



Wellbeing Newsletter

Autumn 1 – September 2025



Key Dates

15th-21st- National Inclusion Week

21st - World Gratitude Day

24th - National Fitness Day

Welcome Back!

We hope that you all had a wonderful summer break and a very warm welcome to all our new families that have joined us at Wellow School!

Wellbeing and positive mental health continue to be a priority for us at Wellow Primary School. We would therefore like to share an amazing opportunity offered to all parents and carers across our schools for this next academic year!

Parenting Puzzle Workshops

A 4-week parenting workshop that improves the emotional health of both adults and children and strengthens family relationships.

[CLICK HERE TO VIEW TIMETABLE AND REGISTER YOUR INTEREST!](#)

World Gratitude Day

Gratitude is one of the most positive emotions we, as humans, can feel, and it has the power to change a negative point of view into a positive one.

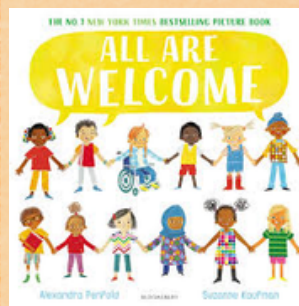
Gratitude has a wide range of benefits, including the following:

1. It can improve your physical health by boosting your immune system, lowering stress levels, and improving your sleep.
2. It can improve your mental health by increasing self-esteem and lower symptoms of depression.
3. It can help you develop a range of social and professional skills.

SEE ATTACHED PDF FOR TOP TIPS ON TEACHING GRATITUDE

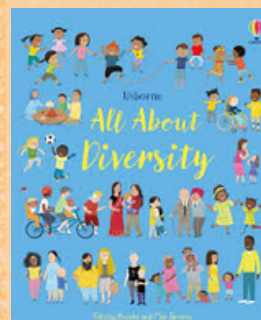
Recommended Reads

Chosen by our school Librarian, Mrs Hampshire!



'All Are Welcome', is a joyful, rhyming picture book for younger children that celebrates inclusivity, diversity and community. Appealing illustrations show children of different cultures and those with disabilities enjoying their day at school.

Whether they are sharing stories, playing music, eating together or playing outside, it is a place where all are welcome.



'All About Diversity', is a brilliant book that younger and older children can enjoy. It includes chapters on how we are all different, and how to understand one another. There's a useful glossary at the back explaining some key diversity words, as well as notes for grown-ups to encourage inclusion and diversity.

Click on the happiness calendar for September's edition!



Please note: I am available if you ever feel like a drink and a chat in my room. Little ones are always welcome!

01794 322201
L.gradidge@UWINAT.co.uk

Top Tips for Teaching Gratitude

Teaching gratitude sounds like a hard concept - how do you teach someone to feel grateful? The best way to introduce gratitude to young children is to get them to think about things that make them happy. You can then encourage them to show gratitude for the things that make them smile by using some of the following techniques:



Use Pro-Social Language

Model using pro-social language, such as 'please' and 'thank you' and encourage your child to do the same. Praise your child when they show gratitude by saying, 'I really liked when you said thank you to the waiter.'

Write Gratitude Cards

Make sure that your child knows the importance of showing gratitude by sending a **Thank You Card** when people do something kind, such as sending a birthday gift, or doing a favour for you.



Try To Look on the Bright Side

Sometimes it is easy to let the negative things that happen to you take over your thoughts and one small thing can make it feel like a bad day. Encourage your child to try to reflect on the positive things that happen or try to look for a silver lining in things that may seem disappointing.



Think of Things That You Are Grateful for Everyday

Talking about or writing things down each day that you are grateful for can help you to try to pick out positive parts of your day and feel more gratitude. You could discuss what you are grateful for around the dinner table or write them down before bed. You could use this **Gratitude Paper Chain** and add new links each day.

Share Ideas with Your Family

As well as thinking of what you are grateful for, it can help to hear what other people are grateful for. It may help you to appreciate things that you hadn't thought of. Share your thoughts together as a family.

Explain Why

It is important for children to understand why we show gratitude and why it is important to be thankful for the people who help us and the nice things that we have. Remember to show your child gratitude in return so that they understand the feeling that comes with it.

