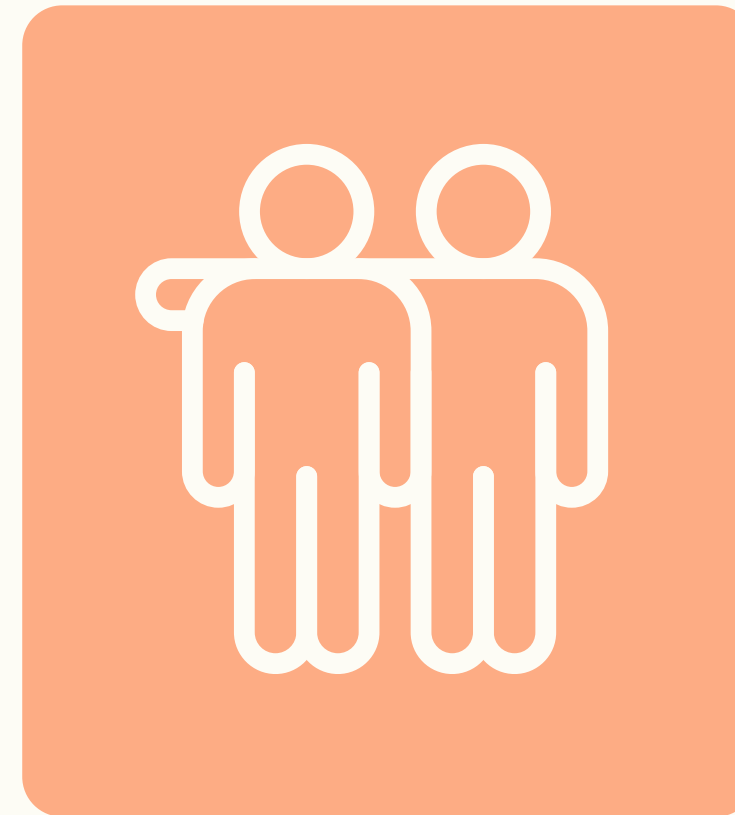


Seeds of Wellbeing



Lovington C of E Primary's Wellbeing Guide -
Issue Autumn 2025





Welcome

Welcome to the third edition of Seeds of Wellbeing. This newsletter is designed to support you in nurturing the wellbeing of your children both at home and at school. Each issue will offer practical tips, creative ideas, and resources to help foster a happy, healthy environment for your child to grow and thrive. We'll also share updates on courses and workshops that might be of interest, giving you tools to support your family's wellbeing journey.

Together, we can plant the seeds of kindness, resilience, and positivity that will flourish in our children for years to come.

We look forward to growing together.



Quick Links



Parent Talk: Down-to-earth parenting advice you can trust.

Why Movement Matters for Better Mental Health

Free Parent and Carer Webinars

Wellbeing Playlist: Uplift, Calm and Connect


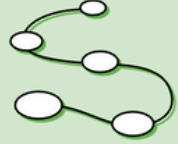




Useful Resources



Parent Talk: Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

parents.actionforchildren.org.uk/

Early parenting Becoming a parent, feeding, sleeping and potty training 	Development and additional needs Communication, social and emotional development, neurodiversity and support for additional needs 	School life School work and homework, behaviour and wellbeing, and Special Educational Needs and Disabilities (SEND) 
Home and family life Family relationships and mental health, work and money, healthy living, technology and fun at home 	Feelings and behaviour Understanding behaviour and emotions, talking about feelings, safety and wellbeing, rules and rewards, wellbeing activities 	Sign up to emails Sign up to our newsletter to get the latest tips, information and guidance from our parenting coaches. 



Parent Talk





Why Movement Matters for Better Mental Health

For children, physical activity isn't just essential for healthy bodies it's critical for their emotional and cognitive development. Studies show that active children tend to have better moods, improved focus, and enhanced cognitive abilities. Exercise releases endorphins, which are the body's natural stress relievers, helping children manage anxiety, boost their self-esteem, and even improve sleep patterns. Despite academic pressures and the lure of digital devices, many children spend more time sitting than moving. The American Heart Association recommends that children ages 6 to 17 get at least 60 minutes of moderate to vigorous activity per day, but many fall short of this target .

Here are five top strategies to energise your children and get them moving!

1. **Make It Fun: Play is the Name of the Game** - Turn everyday activities into exciting adventures by creating challenges or games that involve movement e.g. scavenger hunts.

2. **Lead by Example: Active Role Model** - When children see their parents or caregivers embracing an active lifestyle, they are more likely to follow suit.

3. **Limit Screen Time** - While screen time has its place, it's important to create balance and set clear boundaries to ensure there's room for active play in their day.

4. **Variety is Key: Keep Activities Fresh** - Introducing variety into their physical routine keeps things exciting and prevents burnout.

5. **Family Fitness: Move Together, Grow Together** - One of the most powerful ways to encourage children to be active is to make physical activity a family affair. Not only does this create lasting memories, but it also reinforces the idea that movement is a normal and enjoyable part of life.

Free Parent and Carer Webinars

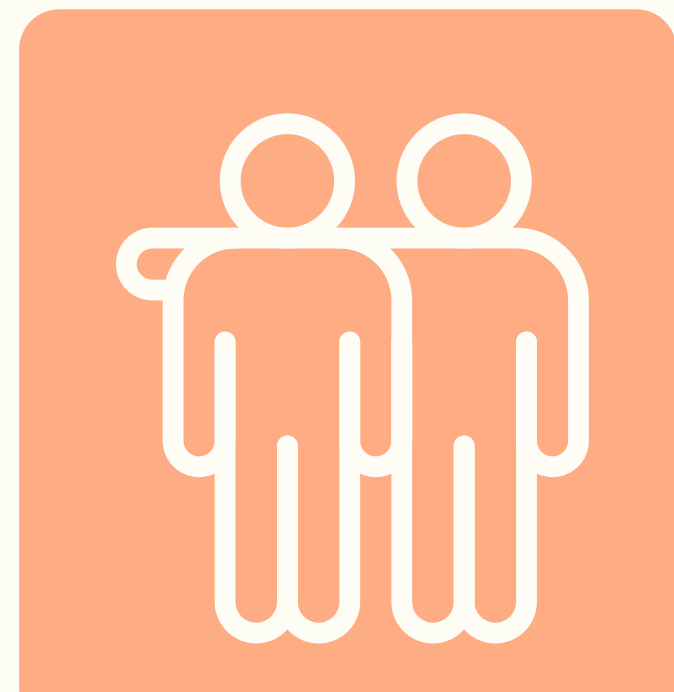


Hosted by Somerset's Mental health support team

1. Supporting your child's big feelings
2. Helping your child to thrive: Building self-esteem and resilience
3. Helping your child and teen sleep: Tools, tips and techniques.



MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust



Supporting your child's big feelings

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- How to support your child's and teen's feelings in the moment and for the future.
- You will go away with a range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.



WHEN?

18th September 25 10-11am | [Register Here](#)
or
8th October 25 6-7pm | [Register Here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

Helping your child to thrive: Building self-esteem & resilience

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- What boosts our children
- How we can foster their strengths and talents
- How negative self-talk might get in the way
- Navigating friendships & relationships



WHEN?

21st October 25' 10-11am | [Register Here](#)
or
11th November 25' 6-7pm | [Register Here](#)

[Click here for more information on dates and to book.](#)

Helping your child & teen sleep: Tools, tips & techniques



IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...



- Why do we need to sleep?
- Teen sleep struggles
- How to support young people to get a better night's sleep so they can meet their full potential
- Evidence based sleep information to improve sleep patterns



WHEN?



24th September 25' 6-7pm | [Register Here](#)
or
27th November 25' 10-11am | [Register Here](#)

Workshops are open to any parent/carer in Somerset. You will just

[Click here for more information on dates and to book.](#)

Wellbeing Playlist: Uplift, Calm and Connect



Music can influence how we feel. It can also bring us together with others through culture and faith, as well as shared experiences, memories, and interests.

This art and music activity was put together by Place2Be's Art Room and the Lang Lang International Music Foundation, joining in the mission to inspire children and young people through music.

The project is all about helping children and young people feel calmer by listening to music and drawing to its sound. There is also a chance to make a music playlist to encourage personal expression and togetherness.

Download the PDF [here](#).



Useful Resources

ChildLine: For 18s and under 0800 1111

NSPCC: 0808 800 5000

YoungMinds Parent Helpline: 0808 802 5544



Mind – Somerset

Somerset Mind:

<https://www.mindinsomerset.org.uk>

Mental Health Toolkit

Somerset children & young people

<https://padlet.com/SomersetMHST/parent-carer-wellbeing-toolkit-5mx7nlay6ba0ozlm>

Youth Wellbeing Directory:

youthwellbeing.org