



ROSEHILL

WELLBEING NEWSLETTER

NOVEMBER 2025

WELCOME

Welcome to our first Wellbeing Newsletter.

At Rosehill, we are proud to say that the wellbeing of our school community is very important to us. As a team we work hard to offer support, raise awareness and organise events for our pupils, parents and staff.

Each half term we will provide you with updates on all things wellbeing in this newsletter. We hope you find it useful.

Regards

The Wellbeing Champions



UPCOMING EVENTS

DEC

8 Festive Fun Week

DEC

9 Upper & Middle Concert

DEC

12 Primary Concert

DEC

17 Christmas Jumper & Dinner Day



This half term our wellbeing focus is

GIVE

Doing something for others, such as volunteering or simply offering a smile can improve your own emotional health and self-esteem.



As part of our 'GIVE' focus we will be completing a cereal box domino challenge. As a school we aim to collect as many full boxes of cereal as we can. These will be lined up through the school to create a domino effect. All of the donated boxes will be given to local foodbanks.

We would really appreciate your donations of cereal by Friday 12th December!

5 WAYS TO WELLBEING

Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. Each half term we will focus on one of the 5 ways through our events and activities for pupils.



Look out for tips and activities!

WHAT'S BEEN HAPPENING?

Thank You!

#HelloYellow

Thank you to everyone who supported our Hello Yellow Day by donating money or wearing yellow.

Together we supported the Young Minds charity by raising £50, whilst helping our pupils to understand a little bit more about mental health.



Thanks to your generous donations we were able to deliver a great parcel of essential items to the Jamaica Hurricane Relief



Our pupils in Class Wollaton worked hard to put together 7 boxes of lovely gifts for the Samaritans Shoebox Appeal. Thank you for all of your donations. We are excited to track the boxes to find out where they go.

IF YOU NEED HELP...



NottAlone

NottAlone is a website providing information and mental health support for people of all ages in Nottingham and Nottinghamshire.

There are special areas on the website if you are aged under 25, are a parent or carer, or a professional who works with and supports young people.

<https://nottalone.org.uk>

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

NHS 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

Nhs.uk/mental-health



Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

Papyrus-uk.org

SAMARITANS

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

Samaritans.org



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

Mind.org.uk

shout
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

Giveusashout.org



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

Thecalmzone.net

ChristmasCountdown.uk

CONTACT INFO

Email: wellbeingsupport@rosehill.nottingham.sch.uk

Phone: 0115 9155815



Christmas is a very exciting time of the year for children, what with the promise of Santa's visit, two whole weeks off school and hopefully some fun festive activities.

But some children (and adults) can understandably find this overwhelming. The changes to routines, the busyness, the influx of new toys and all the chocolate and sweets can be a real challenge.

So we've put together a list of ideas to help children to regulate their emotions, either independently or as a family.

Wishing you a peaceful and happy Christmas!



How to reduce Christmas stress in children



Stick to their usual routine as much as possible



Prepare them for changes



Don't over schedule



Try to spend time outside



Make time for peace and quiet

Please see the school website for helpful resources

Positive
Vibes
Only

Did you know that science suggests that positive thinking is a learnable skill?

Thinking of 3 good things each day can contribute to increased happiness in the short term and longer term. Just spend a few minutes each evening reflecting on the day until you think of 3 good things.

Keep it to yourself or spread the positive vibes!