

Fortuna Wellbeing Matters



Big Feelings Often Come With Big Changes.

Change can be exciting, but it can also feel difficult for children. Starting a new school year, moving classes, meeting new adults, making new friends or getting used to a different routine can all bring a mixture of emotions.

Your child may feel happy and excited one moment, and worried, tearful, frustrated or tired the next. They may find it harder to settle, become more emotional than usual, or need extra reassurance and comfort. These reactions are a normal part of adjusting to something new.

There are lots of simple ways you can support your child at home:

🌈 Talk about feelings - Give your child opportunities to talk about how they are feeling without worrying about having the 'right' answer.

💖 Listen and reassure - Let them know that it is okay to feel worried, cross, sad or unsure. You don't always need to fix the feeling; sometimes listening is enough.

🕒 Keep routines predictable - Regular mealtimes, bedtimes and familiar routines can help children feel safe when other things are changing.

💚 Supporting Your Child's Mental Health and Wellbeing

We strongly encourage parents and carers to make school aware of any concerns about your child's mental health or wellbeing as soon as they arise. Sharing concerns early allows us to provide timely support, guidance and advice, helping your child to feel supported both at home and at school.

Your child's teacher is often a good first point of contact. Through the school diary or regular calls home, you can share any concerns and your child's teacher can signpost you to the support available within school.

Alternatively, you can contact the school through Reception and request to speak with or meet with our Child and Family Officer, SENCo or Behaviour and Attitudes Lead.

Please remember that you do not need to wait for a concern to become significant before reaching out. We are here to listen, work with you and support your child.

Together, we can help our children develop positive mental health, resilience and the confidence to talk about how they are feeling. 💚

Meet the Wellbeing Team



At Fortuna school, we have a team dedicated to Wellbeing, this consists of the Assistant Headteacher Miss Rollins, our Children and Family Officer Mrs Thorpe and Teaching Assistants Miss O'Hear and Miss Hart.

Our role as a team is to support the overall wellbeing of both our children and staff. We organise a range of activities, initiatives and wellbeing events throughout the year, helping to promote positive mental health and create a supportive school community.

We also work closely with the NHS Mental Health Support Team (MHST) to strengthen and develop our school's mental health and wellbeing strategy.



This is Ben, is our link from MHST, he is an Educational Mental Health Practitioner (EMHP). Alongside helping the school with developing wellbeing strategies, he is also able to triage referrals for specific mental health issues our pupils may need support with.

Through this partnership, we aim to provide children and staff with the knowledge, tools and support they need to look after their mental health and wellbeing. We are committed to creating a school environment where everyone feels supported, valued and able to thrive.

🌟 Family Wellbeing Challenge: 3 Good Things

Bedtime is a lovely opportunity to slow down, reconnect and reflect on the day together. This week, why not try our 3 Good Things challenge as a family?

Before bedtime, each person takes a turn to share:

💛 One good thing from today

What made you smile, made you feel happy or was something you enjoyed?

🌟 One thing you are proud of

It could be something big or small – trying something new, being kind, finishing a tricky task or simply having a go.

🌈 One thing you are looking forward to tomorrow

It might be seeing a friend, playing a favourite game, going to school or enjoying some family time.

There are no right or wrong answers, and sometimes the things we share might be very small – that's absolutely fine! The aim is simply to notice the positives, celebrate our achievements and end the day with something to look forward to.

Why not make it part of your bedtime routine? You might be surprised by the lovely conversations it creates!

💖 Remember:

Small moments of connection can make a big difference to family wellbeing.

💚 This Term's Wellbeing Strategy: STOP, BREATHE & RESET

When things feel overwhelming, stressful or just a little too much, encourage your child to STOP, BREATHE & RESET.

● **STOP** – Pause what you are doing and give yourself a moment.

🌬️ **BREATHE** – Take a slow breath in through your nose and slowly breathe out. Repeat a few times.

💭 **RESET** – Ask yourself: What do I need right now? You might need some quiet time, a drink of water, a cuddle, a short walk, or to talk to someone.

💚 **Remember:** Taking a moment to pause is not giving up. It is giving your brain and body time to calm down so you can try again.

This term, let's practise making space for a pause – STOP, BREATHE & RESET.

👻 ✨ Staying Safe During Halloween and Fireworks

Halloween and Bonfire Night can be exciting times for children, but the costumes, decorations, fireworks and busy events can also bring new safety risks.

👻 Halloween Safety

Choose costumes carefully – Make sure costumes fit well and do not trail on the ground. Avoid costumes with long, loose materials that could catch fire.

Be visible – If your child is going trick-or-treating, add reflective strips or bright colours to their costume, especially when it is dark.

Stay together – Younger children should always be accompanied by a responsible adult. Remind older children to stay with their friends and have a clear plan for where they are going.

Take care near roads – Encourage children to use pavements and cross roads safely. Masks and costumes should not restrict vision.

Check treats – Remind children not to eat sweets until they have returned home and an adult has checked them.

🔥 Firework Safety

Attend organised displays where possible – These are often safer than having fireworks at home.

Keep a safe distance – Children should never handle fireworks, even under supervision.

Never go near a firework that has been lit – Do not allow children to pick up or approach fireworks that have not gone off.

Talk about what to expect – Preparing children for the loud bangs, flashes and crowds can help them feel more comfortable.

💖 Remember

For some children, Halloween and fireworks can feel exciting, while for others they may feel overwhelming or frightening. Talk to your child about what they might see and hear, give them the opportunity to step away if they become overwhelmed, and remind them that it is okay to feel nervous or unsure.

Most importantly, enjoy the celebrations together and help your child make happy, safe memories. 🍁 ✨

Wellbeing & Health Newsletter

Ingredients (makes about 12-15)

- 2 ripe bananas
- 150g porridge oats
- 1 tsp cinnamon
- ½ tsp mixed spice
- 1 tsp vanilla extract
- 1 tbsp honey or maple syrup (optional)
- A handful of raisins or pumpkin seeds (for decorating)

Healthy Halloween Banana & Oat Biscuits

A tasty, simple and healthier treat for spooky season!

1 Heat the oven

Heat the oven to 180°C (160°C fan) and line a baking tray with baking paper.

2 Mash the bananas

Mash the bananas in a bowl.

3 Add the dry ingredients

Stir in the oats, cinnamon, mixed spice and vanilla extract.

4 Add sweetness (optional)

Add the honey or maple syrup if you want them a little sweeter.

5 Shape the biscuits

Spoon the mixture onto the tray and flatten into biscuit shapes.

6 Get creative!

For Halloween, shape them into ghosts, pumpkins, bats or monsters. Add raisins for eyes or pumpkin seeds for decorations.

7 Bake

Bake for 15-20 minutes, until lightly golden.

8 Cool and enjoy!

Allow to cool before serving.

Enjoy your spooky biscuits!

💚 **Good for you!**

These biscuits are lower in sugar, made with wholegrain oats and full of natural ingredients.

😊 **Top tip**

Get your child involved! It's a great way to build healthy habits and spend quality time together.

★ **A little reminder...**

Healthy eating doesn't have to be complicated. Small, positive choices can make a big difference to energy, mood and wellbeing.

🍁 **Happy, healthy and spook-tacular!**

These banana and oat biscuits are naturally sweetened, packed with goodness and perfect for little hands to help make. Enjoy them at home, with friends or as a lunchbox treat!

