



St Mary's CE (Aided) Primary, Pulborough



Mental Health & Wellbeing Newsletter

"For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." Isaiah 9:6

Run up to Christmas

We have had such a fun time in our run up to Christmas. Australia, Italy and India have performed nativities, UK and Thailand are completing theirs this week, children have sung to the elderly, Christmas trees have gone up and the Posada is making its way around school. There are lots of exciting things to come this week too.

Whilst all these things are very lovely, this time of year can be tiring, overwhelming and emotional for everyone. The changes can cause anxiety, late nights and busy weekends can mean that it's a little harder to regulate and comparison can lead to great pressure for children, parents and carers.

We will continue to enjoy focusing on why Christians celebrate Christmas and we would encourage you to do the same at home... in a little town many years ago, the greatness of God came to earth as a baby to show us what love looks like. In the busy-ness and noise, we hope for peace, patience and love to fill each house and home.

When the temptation may come to focus on what we don't have, we encourage you to focus on the many blessings that we **do** have.



My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

Bob Hope

Some Christmas inspiration

If you need some inspiration for a picture or piece of writing over Christmas, try one of these short films...



An Unexpected Christmas

https://www.youtube.com/watch?v=TM1XusYVqNY&list=RDTM1XusYVqNY&start_radio=1

Home for Christmas (Waitrose Advert – Robin)

<https://www.youtube.com/watch?v=wCSgf9q71xw>

Christmas Animation – The Snowman

https://www.youtube.com/watch?v=sOyJ3FExfSE&list=RDsOyJ3FExfSE&start_radio=1

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.



**November
& December
2025**

How to support your child's mental health during the holidays.

 Reduce stress	 Use stress relieving tools	 Keep a routine	 Rest! 8-10 hours
 Make resolutions	 Make time for fun!	 Prepare for gatherings	 FAMILYMEANS.ORG