

# Wellbeing & Safeguarding Newsletter

Rockmount Primary School Autumn 2025

Welcome back to what has been a busy but enjoyable and eventful term. This is the first of our termly Wellbeing & Safeguarding newsletter for 2025/26. A copy of this newsletter has also been emailed to you so you can easily access any links and for future reference.

## Wellbeing Ambassadors 2025/26

We are delighted to introduce this year's Wellbeing Ambassadors. They were elected by their classmates at the end of the last academic year. Our Wellbeing Ambassadors play an important role in promoting positive mental health and raising awareness of mental health issues throughout our school community. Guided by Mrs Umar and supported by the wider Wellbeing Team, they will help support fellow pupils with their health and wellbeing, organise wellbeing events and recognise key mental health awareness days.

The Ambassadors have kicked off the year by helping to organise and promote World Kindness Day. The aim was to encourage kindness across the school, with children nominating classmates who showed kind behaviour. The child who received the most nominations was then awarded a World Kindness Certificate.



## Staff Wellbeing

To promote staff wellbeing and spread a bit of festive cheer, the team at Rockmount Primary School took part in a Staff Advent event. There were some wonderful prizes up for grabs - here are a few of our lucky winners.



## Winter Fair

Thank you to the Wellbeing Ambassadors for raising funds at the Winter Fair. The 'Pin the Nose on Rudolph' activity was a big success, and all money raised will go towards supporting wellbeing at Rockmount.



### Important Dates

- Children's Mental Health Week - 9th - 15th February 2026
- Safer Internet Day - 10th February 2026
- LGBT+ History Month - February 2026
- International Women's Day - 8th March 2026

# WELLBEING IN THE FESTIVE SEASON



ALL CAN ACHIEVE

## 10 TIPS FOR WINTER WELLBEING

**Tip 1: Let there be light and cosiness!** – Going out in the cold might seem unappealing but getting some natural light can be invigorating and really help your mood.

**Tip 2: Healthy comforts** – We all crave comfort, particularly over winter and it can be tempting to reach for foods high in fat, sugar and salt. Find other options that are just as pleasurable like reading, doing puzzles or baking something healthier.

**Tip 3: Plan something pleasurable and also have some 'me time'** – In the bad weather or if we're isolating, it's still important to take time to enjoy ourselves each day. It can also be fun to try something new, get creative or dust off an old hobby.

**Tip 4: Boost your energy and your mood** – Get outside for at least 20 minutes of exercise each day.

**Tip 6: Celebrate the good stuff** – Try to notice the good things in your life if you're feeling down, however small.

**Tip 7: Get your money sorted** – Plan your finances this winter – including making sure you're getting any benefits you're entitled to and getting help with any debt concerns you may have.

**Tip 8: Keep connected** – Don't let gloomy days drain you of your motivation to go out and see friends and family.

**Tip 9: Take a break from gadgets** – Technology, more than ever, over the last couple of years has been vital but it's important to give yourself some time away from devices.

**Tip 10: Ask for help** – If we're struggling, it's ok to ask for help. If you need to, there's always someone to talk to. Ringing or texting a helpline such as SHOUT if you're lonely can help you feel better too.

Individuals can text SHOUT to 85258 to receive free, confidential support from a trained volunteer via text message.

## THE CHRISTMAS HAF PROGRAMME NOW OPEN TO BOOK



This Christmas, the Holiday Activity and Food Programme (HAF) is set to offer children across Croydon the opportunity to attend free activity clubs with healthy meals. Open to all children aged 4-16 receiving benefits-related free school meals.

To book, please visit [croydon.gov.uk/holiday-activities-and-food](http://croydon.gov.uk/holiday-activities-and-food)

## Online Safety Tips for Christmas



Christmas is almost upon us once again and some children will be excitedly unwrapping mobile phones, tablets or games consoles. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore and unfortunately new risks to be aware of.

Read the National Online Safety Guide for top tips that can guide you and your child/ren to enjoying their new digital gifts safely and responsibly throughout the year.

[CLICK HERE FOR TOP TIPS FOR NEW DEVICES](#)



## Kind Christmas Activities



Bring a little more kindness into the world in the run-up to Christmas. Click on the image opposite to download your free booklet which includes puzzles, colouring, code breakers and more. Suitable for all ages.

For more wellbeing & safeguarding information, please visit our website at [www.rockmountprimaryschool.co.uk](http://www.rockmountprimaryschool.co.uk)