

INCLUSION NEWSLETTER



Our school website offers a wide range of support for families, including free parenting programmes, autism and disability support, and advice on children's mental health, school anxiety, and wellbeing. You'll find links to services such as Kooth, SilverCloud, YoungMinds, and local organisations like ChAPS, Healthbox CIC, and Koala North West. There is also guidance on healthy living, bereavement, dementia, relationship support, and affordable food through The Bread and Butter Thing. A selection of helpful leaflets and resources—covering online safety, parenting, sleep, and local family services—is also available to make accessing support simple and convenient.

<https://www.stmaryoftheangels.co.uk/page/support-for-families/135669>

Anti-Bullying Week

Anti-Bullying Week 2025 will run from November 10th to 14th with the theme "Power for Good." Organized by the Anti-Bullying Alliance, the week will begin with Odd Socks Day on November 10th, inviting everyone to wear odd socks as a fun way to celebrate individuality and promote kindness.

Below are a couple of links for parents to get involved and support anti-bullying week

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/parents-and-carers>

<https://www.kidscape.org.uk/advice/advice-for-young-people/friendships-and-frenemies/anti-bullying-week-and-friendship-friday-for-parents-and-carers>

Autumn is a beautiful season for appreciating peaceful moments. Here's some calming activities to enjoy during this time of year.

- 1. Take a Leaf Breath-** This is a calming activity where children choose a leaf and trace its shape to practice mindful breathing, helping them stay grounded and learn deep breathing, using a visual cue.
- 2. Autumn-Themed Calm Jar** - Create a simple two-ingredient calm jar inspired by autumn [see the recipe here]. Add some crumbled leaves to create beautiful swirls, mimicking the way autumn leaves fall from trees.
- 3. Take an Autumn Colour Walk-** Enjoy a colour walk with your children, spotting the beautiful autumn hues. Enhance the experience with a seed scavenger hunt for conkers, acorns, and sycamore seeds.
- 4. Feel Calm with a Conker** - Use a conker as a calming focal point by holding it tightly in your hand. Focusing on the texture helps ground you, calming your mind and body



World Kindness Day (celebrated each year on November 13) is a global observance created to promote the importance of being kind to others, to yourself, and to the world. Its purpose is to encourage small, meaningful acts of compassion that help build more inclusive, caring, and connected communities. The day highlights that kindness doesn't have to be grand—small gestures can create a big ripple effect.

Here are some activities you can participate in to help spread kindness all year around.

<https://wellbeinginfo.org/world-kindness-day-2025/>
<https://www.randomactsofkindness.org/>



In their My Happy Mind lessons, the children have been learning about Team H-A-P and how it helps us perform at our best when working together. However, when we feel worried or stressed, the amygdala takes over, making us react impulsively. When this happens, practicing 'Happy Breathing'—slow, calm breathing—has been shown to sooth the mind, especially the amygdala. Meet team H-A-P. Hippocampus - is like a scrap book storing our memories and things that we learn. Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing, or flighting! Prefrontal Cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices. To learn more about Team H-A-P <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted to input an authentication code, which is 111357



HOT NEWS

Scan or click the QR codes to access information of Twinkl's free online parent webinars on co-regulation and online safety.

Nurturing Kindness, Confidence, and Online Safety at Home



Co-regulation

