



**Friday 9<sup>th</sup> October 2026**

## Wellness Day and Hello Yellow!

We have thoroughly enjoyed exploring different ways to look after our mental health and wellbeing this week! Throughout the week, the children have been learning about the importance of taking care of both our minds and bodies, recognising our feelings and understanding how small, everyday actions can make a big difference to how we feel.

A huge thank you to our wonderful PTFA for organising Wednesday's Wellness Day. The children enjoyed taking part in a fantastic range of activities designed to promote happiness, relaxation and wellbeing, as well as enjoying some delicious, healthy snacks, kindly donated by our families and local businesses. We are incredibly grateful to everyone who helped make the day such a success!

School has been a sea of yellow today as we marked #HelloYellow Day in support of YoungMinds, a charity dedicated to improving the mental health of children and young people. It has been lovely to see everyone coming together to raise awareness and show that mental health matters to us all.

Thank you so much to everyone who has already donated to our YoungMinds fundraising page. Your generosity is very much appreciated! If you haven't yet had the chance to contribute, there is still time to make a donation using the link below:

<https://fundraise.youngminds.org.uk/fundraisers/twissgreen/hello-yellow>

As we recognise World Mental Health Day on Saturday 10th October, we hope that the conversations started in school this week will continue at home. Looking after our mental health doesn't have to involve anything complicated. Sometimes, the smallest things — spending time together, getting outdoors, talking about our feelings or simply listening to one another — can make the biggest difference.

We've shared some simple ideas and reminders below to help families continue these important conversations at home.

# World Mental Health Day

📅 Saturday  
10th October

☀️ Lived experiences heard: real voices, real change.

Throughout this week, we have recognised the importance of supporting our mental health and wellbeing, ahead of World Mental Health Day on **Saturday 10th October**.

This year's theme, "Lived experiences heard: real voices, real change," reminds us of the importance of listening to others and recognising that everyone experiences mental health differently.

A kind  
conversation  
can make a  
**BIG**  
difference. ❤️



## Mental health matters to everyone

For children, understanding mental health can be as simple as knowing that:



everyone has mental health



everyone has feelings



everyone has difficult days



and everyone deserves someone who will listen.

## Small moments can make a big difference

You don't need to wait until something is wrong to talk about feelings. Everyday moments are a great time to check in with your child. Try:



Ask open questions and really listen.



Notice and celebrate the positives.



Spend time together doing something enjoyable.



Show that all feelings are valid – happy, sad, worried or frustrated.



Get outside – even 10 minutes of fresh air can lift our mood.

## Ideas to try at home



Share three good things from the day at dinner time.



Create a 'worry jar' to help children share what's on their mind.



Be active together – a walk, a bike ride or a play in the garden.



A calm bedtime routine can help with both sleep and wellbeing.

## Where to get support

If you are concerned about your child's mental health, please speak to their teacher or a member of the school team. You can also find support from the following local services:



**YOUNGmINDS**  
fighting for young people's mental health



## Online Safety Workshop

Please see the information below about an online safety workshop that Warrington Local Authority have arranged for parents and carers:

### Parent Workshop on Tuesday 17th November at 7pm

Warrington Local Authority are totally committed to the digital safety and wellbeing of their students. As part of this, we are running a workshop dedicated to helping parents understand the risks their children face in their online lives and the practical things parents can do to help.

Please join us for this hour-long workshop in which Ruth Noble, Digital Safeguarding Education Specialist at Smoothwall will provide you with lots of valuable insights and tools.

Including:

- Information on the latest apps and games your child may have access to
- The harmful content your child may be exposed to
- How you can help your child to safely navigate online risk
- How to access our FREE Online Safety Hub with dedicated guidance for parents
- An introduction to a parental app that allows you to control what your child sees online if they are at risk, plus other important features.

Please use this link to register for the webinar

[https://smoothwall.zoom.us/webinar/register/WN\\_cgDoMi8nRp-mqXhweAayDA#/registration](https://smoothwall.zoom.us/webinar/register/WN_cgDoMi8nRp-mqXhweAayDA#/registration)



## The Big Future

Dame Rachel de Souza, Children's Commissioner for England is asking for as many children as possible to share their views with her via a survey. *The Big Future* asks children and young people about their lives, their experiences and their hopes for the future. The results will be used to build a national picture of what matters to children today and to ensure their views are heard by Government. Please support your child to take part!

The survey takes just a few minutes to complete and can be accessed here: [The Big Future](#).



## DATES FOR YOUR DIARY



### WHAT'S HAPPENING?

**Wednesday 14<sup>th</sup> October**

Year 1 Share a Lesson, 2pm

**Wednesday 14<sup>th</sup> October**

Kittle Photography in school for individual and sibling photos

**Wednesday 14<sup>th</sup> October**

Open Evening for Nursery and Reception 2027 starters, 4-6pm

**Friday 16<sup>th</sup> October**

Year 3 Stone Age Workshop

**Monday 19<sup>th</sup> October**

Mwanjati Monday, non-uniform day

**Tuesday 20<sup>th</sup> October**

Reading and Phonics Meeting for Reception parents and carers, 9.10am

**Wednesday 21<sup>st</sup> October**

Harvest Assembly for children – please bring donations  
for Warrington Foodbank

**Thursday 22<sup>nd</sup> October**

Open Morning for Nursery and Reception 2027 starters, 9.30 – 11am

**Thursday 22<sup>nd</sup> October**

Y2 Share a Lesson, 2pm

**Thursday 22<sup>nd</sup> October**

PTFA Halloween Disco

**Friday 23<sup>rd</sup> October**

PTFA Pre-Loved Uniform Sale and Tuck Shop, 3.15pm

**Friday 23<sup>rd</sup> October**

School breaks up for half term

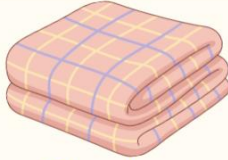
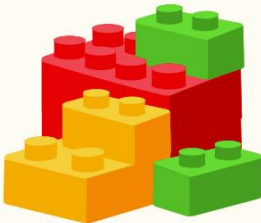
**Tuesday 3<sup>rd</sup> November**

Children return to school for autumn 2

# Bring it in **BINGO**



Can you donate any of the following to support our Nursery and Reception environments?

|                                                                                                            |                                                                                                                          |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  <p>Child helmet</p>      |  <p>Dolls house furniture</p>           |  <p>Blanket, drapes and tarpaulins</p> |
|  <p>Kitchen utensils</p> |  <p>Doll clothes</p>                   |  <p>Complete jigsaws and games</p>    |
|  <p>Building toys</p>   |  <p>Wooden/plastic animals/people</p> |  <p>Crates</p>                        |

