

PARK END PRIMARY SCHOOL NEWSLETTER

October
2026



MENTAL HEALTH AND WELLBEING



YOU SAID

- You would like to know what school are doing for mental health and wellbeing
- You would like reminders of who to talk to about mental health concerns
- You would like more parent & carer events throughout the year

WELLBEING TOP TIPS

Settling into a new term can be tricky. These simple wellbeing tips can help make big changes easier.

- Setting good bedtime routines
- Reading together
- Going for a walk
- Drawing and colouring
- Playing a game together
- Reducing screen time



WE DID

- New, termly mental health newsletters
- Regular reminders of who to talk to about child mental health concerns
- We have lots of great things planned over the next academic year. We will send out more updates very soon!

NON UNIFORM DAY



Friday 9th October
Non uniform day for all children in support of World Mental Health Day.



@parkendprimary