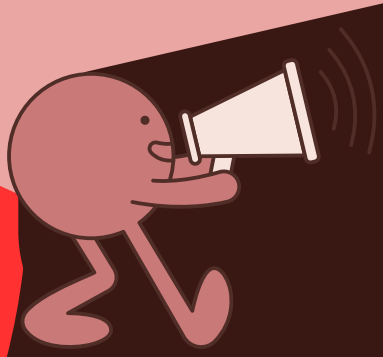

BLANFORD WELL-BEING BULLETIN

AUTUMN 1 2026

CONNECT

YOUR HALF TERMLY NEWSLETTER ABOUT WELL-BEING IN OUR SCHOOL!

WELCOME TO OUR FIRST WELLBEING NEWSLETTER OF THIS ACADEMIC YEAR.

WELLBEING IS A BIG FOCUS AT BLANFORD MERE, ALL DAY, EVERY DAY. WE KNOW THAT CHILDREN LEARN BEST WHEN THEY FEEL SAFE, HAPPY, VALUED AND SUPPORTED. SUPPORTING MENTAL WELLBEING IS NOT SOMETHING WE DO ONLY DURING A SPECIFIC LESSON OR ACTIVITY; IT IS WOVEN INTO EVERYDAY SCHOOL LIFE, FROM THE RELATIONSHIPS WE BUILD TO THE WAY WE LISTEN TO CHILDREN, ENCOURAGE KINDNESS AND HELP THEM MANAGE THEIR EMOTIONS.

ONE OF THE FIVE WAYS TO WELLBEING IS CONNECT. THIS MEANS TAKING TIME TO BUILD POSITIVE RELATIONSHIPS WITH THE PEOPLE AROUND US, WHETHER THAT IS FAMILY, FRIENDS, CLASSMATES OR COLLEAGUES. FEELING CONNECTED TO OTHERS IS AN IMPORTANT PART OF LOOKING AFTER OUR MENTAL AND EMOTIONAL WELLBEING.

THROUGHOUT THIS HALF TERM, OUR FOCUS IN SCHOOL HAS BEEN ON BUILDING RELATIONSHIPS AND GETTING TO KNOW THE CHILDREN IN OUR NEW CLASSES. STARTING A NEW SCHOOL YEAR BRINGS LOTS OF OPPORTUNITIES, BUT IT CAN ALSO BRING FEELINGS OF UNCERTAINTY AS CHILDREN ADJUST TO NEW ROUTINES, CLASSMATES AND ADULTS. TAKING TIME TO GET TO KNOW ONE ANOTHER HELPS EVERYONE FEEL WELCOME, SAFE AND VALUED.

IN OUR CLASSROOMS, WE HAVE BEEN ENCOURAGING CHILDREN TO DEVELOP FRIENDSHIPS, WORK TOGETHER, LISTEN TO ONE ANOTHER AND SHOW KINDNESS AND RESPECT. THROUGH SHARED ACTIVITIES, TEAMWORK, CONVERSATIONS AND PLAY, CHILDREN ARE LEARNING ABOUT EACH OTHER, DISCOVERING COMMON INTERESTS AND DEVELOPING A SENSE OF BELONGING WITHIN THEIR CLASS.

AS WE CONTINUE THROUGH THE SCHOOL YEAR, WE WILL KEEP NURTURING THE RELATIONSHIPS THAT HELP OUR CHILDREN THRIVE. BY HELPING CHILDREN FEEL CONNECTED TO THEIR CLASSMATES, THEIR TEACHERS AND THEIR WIDER SCHOOL COMMUNITY, WE ARE LAYING THE FOUNDATIONS FOR POSITIVE WELLBEING, HEALTHY FRIENDSHIPS AND SUCCESSFUL LEARNING.

HOW DOES CONNECTING WITH OTHERS SUPPORT WELLBEING?

- A SENSE OF BELONGING: WHEN CHILDREN FEEL ACCEPTED AND INCLUDED, THEY ARE MORE LIKELY TO FEEL HAPPY, SECURE AND CONFIDENT IN SCHOOL.
- EMOTIONAL SUPPORT: POSITIVE RELATIONSHIPS HELP CHILDREN FEEL COMFORTABLE TALKING ABOUT THEIR FEELINGS, SHARING WORRIES AND ASKING FOR HELP WHEN THEY NEED IT.
- CONFIDENCE AND SELF-ESTEEM: FEELING THAT OTHERS CARE ABOUT THEM HELPS CHILDREN DEVELOP A POSITIVE SENSE OF THEMSELVES AND RECOGNISE THAT THEY ARE VALUED.
- RESILIENCE: SUPPORTIVE FRIENDSHIPS AND TRUSTING RELATIONSHIPS WITH ADULTS CAN HELP CHILDREN COPE WITH CHALLENGES, MANAGE DIFFICULT FEELINGS AND NAVIGATE DISAGREEMENTS.
- LEARNING AND DEVELOPMENT: WHEN CHILDREN FEEL SAFE AND CONNECTED, THEY ARE BETTER PLACED TO PARTICIPATE IN LESSONS, TRY NEW THINGS AND LEARN FROM THEIR MISTAKES.

BUILDING RELATIONSHIPS TAKES TIME, AND EVERY CHILD DEVELOPS CONNECTIONS IN THEIR OWN WAY. SMALL MOMENTS, SUCH AS SHARING A SMILE, INVITING SOMEONE TO JOIN A GAME, LISTENING CAREFULLY OR OFFERING A HELPING HAND, CAN MAKE A REAL DIFFERENCE.

HOW CAN YOU SUPPORT CONNECTION AT HOME?

YOU CAN HELP YOUR CHILD PRACTISE THIS IMPORTANT WELLBEING SKILL IN EVERYDAY LIFE BY:

- TAKING TIME TO TALK ABOUT THEIR DAY AND REALLY LISTENING TO WHAT THEY HAVE TO SAY.
- ASKING QUESTIONS SUCH AS, "WHO DID YOU ENJOY SPENDING TIME WITH TODAY?" OR "DID YOU DO ANYTHING KIND FOR SOMEONE?"
- ENCOURAGING THEM TO INCLUDE OTHERS, CELEBRATE DIFFERENCES AND THINK ABOUT HOW OTHER PEOPLE MIGHT BE FEELING.
- MAKING TIME FOR SHARED ACTIVITIES WITH FAMILY AND FRIENDS, SUCH AS PLAYING A GAME, GOING FOR A WALK OR EATING TOGETHER.
- TALKING ABOUT FRIENDSHIP CHALLENGES AND HELPING YOUR CHILD THINK OF KIND, POSITIVE WAYS TO RESOLVE DISAGREEMENTS.