



Welcome to the Summer 2025 Family Newsletter

Preparing for Change

If your child is moving up to Junior School, High School or College, or even if your child is staying at their current school, September brings with it a time of transition. Returning to school after many weeks off or a change from one classroom to another can feel tricky.

For us as parents and carers, the new normal can feel daunting and will no doubt take some time to settle into.

Communication (be that verbal or non-verbal), understanding and preparation will be key to help this transition go as smoothly as possible. Here are some of the team's top tips to manage that change as smoothly as possible.



Practice the routine.

Make shopping lists for packed lunches

Practicing the journey to and from school to increase their confidence and highlight any uncertainties

Create a list of school essentials or making a 'first week' plan for before and after school each day.

Explore the School Website

This works well to help your child feel more familiar if they are moving to a new school but also helps children who are returning to the same school to refresh themselves on who is who and what some of the key things about being at school are.

Think Friend

We are often a lot better at giving advice to others - encourage your child to **'think friend'**.

If a friend is lost on their way to a lesson, what can they do? If a friend is being bullied, what can they do? If a friend has forgotten their planner or homework, what can they do?

Re-establish Routine

Re-establish their normal wake up and bed-time routine in the week leading up to the return to school if this has gone a little bit out of sync over the summer break.

Encourage and Support Problem Solving

Make a list together of changes that they are looking forward to and changes that they are worried about.

You may be able to have a conversation about this, if not then encourage them to map out why they are worried, who can help to find a solution and what might all the possible solutions / outcomes be.

Being prepared for anxiety provoking situations is often more helpful than not.

Remember to look after the basics.

Good diet

Good connections with friends and family

Good exercise and good sleep will be key to maintaining a balanced mood.

Conversation Starters

Encourage them to think of some conversation starters they can use with peers and with a new teacher.

Like with any change, there is always a period of getting used to what the new situation looks and feels like.

There is also a time of 'getting to know you' so some pre-thought about what to say and do in new situations can be helpful.

Prompt your child to also think about who they can talk to and how they might ask someone for help?

Practicing it together might help.

The Education Improvement Team (EIT) also have a fantastic offer of support to aid parents and carers in the lead up to the return to school. For more info on this, see the next page of our newsletter.

All Emotions Are Welcome!

Remember as summer ends....

This is the next chapter in your child's life. Plan it, conquer it & enjoy it together!

Undoubtedly there will be days that feel long and days that just fly by, some moments of challenge and some moments of joy, but the inevitable thing is that the summer break will come to an end when September strikes.

Our support in schools has stretched far and wide across the Wakefield district over the last academic year. Chances are, you or your child may have met us at an assembly, a parent / carer coffee morning, a classroom session or in some therapeutic sessions together.

If your child attends a mainstream school setting, then there is no doubt our team have started to make some exciting plans to support the school community for academic year 2025-2026.

We can't wait to share our knowledge about how to look after emotional wellbeing and please speak to a member of school staff like the Senior Mental Health Lead to learn more about their plans for accessing our support.

Bye for now and we look forward to seeing some of you next school year



"Return to School Support"

- * Do you have worries about your child's return to school in September?
- * Would you like strategies on what you could do to try to help your child?
- * Would you like to speak to somebody and get advice on what could be done to help?

If you have answered "yes" to any of the above, then the "Return to school support" service is available for parents and carers throughout the school summer holidays.

There are **Educational Improvement Teachers (EITs)** available to take your call to listen to your worries and provide support, signposting and impartial advice.

To speak to an EIT, please call the **Educational Psychology Service** on **01924 307403**

The **EITs** are available to take phone calls **every Tuesday** from **5th August** until the **23rd September** between **10am** and **4pm**

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The EITs are available to take your telephone call on the following dates:

Tuesday 5 th August, 2025	
Tuesday 12 th August, 2025	
Tuesday 19 th August, 2025	
Tuesday 26 th August, 2025	
Tuesday 2 nd September, 2025	10am - 4.00pm
Tuesday 9 th September, 2025	
Tuesday 16 th September, 2025	
Tuesday 23 rd September, 2025	

Please call the Educational Psychology Service on **01924 307403** and ask to speak to an EIT.

Summer Parent / Carer Virtual Session

Our support doesn't stop over the summer. We are running a series of **virtual parent / carer information sessions** where you can learn more about how you can support your child's wellbeing and mental health through childhood, the teenage years and beyond

The sessions are for **parents and carers** across the **district**.

Wellbeing Superstars :

Tuesday 29th July - 10:00 - 11:30am

Monday 4th August - 3:00 - 4:30pm

Learn about common childhood worries, how to spot the early warning signs that your child may be struggling and gain strategies and tips on how you can support your child's wellbeing.

Sleep Success

Wednesday 30th July - 10:00 - 11:30am

Tuesday 5th August - 3:00 - 4:30pm

Learn all about children's sleep and the amazing benefits of sleeping well for your child now and as they get older. Learn helpful practical strategies to ensure that your child (and you) gets a better night's sleep.

To book your place, **Scan Me**



Summer Fun

The summer holidays can feel long and for some being out of a normal daily routine can mean we forget to prioritise activities which help us to look after our mental health. Members of the Mental Health Support Team have pulled together some of our favourite mood-boosting activities which can be done in the house, in the garden or out and about (even when you are waiting for the bus!)

So why not try out some of these family activities to bring some happiness and nurture your child's (and your own for that matter) curiosity.

Indoor Days

Why not try

- Preparing and sharing an indoor picnic
- Setting up a '**Be Happy**' scavenger hunt
- Spending time creating a family summer playlist.
- Get those **Endorphins** going and get the sillies, you could use your playlist for a kitchen disco.

A fun and creative way to learn a little more about each other could be to spend some time making and sharing your very own **fortune tellers**.



A paper fortune teller (sometimes called a "chatterbox") is a simple folded paper game that helps spark conversation, encourage imagination and can also help with decision making skills.

Here's how to use it:

- Ask your child to pick a colour or number from the outside flaps.
- Move the fortune teller in and out as you spell the colour or count the number.
- When you stop, your child picks one of the options inside.
- Open the flap to reveal a fun challenge, question, or positive message!

You can personalise the inside with jokes, movement tasks, conversation starters, or even calming ideas to help your child express their feelings. It's a great way to play, bond, and support your child's learning and emotional development.

Outdoor Days

Being connected to nature helps us to **feel good** and helps our minds to grow. These activities work wonderfully on sunny and rainy days.

An easy one that you can do anywhere which really helps us to be in the moment, is **cloud watching**. See what you can see when you lay down and look up. Let your **imagination** run free and create a masterpiece based on what you see.



Go on a **nature walk** and set each other challenges to use your **senses to explore** the natural world around you. Along the way you can collect natural items to create your own **nature collage** or **nature mobile** when you get home

Try sensory play like

- A game of sink or float with a bucket of water. You might have gathered natural world things like shells pebbles or seeds before playing, and you could include everyday objects like packaging from food and toiletries both empty and full, or metal, plastic or wooden toys.
- Take turns to pick objects at random out of a bag and then ask "**Sink or Float?**" before it is dropped in to the water.

Summer Self-Care

Self-care' is a phrase you've probably come across, but what does it really mean? You might think it's all about candles, yoga and luxury bath bombs. Or it costs a lot of money and takes a lot of time. We might feel like it isn't for us. But is that really all there is to it?

Young minds have launched a campaign to scratch beyond the surface of self-care, looking at how self-care can help you. You can find out more at

www.youngminds.org.uk/young-person/coping-with-life/self-care/

Team Trainee Updates

Halfway through!

As we swiftly approach the mid-point of our Trainee Education Mental Health practitioner training year, you will start to see us more frequently in schools.

We are out supporting more and more children and their families in Wakefield and have been privileged to meet wonderful young people who would like support with their mental health.

Coupled with this, it has been great to receive such warm welcomes from schools and we are truly grateful for their assistance in facilitating our meetings.

We have learnt so much and there is plenty more to come in what has been an intense yet exciting new job role.

We are so pleased to be part of a team which offers such a wide range of mental health support to children and families. We look forward to meeting you in the near future.



Parent & Child Creative Art Session



Senior Practitioners from the MHST Becky P and Ann P facilitated an extremely well attended parent and child creative art session at Streethouse Primary school in May.

The session started with a parent / carer workshop on **managing big emotions** with handouts and opportunities for questions. Following this the year 3 and 4 children joined us for a **creative art session** on the theme of **all emotions are OK**, we ended the session with practising strategies to manage big emotions including **calm breathing** and **co-regulation techniques**.

There were lots of smiles from adults and children and **positive feedback** on an **enjoyable** and **informative** morning.

We couldn't do this without the **amazing staff** at **Streethouse School** who do a great job supporting these sessions and especially a big shout out to **Linda Light** who is **amazing** at checking in with the children to embed the key messages on wellbeing. This was the final session of this academic years whole school approach intervention, which we delivered to every year group – looking forward to planning something new for next year!

WF Happy Healthy Holidays

SUMMER ACTIVITIES FOR 5-16 YEAR OLDS

Activities are FREE for children and young people who receive benefit-related free school meals

Healthy Meal Provided

23 JULY – 29 AUGUST

TRIPS SPORTS ARTS & CRAFTS

FAMILY SESSIONS GAMES AND MUCH MORE!

Find and book FREE activities by visiting: www.wakefieldfamilystogether.co.uk/community-support/happy-healthy-holidays or scan the QR Code

SUMMER ACTIVITIES FOR YOUNG PEOPLE

Activities are FREE for those up to the age of 16 who receive benefit-related free school meals

Meal Included

23 JULY – 29 AUGUST

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MEET NEW PEOPLE GAMES AND MUCH MORE!

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What's on This Summer

Summer s'cool is back for 2025!

Find out more at www.creativewakefield.net/summer-school/whats-happening/

We're excited to share details of the summer s'cool 2025 FREE creative workshops for Children / Young people across the Wakefield District

Gaming - Join BAFTA-winning game gurus this summer! Level up your creativity – generate your own game, design a hero, create your own world, and learn new skills. Free sessions for ages 8–12 – limited places available!

Digital Explorers - Draw, paint, build, and create! Hands-on workshops led by professional teaching artists. Make models, design a logo, write a movie, take photos and more – while celebrating everything brilliant about where you live. Free sessions for ages 8–12.

Story Forge - Join multi-award winning artists to create a dark and atmospheric adventure video game inspired by local storytelling. Develop your skills in digital storytelling, art, game development, virtual reality and immersive audio production. Free week of creative skills for ages 13–17yrs.

I Can Be...

- A performer!
- A Song Writer!
- A Stand-Up Comedian!

Explore what You Can Be with a creative workshops! Learn new skills and discover creative careers! Free creative workshops for 13–17yrs.

Exam Results Day

A Level – Thursday 14th August

Our team will also be attending some holiday events running across the district and we will be providing support and advice to high school staff across the Wakefield district in preparation for GCSE and A-level results day.

GCSE – Thursday 21st August

If you are a young person who is due to receive your GCSE/A-level results.

Remember whatever you are facing, you don't have to face it alone

Top Tips!

- Listen
- Give your full attention
- Be available
- Be aware of your own feelings and emotions
- Evaluate options together

Parent Talk - www.parents.actionforchildren.org.uk/school-life/school-work-homework/exam-results-support/

Shout - www.giveusashout.org/get-help/resources/exam-results-support-your-wellbeing/

YoungMinds - www.youngminds.org.uk/young-person/coping-with-life/exam-stress/

Useful Links

Where to get extra help!

If a child or young person needs to talk they can call **Childline** Open 24/7. Chat to a counsellor online at www.childline.org.uk. Call them on **0800 111**.

If a young person or adult needs to talk to someone they can call the **Samaritans** on **116 123**. It's open 24/7.

If a child, young person or parent/carer needs to talk to someone at night time they can call **Night Owls** (between 8pm and 8am) on **0800 1488244** or text **07984392700**.

If you need to access help from a **food bank or other services** you can find more information about what's available here wakefield-food-aid-guide2-copy.pdf (wordpress.com). You could also ask school if they know about other local practical support in your area.

Wakefield CAMHS in the event of an urgent mental health enquiry about a child / young person you can contact Wakefield Single Point of Access (SPA) 01977 735865

If you need free confidential and impartial advice you can call **Wakefield District Citizens Advice** on **0800 1448848** (freephone) or visit **Wakefield's Citizens Advice Bureau** (wakefelddistrictcab.co.uk)

Free Summer Days Out in Wakefield

Newmillerdam Country Park

Anglers Country Park

The Hepworth

Pugneys Country Park & Sandal Castle

Pontefract Castle & Pontefract Museum

Thornes Park & Clarence Park

Fairburn Ings

Wakefield Museum

Earnshaw's Fencing Centre & Woodland Walk

National Coal Mining Museum

Castleford Museum



**WE LOOK FORWARD
TO SEEING YOU IN
THE NEW
SCHOOL YEAR
THANK YOU
FUTURE IN MIND MHST**



Lumi Nova is for 7-12 year olds facing difficulties with anxiety, including:

- Phobias e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- Social anxiety e.g. Feeling worried about making new friends, going to social events.
- Separation anxiety e.g. Unable to sleep alone, worried about being away from parents, going to school.



You can find out more about Lumi Nova via this short introduction video <https://bit.ly/lumi-nova-video>