

Wellbeing Newsletter

Spring 1 – January 2026

HAPPY NEW YEAR!

FACE Workshops

New support available for 2026 to all our families at Wellow School!

FACE offers parents practical advice, information and support, across a wide range of topics, including supporting neurodiverse children, understanding emotions and managing behaviour.

Our parents and carers now have FREE access to FACE Parent Talks by using the school code that was sent to you via email on 18/12/25.

A new timetable will be sent by email each month, with instructions of how to book.

 January 2026 Timetable All sessions delivered live online via zoom, 90 minutes long E24 each or FREE with School Membership Book online at facefamilyadvice.co.uk Recordings available for 48 hours (excluding Free Talk)	
Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
FREE Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm

Find out more [HERE](#)

COMING SOON • COMING SOON • COMING SOON • COMING SOON

Parenting Puzzle Evening Workshops

"I found it very helpful for self awareness and as a forum to share. Particularly as a dad!"



"Would definitely recommend - nothing to lose, all to gain!"

Our 5* reviewed and recommended, FREE 4 Week course returns;

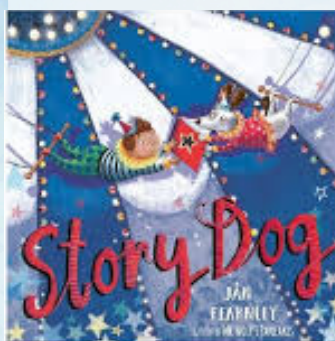
Tuesday 24th February – Tuesday 17th March
5-7pm

At Halterworth Primary School

Email L.gradidge@UWINAT.co.uk
to book your space TODAY!

COMING SOON • COMING SOON • COMING SOON • COMING SOON

Recommended Reads



A lovely picture book to mark the start of the National Year of Reading. Story Dog by Jan Fearnley is a delightful tale about a boy called Harry who overcomes his reluctance to read out loud through his friendship with a rescue dog called Hal. An exciting and inspiring adventure story.

Further information about the National Year of Reading can be found under the families section of the [Go All In](#) website, including lots of useful tips and advice for supporting children with their reading. Do look out for reading-related activities and events that will be taking place at school during 2026 that celebrate our love of reading. Mrs Hampshire, Librarian.



Don't Forget the Happiness Calendar...
[CLICK HERE for 'Happier January'](#)

*Wishing you a very Happy New Year,
Laura Gradidge-Family Wellbeing Coordinator*