



The Wellbeing Newsletter

Spring One 2026

Welcome to our half termly newsletter which highlights all of the brilliant wellbeing resources that are available to our school community.

At Barmby Moor School, our pupils and parents can speak to teachers if they need support. Please also read on to find out about additional services which are available.

Supporting Children with Anxiety

It's normal for children to feel worried from time to time. New experiences, friendships, schoolwork, and changes at home can all bring up big feelings. For some children, though, worries can feel overwhelming and may start to affect their sleep, learning, or enjoyment of everyday life.

What anxiety can look like in children

Anxiety doesn't always show up as "I feel worried." Younger children might complain of tummy aches or headaches, avoid certain situations, become more clingy, or get upset more easily. Older primary-aged children may worry a lot about getting things wrong, seek constant reassurance, or struggle with confidence.

How parents can help at home

Listen and name the feeling When your child shares a worry, try to listen calmly and acknowledge it: "It sounds like you're feeling really nervous about that." Feeling heard helps children feel safer and less alone.

Keep routines predictable Regular bedtimes, meals, and morning routines provide a sense of security. Knowing what to expect can reduce anxiety, especially during busy school weeks.

Encourage brave steps, not avoidance It's tempting to remove worries altogether, but gently supporting your child to face challenges (in small, manageable steps) helps build confidence over time.

Teach simple calming tools Slow breathing, counting breaths, stretching, or having a quiet "calm corner" can help children settle their bodies when worries grow big.

Focus on effort, not perfection Praise trying, learning, and problem-solving rather than outcomes. This helps children understand that mistakes are part of learning, not something to fear.





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Active 60!

Achieving the recommended sixty minutes of physical activity per day has been shown to improve both physical and mental wellbeing. Take a look below at how pupils may be able to achieve this away from school.

Inspiring Active Minds and Bodies: Winter Olympics Italy 2026

The Winter Olympics in Italy in 2026 offer a fantastic opportunity to inspire children to be more active and curious about movement. Watching athletes ski, skate, slide, and jump at the highest level shows children what the human body can achieve with practice, teamwork, and perseverance. It also highlights that being active isn't just about winning medals – it's about trying, improving, and enjoying movement.

Using the Olympics as a talking point to explore new ways of being active can be helpful. Learning about athletes' training routines can also encourage healthy habits such as regular exercise, good sleep, and resilience when things feel challenging.

Most importantly, the Olympics remind children that sport and physical activity can be fun, inclusive, and for everyone – helping to build lifelong positive attitudes towards staying active.

Going for a walk

Walking is an easy way for pupils to stay active and can be built into everyday routines. Families can park further away from school, walk part of the journey, or plan short after-dinner walks together. Making walking fun helps too – try scavenger hunts, step challenges, or spotting nature along the way. Walking with friends or siblings adds motivation and social connection. Comfortable shoes, suitable clothing, and a consistent routine can help walking become a positive daily habit that supports both physical health and wellbeing.

Active 60 Bag

Each Friday, a pupil in every class will receive an 'Active 60' bag to take home over the weekend. Inside will be a small soft toy for children to be 'active' with. Children are encouraged to complete any physical activity over the weekend and record this into the scrapbook inside their bags. This could range from playing hockey to walking the dog; any activity which involves getting up and moving their body.

