

Mindful about Mental Health.

New year, new term – supporting your child get ready for 2025!



Happy New Year to you all! I hope you've all had a lovely break for Christmas and new year. Are we all ready for getting back to it though?!

Getting back into the swing of school and getting that routine back can be hard. It can be hard for our children and for us as parents and carers too.

- Changes in sleep patterns can alter our wellbeing and overall mood, getting up to an alarm after two weeks off can be a challenge.
- Changes in our diets also affect our well-being, I'm sure I'm not the only one who has over indulged with the chocolate log!
- Anxiety and worry can have a part to play in returning to school for some children as they worry about seeing their friends again, getting back to reading routines, home learning and spellings – this can seem overwhelming for some children until that routine returns.

If you or your child are struggling with getting back to school, have a look at this website for advice, links and tips on supporting ourselves and our children get back to school for a fabulous 2025 and spring term with our Farmilo family



<https://parents.actionforchildren.org.uk/school-life/school-behaviour-wellbeing/new-school-term/>

Always here and happy to help

Ms Winterton x