MENTAL HEALTH & WELLBEING NEWSLETTER

FOR PARENTS AND CARERS

November 2026

External Mental Health Support

Urgent Support

For Crisis Mental Health Support go to A&E or call 999.

Call 111 and select option 2 for mental health

General Support

Kooth
www.kooth.com

Free annoymous support for anyone 10-18 years old.

Young Minds
www.youngminds.com

Information, support and advice.
Parent Helpline: 0808 802 5544

Samaritans
Call: 116 123

Advice and live support via phone
www.samaraitans.org

Shout
text SHOUT to 85258

24/7 Text message support
www.giveusashout.org

The Mix
themix.org.uk

Suport Groups, counselling, forums etc.

Childline
0800 1111

Support , advice & forums
www.childline.org.uk

Advice on Support in School

If you have concerns about your child's wellbeing, please contact your child's

- **Year Team**
- **Tutor**
- or email Miss Smtih (Mental Health Lead on **ff-mentalhealth@fairfax.fmat.co.uk.**

We are here to help!

Supporting Wellbeing During the Winter Months

As we move into the mock examination and assessment period, many young people experience increased levels of stress and anxiety. Alongside the pressures of school, the darker mornings, earlier evenings, colder weather, and reduced daylight can also affect mood, energy levels, and motivation.

This newsletter offers some practical advice on how you can support your child during this busy time.

Managing Exam Stress and Anxiety

Assessments & mock exams are an important opportunity for students to practise exam techniques and identify areas for development. However, many young people can place significant pressure on themselves, leading to feelings of overwhelm, worry, or self-doubt.

Signs your child may be feeling stressed:

- Increased irritability or frustration
- Changes in sleep patterns
- Feeling overwhelmed by revision
- Reduced confidence or negative self-talk
- Headaches, stomach aches, or feeling unwell
- Difficulty concentrating
- Withdrawing from family or friends

How Parents Can Help

- Encourage your child to recognise the hard work they are putting in rather than focusing solely on grades.
- Breaking revision into manageable chunks can feel far less overwhelming than attempting long study sessions.
- Remind your child that mock exams are designed to help them learn and prepare. They do not define their future success.
- Revision is important, but so are breaks, hobbies, exercise, and social time.

Helpful Messages to Share

The words we use can have a powerful impact. Simple, supportive messages can help reduce pressure and reassure young people during stressful times.

- Do your best; that's enough
- One exam does not define who you are.
- It's okay to ask for help when things feel difficult.
- Progress is more important than perfection

Seasonal Changes and Mental Wellbeing

Many people notice a dip in mood during autumn and winter. Many young people find this time of year difficult without necessarily understanding why. Less daylight, colder weather, and spending more time indoors can affect motivation and emotional wellbeing.

Teenagers may experience:

- Feeling more tired than usual
- Reduced motivation
- Low mood
- Increased isolation
- Difficulty getting out of bed in the mornings
- Reduced interest in activities they usually enjoy

These changes can be particularly noticeable when combined with school pressures and upcoming assessments.

The Daily Check-In

Take five minutes each evening to ask:

1. What went well today?
2. What was challenging today?
3. What are you looking forward to tomorrow?

Regular conversations can help young people feel supported and encourage them to talk openly about their emotions.

Five Ways to Support Wellbeing This Winter

As daylight decreases and academic pressures increase, these simple strategies can help support your child's emotional wellbeing and maintain healthy routines.

1 Make the Most of Daylight
Encourage your child to spend some time outdoors during daylight hours, particularly after school or at weekends. Even a short walk can improve mood and energy levels.

2 Keep Active
Physical activity is one of the most effective ways to support mental wellbeing. This could include activities such as walking the dog, dance classes, riding a bike etc.

3 Prioritise Sleep
Teenagers need around 8-10 hours of sleep per night. Good sleep habits include consistent bedtimes, limiting screens before bed and reducing caffeine intake.

4 Eat Regularly
Busy schedules can sometimes lead young people to skip meals. Regular meals and healthy snacks help maintain energy, concentration, and mood throughout the day.

5 Stay Connected
Regular conversations can make a big difference. You do not need to have all the answers. Often, listening without immediately trying to "fix" things can be the most helpful support.