



Springhill Wellbeing Newsletter

December 2025

Mental Health and Wellbeing Learning at Springhill

In the autumn term, we have learned about emotions, how to look after our mental health and what we can do if we are struggling. We have also celebrated Anti-Bullying Week by looking at impact of bullying and what we can do as a school to prevent this from happening. In the spring term, we have Children's Mental Health Week in which we will be enjoying many different methods to help us regulate and promote positive emotions.

If you need support during the holidays, there is information

available online:

<https://www.southampton.gov.uk/health/mental-health-and-wellbeing/mental-health-services-for-adults/>



A little reminder that ...
YOU and YOUR mental health still matter at Christmas



Mrs Sue Chapman is our school ELSA (Emotional Literacy Support Assistant) who is specially trained in helping children deal with their emotions and feelings, and those of others. She can support children with their social skills; self-esteem; friendship issues; relationships; anger management; behaviour; anxiety; and worries. If you are struggling with the current cost of living crisis and need help, Mrs Chapman may have resources to help you.

Mental Health and Wellbeing during the holidays

During the holidays, a break away from the normal school routine can be a welcome rest for some children but a stressful change for others, which can result in a change of behaviour. To ensure that you and your children have a happy and mentally healthy break, you might want to consider the following ideas:

- Lie ins are great! However, it is important to maintain a routine. Try to set a time for breakfast, getting dressed and beds made so the day can start well.
- Exercise is a great mood booster! Wrap up warm and go for a winter walk. Make it fun for the whole family: from a dance party in the kitchen to a play in the park!
- Late nights are often inevitable over the Christmas break; however, too many can leave children feeling tired and grumpy the next day leading to poorer wellbeing for everyone. Check the graph below as a reminder of how much sleep children need.

Have a lovely break and we look forward to seeing some well rested children in January!

★ How much sleep does my child need? ★

AGE GROUP

HOURS PER NIGHT

Infants 4 - 12 months old

12 - 16 hours per 24 hour period

Children 1 - 2 years old

11 - 14 hours per 24 hour period

Children 3 - 5 years old

10 - 13 hours per 24 hour period

Children 6 - 12 years old

9 - 12 hours per 24 hour period

Teens 13 - 18 years old

8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics

