

Fortuna

Wellbeing Matters

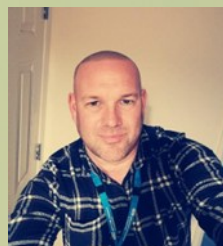
Autumn term 2025



Managing the Pressures of the festive season : Supporting Your Child's Mental Wellbeing

The festive season can be a joyful time, but for many children, especially those with social, emotional, and mental health (SEMH) needs, it can also bring stress and anxiety. Changes to routine, increased social expectations, and the sensory overload of lights, noise, and crowds can feel overwhelming. Parents and carers play a crucial role in helping children navigate this period safely and calmly. Simple strategies, such as maintaining familiar routines where possible, planning quiet times during busy days, and setting realistic expectations, can make a big difference in reducing stress for your child.

Looking after mental wellbeing over the holiday period is not just about preventing difficulties—it's also about fostering positive experiences and connection. Encourage your child to express their feelings, whether through talking, drawing, or play. Celebrate small achievements and moments of calm, and be mindful of your own wellbeing too, as children often pick up on adult stress. Remember, it's perfectly normal for children to feel excited, anxious, or even irritable at this time of year. By planning ahead, staying attuned to their needs, and keeping the focus on enjoyment rather than perfection, you can help your child feel safe, supported, and ready to embrace the festive season.



Meet Ben

Hi, my name is Ben, and I am a designated Education Health Practitioner for schools.

My role is to support children and parents on a one-to-one basis as well as delivering workshops. I collaborate with staff and teachers to promote positive mental health in homes and schools.

My favourite animal

Dolphins have to be my favourite as they are very cute! They enjoy being playful and protect other species from sharks.

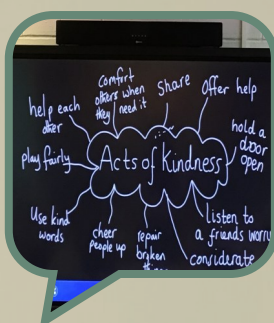
Happy place

Anywhere near water. I love sitting on the beach listening to the waves, it's so therapeutic.

Hobbies

I used to work in the sports industry, so I love nothing more than kayaking, swimming, scuba diving, martial arts and being in the fresh air outside. I love to listen to music especially Oasis.

Anti- Bullying week 2025



Top 10 Free Festive Activities for Families

1. Winter Walks

Explore parks or local trails and spot festive lights, trees, or seasonal sights.

2. Scavenger Hunt

Create a list of items to find outdoors—pinecones, decorations, or birds.

3. DIY Decorations

Make paper chains, salt dough ornaments, or pinecone crafts together.

4. Card Making

Design handmade cards for friends, family, or neighbours to spread cheer.

5. Festive Art

Draw, colour, or paint holiday scenes—let creativity shine!

6. Story Time

Read festive books or invent your own holiday tales together.

7. Baking Together

Try simple treats like cookies or rice crispy cakes for a hands-on activity.

8. Mindful Moments

Practice short breathing exercises or calm listening games.

9. Music & Movement

Sing songs, make homemade instruments, or have a mini dance party.

10. Kindness Projects

Write thank-you notes, make small gifts, or support a charity together.

Keeping Christmas Calm: Tips

The festive season can be exciting—but also overwhelming for children and adults! Try these simple strategies:

Stick to routines where possible to give a sense of security.

Plan quiet breaks during busy days.

Set realistic expectations for activities and gifts.

Encourage expression—talk, draw, or play about feelings.

Celebrate small wins and moments of calm.

Take care of yourself—children notice adult stress too.

A little planning and patience can make Christmas a joyful, calm, and connected time for everyone.

Easy Mini Christmas Cookies

Ingredients:

200g plain flour

100g butter (softened)

100g sugar

1 egg

½ tsp vanilla extract

Festive sprinkles or icing for decoration

Instructions:

1. Preheat oven to 180°C (160°C fan).

2. Mix butter and sugar until creamy, then add the egg and vanilla.

3. Gradually add flour to form a soft dough.

4. Roll out the dough and use cookie cutters (stars, trees, or gingerbread shapes).

5. Place on a baking tray lined with baking paper.

6. Bake for 10–12 minutes until lightly golden.

7. Let cool and decorate with icing or sprinkles!

Tip: Kids can help cut shapes and decorate, making it a fun, sensory activity that encourages creativity and calm focus.