

# Spring Term - April 2026

## Looking After Your Well-Being





Welcome to another of our 'Mental Health & Well-Being for All' sheets. The aim of these sheets is to help sign-post and look at strategies for managing our mental health and well-being. If you can take the time to read through this sheet with your child that would be great! The purpose of these sheets however is NOT just about our student's well-being, it is about each and every member of the Dormston Community's well-being. If you come across anything that you think may be useful to share or have found any really good mental health strategies or signposts please feel free to email [kotton@dormston.dudley.sch.uk](mailto:kotton@dormston.dudley.sch.uk). We are not Mental Health experts, but hopefully by learning and working together on this subject we could really make a difference to the Dormston Community!

## Active April 2026 Calendar

Please see our **Active April 2026 Calendar**. If you want to know more, why not take a look at this video

<https://www.youtube.com/watch?v=9v7lcYRRa7w>

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today
6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside
13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often
20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes
 27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today			

ACTION FOR HAPPINESS

Happier · Kinder · Together

### Top 3 Tips for an Active April

Here are 3 tips for an Active April:

1. **Posture Pause** - Open your shoulders, sit up/stand up that little bit straighter just for 60 seconds and this sends signals that things are ok and gives our mood and mind a micro boost.
2. **Shake it out** - Our body sometimes holds tension. Shake your arms, legs, shoulders, whole body if you are feeling tense as this can make you feel a little bit calmer
3. **Upping the Intensity of Physical Activity** - Exosomes are released when we do physical activity which boost our mood, immunity and brain health. If you go out for a walk a few times a week just increase your speed for a few minutes to increase the intensity of the activity and see how it feels.

# Dealing with School Anxiety

School anxiety can happen for many reasons. It's normal for children and young people to occasionally feel worried about something at school – like starting a new school, a new year or during exams. But if the cycle continues it could be a sign of something else. If that's happening to your child, we've got advice to help you explore what's going on and if your child or a young person you know is struggling we've got a guide to help them too. Please click on the attached link for more information.

[School Anxiety and Refusal](#) | [Parent Guide to Support](#) | [YoungMinds](#)

# Well-Being Award for Schools Update



Just a reminder that Dormston have started the process of working towards the 'Well-Being Award for Schools' (WAS). This nationally recognised accreditation, developed with the National Children's Bureau, supports schools to embed excellent emotional wellbeing and positive mental health across the whole school community. Good mental health is strongly linked to pupils' learning, attendance and behaviour. Research shows that when young people feel supported, safe and connected at school, they are more likely to thrive both personally and academically.

The award helps schools create a culture where every pupil feels a sense of belonging. It also encourages us to review how our policies and daily practices support wellbeing. By taking part in this award, we aim to strengthen the great work already happening in our school and further develop a whole-school approach to wellbeing for all pupils, staff and families. Shortly we will be encouraging pupils and parents/carers to complete a short questionnaire to gather your views. We look forward to sharing our progress with you over the coming months.

# ROUTES - DUDLEY

ROUTES - DUDLEY is a safe space for young people aged 13-25 to turn to when they experience challenges or adversity in their day-to-day lives. The team aims to empower young people to reach their potential, no matter their circumstances.

**CRANSTOUN**  
**ROUTES - DUDLEY**

Every young person deserves a safe space

ROUTES is a walk-in, Youth Advice Hub for young people aged 13-25 at Merry Hill Shopping Centre in Dudley.

**Choose Your ROUTE**

**ROUTES - DUDLEY** is a safe space for young people aged 13-25 to turn to when they experience challenges or adversity in their day-to-day lives. Our team aims to empower young people to reach their potential, no matter their circumstances.

**About ROUTES - DUDLEY**  
This hub is a walk-in, youth friendly space which allows young people to access information, advice, early interventions and a range of support services.

**What is available at ROUTES?**

- Open door to walk-in without an appointment to access information, advice and support (Tuesday to Friday 3pm – 7pm, Saturday 10am – 4pm)
- Health and wellbeing coaching & support
- Stop smoking/vaping support (16+)
- Sexual health & free condoms/STI screening
- Drug and alcohol support
- Education and career planning
- Access to onsite groups and clubs
- Signposting and onward referral
- Other support/specialist services available to drop-in and see a worker. Check website for our latest timetable

**ROUTES - DUDLEY**  
The Boulevard  
Merry Hill  
Shopping Centre  
Dudley  
DY5 1QX  
T: 01384 880687  
E: routesdudley@cranstoun.org.uk

Visit our website at:  
[cranstoun.org](http://cranstoun.org)

QR code and social media icons (Facebook, Instagram, Twitter, YouTube)

# Spring Term 2026 - Mental Health Message

Dear Parents and Carers,

The holiday period provides an important opportunity for rest, reflection, and quality time together. Supporting your child's wellbeing during this time is key to ensuring they return to school feeling refreshed and ready for the term ahead. As parents/carers, below are a few simple ways you can help:

## **1. Maintain Healthy Routines**

While it is natural for routines to relax during holidays, keeping some structure, such as consistent sleep times and regular meals as this can support both physical and emotional wellbeing.

## **2. Encourage Open Communication**

Take time to check in with your child. Encourage them to share how they are feeling about school, friendships, and any worries they may have. Listening without judgment can make a significant difference.

## **3. Promote Balance**

Support a healthy balance between screen time and other activities. Encouraging outdoor time, hobbies, reading, or creative activities can boost mood and reduce stress.

## **4. Support Emotional Wellbeing**

Remind your child that it is okay to feel a range of emotions. Helping them develop strategies such as relaxation, mindfulness, or simply taking a break can build resilience.

## **5. Stay Connected**

Maintaining positive connections with friends and family can help children feel supported and secure. Even small social interactions can have a big impact on wellbeing.

## **6. Reach Out for Support if Needed**

If you have any concerns about your child's wellbeing, please do not hesitate to contact the school. We are here to help and can offer guidance or signpost to additional support where needed.

We wish you and your family a safe, restful, and enjoyable break. We look forward to welcoming students back next term, ready for new opportunities and continued success.