you talk to today, including yourself	Share something you find inspiring, helpful or amusing	Make a plan to connect with others and do something fun	Really listen to what people say, without judging them	Give sincere compliments to people you talk to today
4	Be gentle with someone who you feel inclined to criticise	Tell a loved one about the strengths that you see in them	Thank three people you feel grateful to and tell them why	Make uninterrupted time for your loved ones	Call a friend to catch up and really listen to them	Give positive comments to as many people as possible today	

ACTION FOR HAPPINESS **Happier · Kinder · Together**