



Leesons Primary School Weekly Newsletter

Week beginning: 1.9.25

Welcome back to Leesons and we hope you all had a wonderful summer break. It has been lovely being back and hearing about the adventures the children have been on, seeing how much they have grown and watching them settle into their new year groups and classes. We are looking forward to a great year ahead.

The Leesons Team

Attendance and Punctuality

Our attendance and punctuality for this week can be seen in the table below.

Class	Attendance (%)	Punctuality (number of lates)
Robin	98.13%	2
Woodpecker	98.77%	0
Kingfisher	100%	0
Badger	93.58%	2
Fox	100%	2
Rabbit	95.65%	4
Mole	100%	3
Starling	97.3%	0
Otter	92.63%	1
Stag	99%	1
Kestrel	95.29	0

Well done to Mole and Kingfisher Classes who won Leo the Attendance Bear the Attendance cup this week!

Well done to the following class who won the Punctuality cup this week -Woodpecker, Kingfisher, Starling and Kestrel!

Both the attendance and punctuality winners will get an additional ten minutes play time.



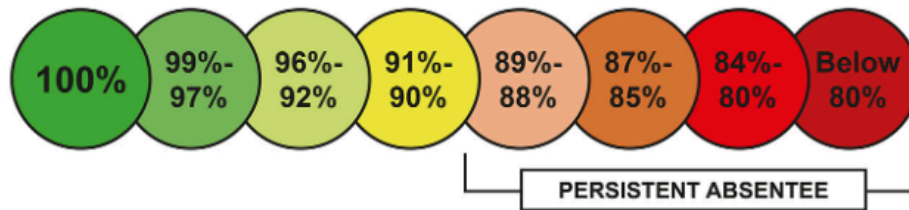
Leesons Primary School Weekly Newsletter

Attendance

Our school attendance for this week is currently at 97.34%. We would like to take this opportunity to thank you for your support and remind you that we have a 100% attendance raffle each half term for children who have 100% attendance. Previous prizes have included Amazon vouchers, stationery sets, books, water bottles, hot chocolate with staff members, pizza lunch with the Senior Leadership Team and many more. In addition to this, any children who have 100% attendance for the whole year will take part in the end of year reward trip which is voted on by the children. This year they chose a trip to shop in Hobbycraft and hot chocolate at Costa.

ATTENDANCE MATTERS

On Time: First Time, Every Time



Which CIRCLE are you in?

Language of the week

Flag	Language	Country	Greeting	Picture
	Spanish	Spain	Hola	

Fun Fact: Spanish is the second most widely spoken language in the world. Second only to Mandarin, Spanish is number two when it comes to the highest number of native speakers, with some 485 million people speaking the language.



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Oracy Talk Topic

At home, we would like you to pick an evening that is convenient and come together as a family to discuss the 'Talk Topic'. In order to ensure that your child participates in high-quality talk, please remember to play devil's advocate during the discussion. Your child should not only be given the opportunity to agree and build on other viewpoints, but also challenge/disagree, explain and justify.

The 'Talk Topic' for this week is the following:


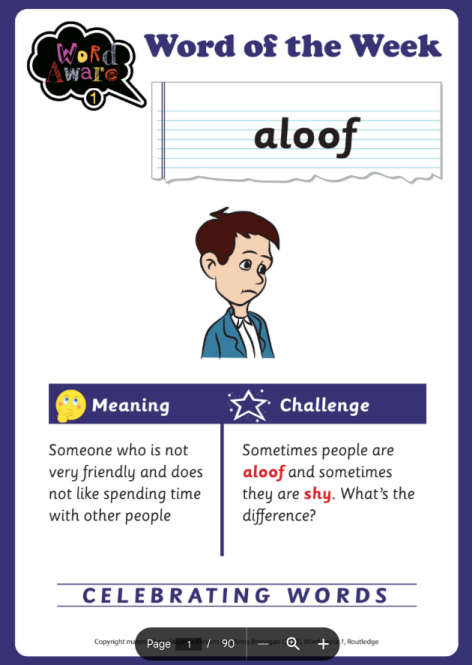
'Summer is better than Winter. Agree or disagree?'

Staffing

We welcome Miss Chen to Year 3 Fox Class as the Teacher, Miss I Bennett to Year 3 Badger Class as the Teacher and Mrs Kaur to Year 2 Woodpecker Class as the Teacher on Fridays. It has been a pleasure welcoming them to The Leesons Family.

Word Aware

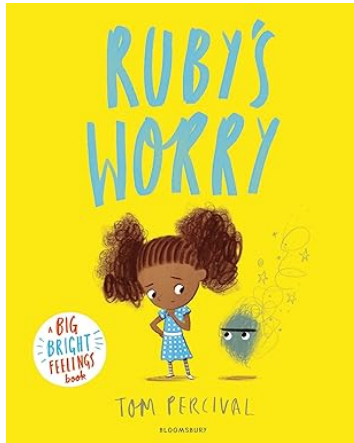
Please discuss these words with your child at home and see if any of you can use them in conversation this week.

EYFS and Key Stage 1	Key Stage 2
 <p>Word of the Week ancient</p> <p>Meaning Really old.</p> <p>Challenge If a building was ancient, what would it look like?</p> <p>CELEBRATING WORDS</p> <p>Page 1 / 89</p>	 <p>Word of the Week aloof</p> <p>Meaning Someone who is not very friendly and does not like spending time with other people</p> <p>Challenge Sometimes people are aloof and sometimes they are shy. What's the difference?</p> <p>CELEBRATING WORDS</p> <p>Page 1 / 90</p>



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Book of the week



A lot of us had a little worry about coming back to school, but sharing these worries help them go away. In this book, we read about Ruby. 'Ruby loves being Ruby. Until, one day, she finds a worry.'

At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?'

You can watch the story on this link or see Mrs Dobbs reading it on Dojo.

[▶ RUBY'S WORRY | Tom Percival | Read aloud #storyoftheweek](#)

Can we also remind you that the Summer Reading Challenge ends this Saturday 6th September and they need to collect their medal and certificate from the local library which they signed up at providing they read 6 books over the summer of course.

Maths Challenge

Can you put the twenty digits into the five boxes to make the four-digit numbers as close to each target as possible?

0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9

largest odd number

largest even number

largest multiple of 3

smallest multiple of 5

number closest to 5000

Can you find other ways of doing it?





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Junior Duke

We will be having a Junior Duke activity afternoon soon so watch this space for more details.

Emergency alert

On Sunday 7 September 2025 at 3pm, the government will carry out a national test of the Emergency Alerts system. This means most mobile phones and tablets across the UK will receive a test message, accompanied by a loud siren-like sound and vibration that will last for about 10 seconds.

The message you receive will clearly state that this is a test and that no action is required on your part. The alert will come through even if your device is set to silent mode, which is an important feature of the system designed to ensure people receive warnings in genuine emergencies. [Click here for more information](#)

Flu Vaccinations

The South London Children and Young People's Community Immunisation Service are hosting two webinars for parents to discuss the flu vaccine. Parents can sign up using the links below:

- Wednesday 8 September, 14:00 – 14:45
Children's flu vaccine webinar:
<https://events.teams.microsoft.com/event/3e97d750-4d40-4e10-bb8a-ba6dcdcfb605@37c354b2-85b0-47f5-b222-07b48d774ee3>
- Monday 15 September, 18:00 – 18:45
Children's flu vaccine webinar:
<https://events.teams.microsoft.com/event/776d10d2-9b10-4b99-958a-bd810391bbdb@37c354b2-85b0-47f5-b222-07b48d774ee3>

During these webinars, we will explain the importance of vaccinating your child, the difference between the nasal and injectable flu vaccine, the MMR vaccine, and how to complete the e-consent form. There will also be a chance for parents to ask our nurses any questions they have.

E-safety

This is a helpful sheet for why children need to be monitored in group chats.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded. Instead of responding to the person who's upset them, validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at @CyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



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A letter from the Prime Minister

Please follow the link below to read a letter from the Prime Minister to all parents about getting the best start in life for all children.

[Letter from The Prime Minister](#)

Highlights of the week

Hedgehogs:

The Reception team have loved meeting all our new children this week during their home visits. We can't wait to see you on Monday for your first morning at school!

What's on?

Autumn 1

Week 2	
Monday - 08.09.25	<ul style="list-style-type: none"> ● 3pm: Year 5 Meet the Teacher ● Former Nursery children start back for their normal sessions ● Reception in 9am to 11.30am ● 3pm - whole school assembly - Head Boy and Head Girl Presentations ● Year 4 swimming
Tuesday - 09.09.25	<ul style="list-style-type: none"> ● Settling in sessions for new Nursery children (1 hour) ● 3pm: Year 4 Meet the Teacher ● Reception in 9am to 11.30am ● Share a story - KS1 - 1pm KS2 3.00pm ● 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 10.09.25	<ul style="list-style-type: none"> ● Settling in sessions for new Nursery children (1 hour) ● 3pm: Year 3 Meet the Teacher ● Reception staying for lunch - parents invited to join ● Singing EYFS and KS1 - 1pm and KS2 3.00pm
Thursday - 11.09.25	<ul style="list-style-type: none"> ● Settling in sessions for new Nursery children (2 hours) ● 3pm: Year 2 Meet the Teacher ● Reception in 9am to 1.30pm ● 2.50pm My Happy Mind assembly in class
Friday - 12.09.25	<ul style="list-style-type: none"> ● All Nursery children commence their contracted hours as



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	<p>normal</p> <ul style="list-style-type: none">• 3pm: Year 1 Meet the Teacher• Reception start full time• 2.55pm - Celebration assembly
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Week 3 National Inclusion Week Play Leader adverts out	
Monday - 15.09.25	<ul style="list-style-type: none">• 3pm - whole school assembly (Inclusion week)• Year 4 swimming
Tuesday - 16.09.25	<ul style="list-style-type: none">• 3pm - Inclusion assembly• 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 17.09.25	<ul style="list-style-type: none">• 3pm - Inclusion assembly
Thursday - 18.09.25	<ul style="list-style-type: none">• 2.50pm My Happy Mind assembly in class
Friday - 19.09.25	<ul style="list-style-type: none">• 2.55pm - Celebration assembly

Week 4 Play Leader Interviews	
Monday - 22.09.25	<ul style="list-style-type: none">• Roehampton Students in for 2 day placement• 3pm - whole school assembly - House Captain Presentations• Year 4 swimming• Trust Football Tournament at HPS with Bromley FC
Tuesday - 23.09.25	<ul style="list-style-type: none">• Roehampton Students in for 2 day placement• 2.55pm - Whole school Oracy assembly• 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 24.09.25	<ul style="list-style-type: none">• Singing EYFS and KS1 - 1pm and KS2 3.00pm
Thursday - 25.09.25	<ul style="list-style-type: none">• 2.50pm My Happy Mind assembly in class
Friday - 26.09.25	<ul style="list-style-type: none">• 2.45pm - Celebration assembly and Class assembly - new beginnings - Stag - House Captain badges awarded Parents in at 2.30 for input first



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Week 5	
Monday - 29.09.25	<ul style="list-style-type: none">• 3pm - whole school assembly• Year 4 swimming
Tuesday - 30.09.25	<ul style="list-style-type: none">• Share a story - KS1 - 1pm KS2 3.00pm• 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 01.10.25	<ul style="list-style-type: none">• Singing EYFS and KS1 - 1pm and KS2 3.00pm• Nigerian Independence Day
Thursday - 02.10.25	<ul style="list-style-type: none">• 2.50pm My Happy Mind assembly in class
Friday - 03.10.25	<ul style="list-style-type: none">• 2.55pm - Celebration assembly• Iraqi National Day

Week 6	
Monday - 06.10.25	<ul style="list-style-type: none">• 10am New Starters Open Morning• 3pm - whole school assembly• Year 4 swimming
Tuesday - 07.10.25	<ul style="list-style-type: none">• Parents Evening• Share a story - KS1 - 1pm KS2 3.00pm• 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 08.10.25	<ul style="list-style-type: none">• Trust Y5 Boys Football @ LPS• Singing EYFS and KS1 - 1pm and KS2 3.00pm
Thursday - 09.10.25	<ul style="list-style-type: none">• Parents Evening• 2.50pm My Happy Mind assembly in class
Friday - 10.10.25	<ul style="list-style-type: none">• Flu vaccinations Rec - Year 6• 2.55pm - Celebration assembly• Hello Yellow - Wear yellow and bring £1

Week 7 Deadline for Professional Growth for all staff	
Monday - 13.10.25	<ul style="list-style-type: none">• 3pm - whole school assembly• Year 4 swimming



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Tuesday - 14.10.25	<ul style="list-style-type: none"> • Share a story - KS1 - 1pm - KS2 3.00pm • 11+ tutoring with Bella Learning 12:45 - 1:45 in Bee class
Wednesday - 15.10.25	<ul style="list-style-type: none"> • Singing EYFS and KS1 - 1pm and KS2 3.00pm
Thursday - 16.10.25	<ul style="list-style-type: none"> • 2.50pm My Happy Mind assembly in class
Friday - 17.10.25	<ul style="list-style-type: none"> • 2.45pm - Celebration assembly • Class assembly - Starling Parents in at 2.30 for input first

Half term - 20th October 2025 - 31st October 2025

Christmas dates

Week 6	
Monday - 08.12.25	<ul style="list-style-type: none"> • EYFS and KS1 Dress Rehearsal - 1.30pm
Tuesday - 09.12.25	<ul style="list-style-type: none"> • 2.30pm EYFS and KS1 Christmas Performance - Parents invited
Wednesday - 10.12.25	<ul style="list-style-type: none"> • 2.30pm EYFS and KS1 Christmas Performance - Parents invited
Thursday - 11.12.25	<ul style="list-style-type: none"> •
Friday - 12.12.25	<ul style="list-style-type: none"> • 2.55pm - Celebration assembly • Christmas Jumper Day and Christmas Dinner Day

Week 7	
Monday - 15.12.25	<ul style="list-style-type: none"> • KS2 Carols in the Playground - Gates open at 2.25pm for 2.30pm start
Tuesday - 16.12.25	<ul style="list-style-type: none"> •
Wednesday - 17.12.25	<ul style="list-style-type: none"> • 10am Rocksteady Concert in Hall
Thursday - 18.12.25	<ul style="list-style-type: none"> • FOL Winter Wonderland in the Hall - TBC
Friday - 19.12.25	<ul style="list-style-type: none"> • 2.55pm - Celebration assembly • Class Parties (wear school uniform. Bring £1 for staff to buy food and drink)



Leeson's Primary School Weekly Newsletter

Menu

Please note jacket potatoes are only on Tuesday and Thursday next week.

Leeson's Primary School WEEKLY MENU

WEEK 1
WEEK 2
WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THEME DAYS
MAIN	Hoi Sin Chicken Stir Fry (CE, MU*, SO, G/W)	Beef Burger (SE*, SO, SU, G/W)	Roast Chicken & Gravy	Beef & Lentil Bolognese Pasta Bake (MK, G/B*, W)	Fish Fingers or Salmon Fishcake & Chips (F, G/W)	<div style="text-align: center; background-color: #4f7942; color: white; padding: 5px; font-weight: bold;">LOVE BRITISH FOOD</div> <div style="text-align: center; background-color: #4f7942; color: white; padding: 5px; font-weight: bold;">FESTIVAL OF LIGHT</div> <div style="text-align: center; background-color: #4f7942; color: white; padding: 5px; font-weight: bold;">BONFIRE Night</div> <div style="text-align: center; background-color: #4f7942; color: white; padding: 5px; font-weight: bold;">Winter WONDERLAND</div>
VEGGIE	Hoi Sin Quorn & Vegetable Stir Fry (CE, E, MU*, SO, G/W)	Vegetable Burger (SE*, G/W)	Roasted Vegetable Filo Parcel with Homemade Tomato Sauce (G/W)	Mac & Cheese (MK, G/W)	Cheese & Tomato Pinwheel (MK, G/W)	
SIDES	Egg Fried Rice & Stir Fried Greens (E, SO, G/W)	Homemade Potato Wedges with Baked Beans or Green Salad	Rustic Roast Potatoes with Roasted Carrots & Parsnips	Mixed Green Salad & Coleslaw (E)	Beans or Peas	
PASTA & JACKET	Vegan Roasted Vegetable Pasta (G/W)	Jacket & Salad	Tomato & Basil Pasta (CE, G/W)	Jacket & Salad	Mac & Cheese (MK, G/W)	
PUD	Homemade Chocolate Cookie (E, MK, SO, G/W)	Yoghurt with Honey & Fruit (MK)	Winter Fruit Crumble with Custard (MK, G/B*, O, W)	Orange Syrup Sponge with Vanilla Sauce (E, MK, SO*, G/W)	Ice Cream with Fresh Fruit (MK)	

DAILY SALAD BAR | HOMEMADE BREAD | FRESH FRUIT

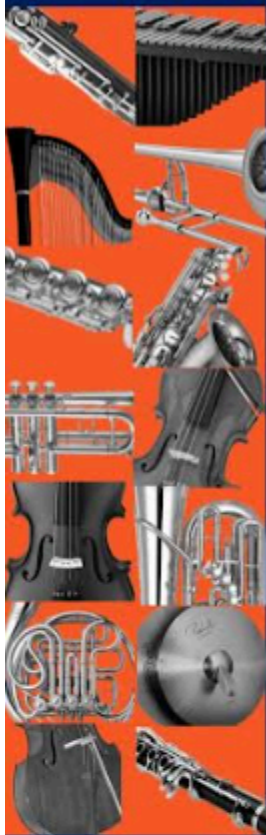
DATES

8 SEP / 29 SEP /
3 NOV / 24 NOV /
15 DEC

ALLERGENS

CE = CELERY F = FISH G/O = OATS L = LUPIN MU = MUSTARD SO = SOYA * = MAY CONTAIN
 CR = CRUSTACEAN G = GLUTEN G/R = RYE MK = MILK N = NUTS SU = SULPHUR V = VEGAN
 E = EGGS G/B = BARLEY G/W = WHEAT MO = MOLLUSCS P = PEANUTS SE = SESAME SEEDS S = SEASONAL VEG

food with passion



BYMT
BROMLEY YOUTH MUSIC TRUST

TRY A MUSICAL INSTRUMENT DAY

Saturday 13 September
10.00am – 1.00pm

Bassoon • Cello • Clarinet • Cornet • Double Bass • Euphonium •
Flute • French Horn • Harp • Oboe • Orchestral Percussion •
Saxophone • Trombone • Trumpet • Tuba • Viola • Violin •

For more information & to register scan the
QR code or visit:
<https://tinyurl.com/bymttry2025>



BYMT • Southborough Lane • Bromley • BR2 8AA
www.bymt.co.uk • 020 8467 1566

BYMT
BROMLEY YOUTH MUSIC TRUST

TRY OUT WEEK

SATURDAY 20 –
FRIDAY 26 SEPTEMBER 2025

If you already play an instrument or enjoy singing, come and try out a BYMT group, ensemble or choir this September. We have groups for all ages and abilities across the Bromley Borough.

For more information & to register scan the
QR code or visit:
<https://tinyurl.com/bymttaster>



WWW.BYMT.CO.UK

020 8467 1566
contact@bymt.co.uk

TASTER
EVENT!



At The National College, our *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

