



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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9th May 2025



"Our greatest glory is not in never falling, but in rising every time we fall."

Dear Parents/Carers,

Even though it has been a shorter week in school, due to the bank holiday, we have still managed to squeeze in so many different activities! I hope that you enjoy reading about what each class has been up to in the 'Shobnall Showcase' further on in the newsletter!

We have definitely seen some signs of summer this week and with much warmer weather now approaching, please don't forget to send your child to school with suncream on and sunhats when we are due to have a particularly hot day. There is more information on this below.

This week, we marked VE Day with a fantastic celebration across the school. A big thank you to everyone for joining in the spirit of the day by wearing red, white and blue. The children looked brilliant! We held a special assembly to reflect on the significance of VE Day and to honour the bravery and sacrifices made during World War II. The highlight was our wonderful street party-style lunch, where children enjoyed traditional treats, and a great sense of community. It was a memorable day of learning, gratitude, and celebration.



Next week promises to be very busy, especially for our Year 6 children, who will be completing their SATs. I would like to take this opportunity to wish all the children the very best for next week as they sit these tests. Not only have the children been working very hard to get themselves prepared so that they are equipped to try their hardest, but the teaching team have also worked exceptionally hard to get them ready. As we build up to next week, I am positive that the children will shine as they always do, and I hope that they use this weekend to relax so that they are fresh and energised to give them their absolute best on Monday.

We were also delighted to welcome Jacob Collier, MP for Burton and Uttoxeter, to our school this week as part of our involvement in the Department for Education's Breakfast Club Early Adopter programme.

During his visit, he joined us at Shobnall Stars Early Birds, where he had the chance to meet staff and pupils, see the positive impact of the provision firsthand, and hear about the difference it's making to children and families in our community. We're proud to be part of this important initiative, helping to shape the future of school-based support across the country.

Whatever it is that you are doing this weekend, we hope that you have a great and relaxing one and look forward to seeing you again on Monday! Enjoy!



PFA Midsummer Film Night – Tuesday 20 May 2025, 3.30 – 5.15pm



The PFA are intending to host a Midsummer Film Night on Tuesday 20 May 2025, 3.30pm – 5.15pm for children in Reception to Year 6. Reception, Year 1 and Year 2 will be in the Year 5 and 6 classrooms (collection from the junior playground) and Key Stage 2 will be in the hall (collection from the infant playground). Shobnall Stars Night Owls will be held in the Year 2 classroom on this night. The children are selecting the films they want to watch as we speak!

Tickets will be on sale from next week at the beginning and end of the school day at the entrance to the key stage 2 playground. They are priced at £3, which includes a drink and sweets. Popcorn will also be available so children in attendance may wish to bring a small amount of change on the night if they wish to purchase any. We do hope that you are able to support this event!

PFA Volunteers – WE NEED YOU!

Shobnall PFA are a group of parents who organise and put on different events throughout the school year for the children and their families to raise vital funds for the school. These events include, school discos, Christmas Market, film nights, Easter Bingo and much more. All the money raised from these events is put straight back into the school to enhance the children's learning and wellbeing. Recent purchases from money raised by PFA



events include new books for the school library, the trim trail apparatus on both the KS1 and 2 play areas, and new laptops and iPads. This year the PFA have a new project to raise money for: they are looking to raise money to allow the school to purchase additional resources to enhance the outdoor learning environment!

With this in mind, we need your help, as the PFA are looking for more volunteers to help with events. If the number of volunteers decreases, sadly our PFA will cease to continue, and these fabulous community fundraising events will not be able to happen. If you would like to put your name forward to be a volunteer

group please speak to our Chair, Ian Pullen, who will be selling tickets for the Midsummer Film Night next week.

Many thanks, in advance! Your support will be hugely appreciated! We look forward to hearing from you!

Suncream and Sunhats

As the warmer weather now approaches, please don't forget to send your child to school with suncream on and sunhats when we are due to have a particularly hot day. Many thanks for your support with this and let's keep our fingers crossed that warmer weather is very much on its way!



Mental Health Awareness Week – 12 to 18 May 2025



Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week - bringing the UK together to focus on getting good mental health. This year, the week takes place from **12 to 18 May 2025** and the theme is **'community'**.

We want to use this Mental Health Awareness Week to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing.

We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. **Communities** can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

The [Mental Health Foundation](#) have provided a series of resources to promote this theme if you are interested in exploring further and the children and staff will be exploring this theme in school next week.

Shobnall Stars Early Birds

Please don't forget to book your places a week in advance for Shobnall Stars Early Birds, or Shobnall Stars Night Owls which is our after-school club.

You will need to complete one form per child, on a weekly basis. Forms will need to be submitted by 12noon the Friday before you wish to book. Please also select your breakfast options in advance to assist with catering, specifying dietary requirements if necessary. You can book your place by accessing the information booklets [here](#) or by scanning the QR codes below.



The 5p Challenge is Back!

The 5p Challenge has started and will run up until 6 June! We challenge each class from Nursery to Year 6 to fill a 2-litre bottle with 5ps.

Each 2-litre bottle can hold over £100 so raid your money boxes, save your change, look down the back of the sofa, ask family members for help and join us to help us raise funds for the school.



Each class has their own bottle collecting 5p coins.

Once each class has completed the challenge, the coins in each bottle will be counted and the class with the most 5p coins will win a treat!

Raid your money boxes, save your change, look down the back of the sofa and help your class fill their bottle.

A fun challenge for the whole class to join together and help raise funds for the school.

**CHALLENGE RUNS FROM FRIDAY 2ND MAY
- FRIDAY 6TH JUNE.**



Green Libraries Month

We are excited to be celebrating Green Libraries Month again this May!

This annual event highlights the importance of sustainability and environmental responsibility within our local libraries.

There will be a range of activities happening in the libraries across the whole month such as story time, crafts and scavenger hunts.



See what's happening in your local library here.



Online Safety Tips

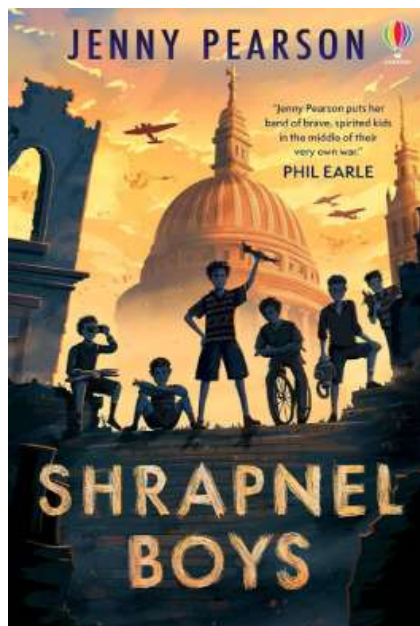
A strong sense of belonging is the foundation for emotional wellbeing, confidence, and academic success.

But how can schools and families create truly inclusive environments where every child feels seen, heard, and valued? This free guide has the answers.

Packed with ten practical, easy-to-apply tips, like celebrating individuality, promoting participation and tackling bullying head-on, this free guide empowers parents and educators to foster a culture of belonging at school and at home.

FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.



Reading Corner

This week's recommended read is for children aged 11+...

Shrapnel Boys

Written by Jenny Pearson

Perfectly published to coincide with the 80th anniversary of the end of World War II, this gripping story is about the lives of a group of young boys living in London at the start of the war. 12-year-old Ronnie, his younger brother Micky and his best friend Lugs are the self-styled Shrapnel Boys, full of banter and bravado, especially with their rival gang, the Wreckers. Initially, the prospect of war is incredibly thrilling with spotting planes overhead and collecting the fascinating 'hard rain', the pieces of shrapnel littering the ground, and having a bomb site for a den.

The reality of the danger all around them doesn't really sink in at first and for Ronnie when it does, it is not just the danger overhead, but the danger threatening his family, in the shape of Johnny Simmons, that matters.

Johnny came to install their Andersen shelter and wheedled his way into the affections of Ronnie's single parent Mum and of Micky, who is lured into running suspicious errands. Ronnie and Lugs are convinced that Johnny is a Bad 'un but are shocked to discover his potentially traitorous links with the Mosley Blackshirts, particularly because Lugs is Jewish. Can they expose Johnny and the plot before it is too late?

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not. We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.



Children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

If your child arrives late, it is the responsibility of the adult to report to the school office and sign the "Late Book", giving a reason for lateness. This is important so that the school office knows your child is in school and can mark your child in in the class register. The class registers in the classrooms close at 8.55am when lessons start.

When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support. This week's Attendance Champions are **Year 3!** Here are the latest figures...

Reception	90.0%	Target
Year 1	92.3%	97%
Year 2	95.7%	
Year 3	98.1%	
Year 4	93.7%	Overall (to date)
Year 5	97.8%	95.8%
Year 6	95.9%	
Overall	95.6%	

Head Teacher's Awards

Reception	Gracie D	Simeon B-C
Year 1	Kadeem H	Thomas G
Year 2	Aiyla N	Alfie T
Year 3	Ayesha N	Peta O
Year 4	Harry K	Meerab N
Year 5	Adam H	Zaef R
Year 6	Zahra B	Saif N







Lunchtime Star Awards


Reception	Amal M
Year 1	Raafae A
Year 2	Mia L
Year 3	Obeydullah H
Year 4	Alina P
Year 5	Sughra F
Year 6	Rhema B

Team Points





Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 02.05.25)	99	71	67	64
Position	1 st – 4 Points	2 nd – 3 Points	3 rd – 2 Points	4 th – 1 point
Running Total	5	6	6	3


Hot Lunch Options 12.05.25 – 16.05.25

WEEK 3	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Chicken tikka masala served with rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	 5 Chicken & tomato pasta bake	Crispy battered fish & chunky chips
Vegetarian Main dish	Roasted vegetable pizza	 5 Vegetable tikka masala with 50/50 rice  Pb	 Pb Quorn™ fillet with roast potatoes & gravy	Macaroni cheese	 Pb Quorn™ nuggets with chunky chips
Accompaniments	Peas & baked beans Salad bar	Sweetcorn & carrots Salad bar	Carrots & cauliflower Salad bar	Broccoli & green beans Salad bar	Peas & baked beans Salad bar
Desserts	Fruit flapjack	Marble sponge & custard	Lemon cake	Shortbread	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



KEY

-  1 OF YOUR 5 A DAY
-  MEAT FREE MONDAY
-  CHEF'S CHOICE
-  PLANT-BASED (VEGAN)



"Allergens and Intolerances"
All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

SHOBNALL SHOWCASE!

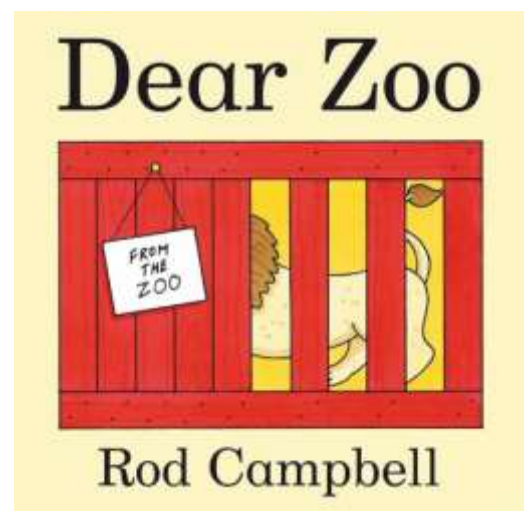
Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

It has been a fun filled week as we continued to deepen our knowledge of the class focus book, 'Dear Zoo.' We had a great time retelling the story with the animals and used lots of wonderful vocabulary.

We have also been looking at heavier and lighter in our solving station this week and have enjoyed putting the animals on the scales and exploring which animals are which ones are lighter and which ones are not lighter.

In science, we have been busy thinking about what animals' habitats are like and what they need to survive in their habitat. We had lots of fun sharing our pet creations we made and how we can care for them in their habitat.

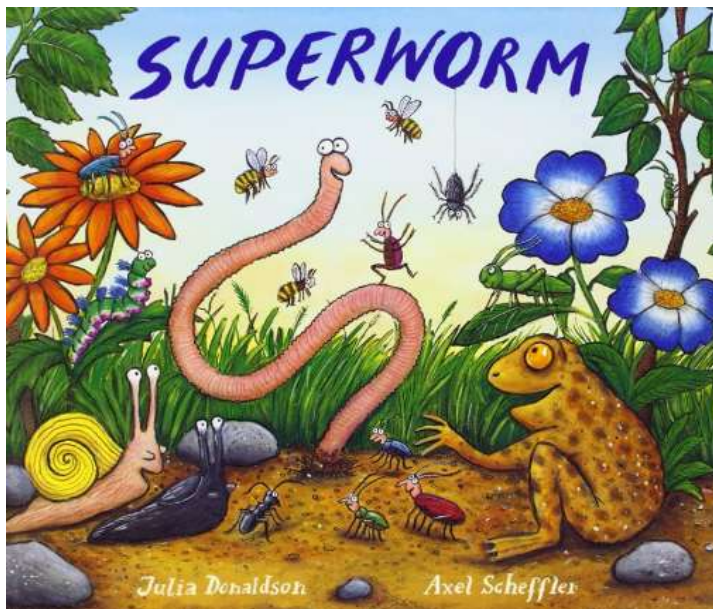


Reception

We have enjoyed exploring our theme, 'It's a Bugs Life,' with a focus on worms.

It has been fun sharing some great stories including, 'Superworm,' by Julia Donaldson and learning lots of interesting facts. Did you know that worms have tiny bristles all over their bodies that help them to move along the ground?

As part of our Forest School adventure, we went on a worm hunt and spotted a few Superworms of our own!



We have continued working in our garden and even recycled some old wellies to plant some flowers! We also had the chance to see some beautiful flowers when we visited Mrs Taylor's garden. There were many different types including roses, wisteria, bluebells and Miss Alexander's favourites irises! It was interesting to see that many of them had bloomed but some were still buds.

We also helped with some composting by adding dried petals to the compost bin. It was fascinating to see the compost at the bottom and learn even more about the special role worms have in this.

When we returned to school we completed some amazing observational drawings of irises and explored them in more detail using a variety of media to create our own representations.

Year 1

In English, the children have been busy drafting and editing their very own versions of *Jack and the Beanstalk*! The children have shown fantastic creativity, changing key elements of the story and adding their own twists. They've been learning how to structure their stories with a beginning, middle, and end, and focusing on improving their writing by editing for punctuation, spelling, and sentence structure. In maths, we've been focusing on counting in 2s, 5s, and 10s. The children have been practicing counting in these steps both forwards and backwards and are beginning to recognise patterns in the numbers. In RE, we have been learning about the importance of Shabbat in the Jewish faith and had some interesting discussions about the significance of rest and reflection. In Art, we've been inspired by the famous artist Jasper Johns! The children have been creating their own interpretation of his *Number in Color* series, using both primary and secondary colours. They've experimented with different painting techniques to bring their numbers to life in vibrant, creative ways. Well done Year 1!



Year 2

We've had such a lovely week in Year 2! The children have been working really hard but also having lots of fun along the way. We wrapped up our final English write-up all about the Royal Family, and they did a great job. This week we've also started looking at how to write instructions, which the children have really enjoyed getting stuck into. In Maths, we've kicked off our new topic on fractions and they've done brilliantly with it so far. In Science, we've been learning all about animals and their habitats, and how humans can impact these environments – the rainforest topic has really captured their interest! To round off the week, we made some colourful VE Day paper aircrafts which are now brightening up our classroom. A big well done to Year 2 for all their fantastic work this week!



Year 3

What a fantastic and busy week we've had in Year 3! In English, the children have been working hard on their persuasive texts, aimed at convincing prospective parents why our school is the best choice for their child. They drafted, edited, and polished their final subheadings, making sure their arguments were clear and convincing. It was wonderful to see them using powerful language and thoughtful reasons to



highlight our school's strengths! In Maths, our focus has been on telling the time – a crucial life skill! The children practised reading clocks for o'clock, half past, quarter to, and quarter past, before moving on to more challenging times, such as five-minute intervals. They even explored Roman Numerals, discovering how this ancient number system works and where we still see it today (like on clock faces!). Our topic lessons have been full of creativity and hands-on learning. In DT, we've been studying castles and Art Nouveau design. The children sketched their own castle blueprints on paper before bringing them to life digitally using Tinkercad, a fun 3D design tool. They loved experimenting with shapes and structures to create their very own fortified castles! In Science, we learned all about sun safety – especially important as the weather gets warmer. The children used UV-sensitive beads to see how sunlight affects materials and tested how sunscreen protects us from harmful rays. It was a brilliant (and colourful!) way to understand why staying safe in the sun matters. As always, Year 3 has been full of energy, curiosity, and great ideas. Keep up the fantastic work!



Year 4

What a great week we have had! In maths, we've been diving into the world of money, focusing on converting between pence and pounds. The children have enjoyed solving real-life problems, helping them develop practical skills for managing money. They've been brilliant at spotting when to use decimals and understanding the relationships between pounds and pence. In English, we explored the perfect present tense, and the children practiced identifying and using it in their writing. We've also been working on dictionary skills, learning how to find the meanings of tricky words to expand our vocabularies. It's been fantastic to see how this has helped the children become more confident with their word choices. Our history lesson was truly intriguing as we delved into Ancient Egypt and the mystery surrounding the death of Tutankhamun. The children have been budding historians, piecing together evidence and discussing theories about what might have happened to the famous young

pharaoh. To celebrate VE Day, we combined creativity and engineering by making replica Spitfire planes. The children put their designs to the test in an outdoor flight competition, learning about aerodynamics and

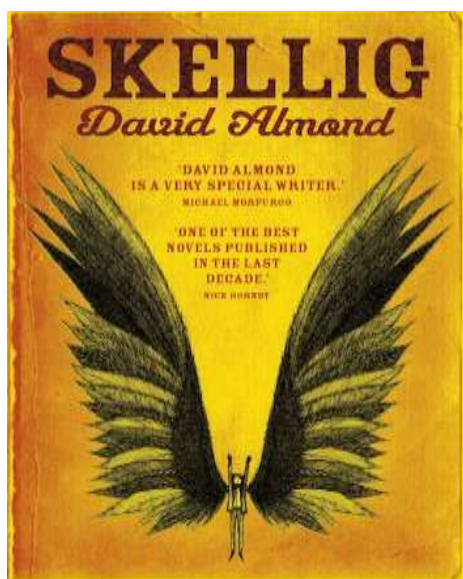
the significance of these iconic aircraft during World War II. The excitement and teamwork were wonderful to see! A wonderful week Year 4!

Year 5

It's been a lively and adventurous week for Year 5, filled with creativity, discovery, and plenty of fresh air. They began their English lessons by exploring the elegant simplicity of Haiku poetry, enjoying the challenge of expressing big ideas in just a few small lines. In Maths, the children tackled the translation of shapes and points – a concept that proved a little tricky at times, but one they'll continue to work on with growing confidence. Over in PSHE, there were some eye-opening discussions about online safety, as many were surprised to learn the age restrictions on popular apps and hadn't realised they were actually below the minimum age! In Science, the children channelled their inner zoologists, learning about the gestational periods of different mammals and turning their findings into a fun and informative Top Trumps-style card game. The highlight of the week, however, was Forest School. Year 5 were thrilled to learn how to use a Bill Hook safely to chop wood and had a fantastic time building rope swings and crafting dens. A wonderful week of hands-on learning, teamwork, and muddy boots!



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Year 6

It's been another busy and focused week in Year 6 as we continue our SATs revision. In maths, we've been working on reflection, translation, and plotting coordinates in all four quadrants. In English, we've revised key SPaG areas including word classes, determiners, and different types of clauses. In reading, we've practised our oracy and fluency through narrative work based on *Skellig*, while focusing on developing our responses to inference-style questions on unseen texts. We also took time to reflect on the importance of VE Day, with thoughtful class discussions and a special talk from Mrs Taylor, who shared her knowledge and personal experiences of WWII.

The children have worked incredibly hard, and I am so proud of the effort, focus, and determination they've shown. I can't wait for them to show off all they've learned during SATs week next week. Well done, Year 6!

Diary Dates 2024-2025

Event	Date/Time
Key Stage 2 SATs Week	Monday 12 th May 2025 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day	Friday 4 th July 2025
School Closes for Summer	Friday 18 th July 2025, 2.00pm
INSET Day	Monday 21 st July 2025

Summer Term Diary Dates

Event	Date/Time
Key Stage 2 SATs Week	Monday 12 th May 2024 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Year 4 Multiplication Tables Check	Monday 2 nd June 2025 – Friday 13 th June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
New Parents Meeting for Nursery & Reception Parents	Thursday 5 th June 2025, 5.00pm
Year 1 Phonics Screening	Monday 9 th June 2025 – Friday 13 th June 2025
Father's Day Lunches – Reception	Monday 9 th June 2025
Father's Day Lunches – Year 1	Tuesday 10 th June 2025
Father's Day Lunches – Year 2	Wednesday 11 th June 2025
Mental Health Support Team (MHST) Parent Coffee Morning	Thursday 12 th June 2025, 8.45am – 9.45am
Father's Day Lunches – Year 3	Thursday 12 th June 2025
Father's Day Lunches – Year 4	Friday 13 th June 2025
Sports Day – EYFS/KS1 AM & KS2 PM	Monday 16 th June 2025
Father's Day Lunches – Year 5	Monday 16 th June 2025
Father's Day Lunches – Year 6	Tuesday 17 th June 2025
Reserve Sports Day – EYFS/KS1 AM & KS2 PM	Wednesday 18 th June 2025
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Bikeability	Wednesday 25 th June 2025
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Bikeability	Wednesday 2 nd July 2025
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day – School Closed	Friday 4 th July 2025
Year 6 Leavers' Disco	Friday 11 th July 2025, 6.00pm – 7.30pm
Year 4, 5 & 6 Brewhouse Performance – Oliver with a Twist	Tuesday 15 th July 2025, 1.30pm and 6.00pm
Nursery Graduation	Wednesday 16 th July 2025, 9.00am
Year 6 Leavers' Assembly	Thursday 17 th July 2025, 9.00am
School Closes for Summer	Friday 18 th July 2024, 2.00pm
INSET Day	Monday 21 st July 2025



ATTENDANCE

WHY IT MATTERS



Persistent absence means pupils who miss more than **10% of school** every year.

-£750

For each additional day of absence between years 7 to 11, the typical pupil could miss out on an average of **£750** in future lifetime earnings

-£10,000

Persistently absent pupils in year 10 and 11 could earn **£10,000 less** on average at age 28, compared to pupils with near perfect attendance

This **risks to almost £20k less** on average at age 28 for those who are **severely absent**

-£20k

For **employability over a sustained period**, people age 28 were around:



Less likely to be employed when **persistently absent***



Less likely to be employed when **severely absent***

*Compared to their peers with near perfect attendance

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

9 RECOGNISE EFFORTS REGULARLY

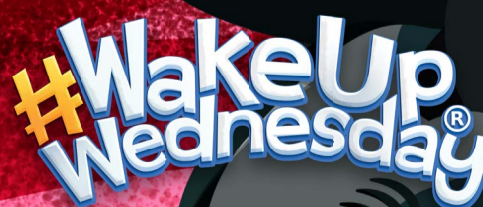
Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.

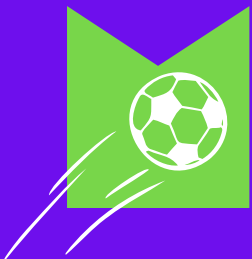


The National College

10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY

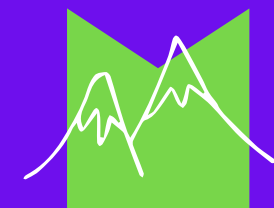
From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



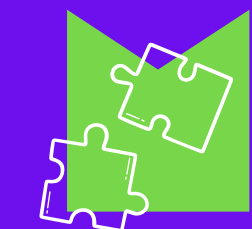
1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



4. SHOW KINDNESS TO OTHERS

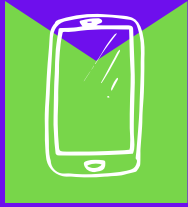
Connect with your community through small acts of kindness, which will benefit both you and others.





5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



7. GIVE BACK

Helping others is a great way to build community and give you purpose.



8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.



TOGETHER
FOR **GOOD** MENTAL HEALTH

Learn more about community and mental health.

[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw) #THISISMYCOMMUNITY