



Mental Health & Wellbeing Newsletter

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

WELCOME BACK AND HAPPY NEW YEAR!

Wellbeing Warriors

The lovely Mrs Flinders has started the year with the Wellbeing Warriors. This group of intrepid mental health advocates are sharing the latest focus with their classes. The focus for this half term is "Take Notice" ... this is a lovely reminder to all of us! What have you taken notice of that makes you feel filled with joy or with a sense of awe and wonder?



TAKE NOTICE
STOP, PAUSE, OR TAKE A MOMENT TO LOOK AROUND YOU.
WHAT CAN YOU SEE, FEEL, SMELL OR EVEN TASTE?
LOOK FOR BEAUTIFUL, NEW, UNUSUAL OR EXTRAORDINARY THINGS IN YOUR EVERYDAY LIFE AND THINK ABOUT HOW THAT MAKES YOU FEEL.



Smart-phones & overuse of technology

A quick reminder about how important it is to set healthy boundaries around technology. Mental health of children needs to be protected and overuse of technology can adversely affect this.

"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

UMBRELLAS

Parent Support Groups

Spring Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Help is available:

Life can feel overwhelming when supporting children with needs. As well as Parent Support Groups, The Needles in Horsham can be contacted for advice. Parents have shared that staff at The Needles are very knowledgeable and helpful. The Needles Family Hub:

01403 213590

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

21st Jan / 25th Feb / 18th Mar



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.