



Dinnington First School

Wellbeing Newsletter



December 2024



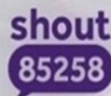
Now December has arrived we can officially start thinking about Christmas, although you may have heard that all classes at Dinnington began rehearsing their nativity plays many weeks ago! It is lovely to hear singing from every corner of the school, and eager children talking about what part they are playing in their performance. You will no doubt be very proud of all of them when you see the shows. Whilst we all enjoy making Christmas special for the children, we have to balance the build up to Christmas with calm, as some children can struggle with the changes in routine and heightened excitement that Christmas brings. At school we will continue to provide the children with a structured routine and opportunities for quiet time as much as we can, to help them stay regulated until the holidays eventually arrive.

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



0300 123 3393
Helpline
mind.org.uk



Text SHOUT to 85258
24/7 text service
giveusashout.org



116 123
24/7 helpline
samaritans.org



Text YM to 85258
24/7 text service
youngminds.org.uk



0800 58 58 58
Helpline for men
thecalmzone.net



0800 068 4141
Under 35s Helpline
papyrus-uk.org

Thank you to all of you who came to our Books and Brunch or Books and Buns events recently. We hope you enjoyed reading, painting and having a snack in the hall with your children.

Look at the **Kindness Tree** we made with messages of patience and generosity written on every leaf!



One kind word can
warm three winter
months.

JAPANESE PROVERB

Book recommendation

In November it was Anti-Bullying week. All classes in school had conversations about bullying and discussed ways to help tackle it.

Leave me Alone by Kes Gray and Lee Wildish helps children understand how it feels to be bullied and how we can help.

Did you know that many picture books are free to watch on YouTube? There are also lots of free audio books for children online which might help keep them calm over Winter.

