



St Mary's CE (Aided) Primary, Pulborough



Mental Health & Wellbeing Newsletter

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6-7)



Wellbeing Governor

This year, we have welcomed Mrs Sheppard as our new wellbeing governor! We are very excited to have Mrs Sheppard on board to help with planning and overseeing what we do in school to ensure good mental health and wellbeing for all. Mrs Sheppard and I have met this week to discuss our Reflective Tool which helps us to pinpoint areas for development. Do get in touch with Mrs Sheppard, via the office, if you have any questions or comments to share.

Pooky Knightsmith

Pooky Knightsmith is a specialist in children and young people's mental health and wellbeing and she has some great resources that we use in school. She also has some great resources for parents. Do look her up if you ever find yourself feeling out of your depth. This link will take you to some slides that she has shared around low mood and anxiety.

<https://www.pookyknightsmith.com/keynote-anxiety-and-low-mood-session-for-parents-carers/>



Smart-phones & overuse of technology

I do apologise in advance for the difficult content of this section.

From September 2026, we will be looking to go 'Smart phone free' at St Mary's. Please read the letter that was sent on 13.10.25.

Whilst there can be some benefits to the technologies offered by mobile phones, gaming systems and websites, it is unfortunate that (at school) we experience many of the negative effects that these activities cause children.

Some examples follow...

SLEEP – some children are coming to school tired and irritable having been on devices late at night, through the night and very early in the morning

CYBER-BULLYING – children using gaming and messaging apps to be unkind – spills into school causing distress

ATTENTION SPAN – overuse of technology is causing a drop in attention span making learning harder

INAPPROPRIATE CONTENT – many children are accessing content that is inappropriate – statistics are shocking

Unfortunately, all of these things can have a really detrimental effect on children's mental health. Conversations suggest that many parents fear that their child will 'miss out' if they do not have access to devices.

Please support one another, and your children, in ensuring that technology is carefully policed. At primary school age, children's brains are still developing and there are studies to suggest that overuse of technology is stunting healthy brain development. **Don't be afraid to set healthy boundaries; it may take time but you will see the fruit!**

<https://www.parentkind.org.uk/about-us/news-and-blogs/blog/navigating-the-digital-age-managing-screen-time-for-kids>



"Set boundaries that protect your children's self-esteem, health, and happiness. Be firm but not rude and teach people how their actions could negatively impact your children/family."

BRENE BROWN

Contact Miss Sleat, Mrs Hatcher, Mrs Smith or a member of the Office Team if you are aware of a child or parent needing help with their Mental Health.

October 2025