

Autumn Term - October 2026

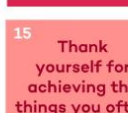
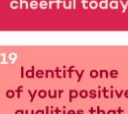
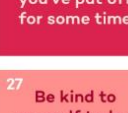
Looking After Your Well-Being

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. 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!

Optimistic October Calendar

Please see our **Optimistic October 2026 Calendar**. If you want to know more, why not take a look at this video <https://www.youtube.com/watch?v=O04rzYm9yE&t=11s>

Optimistic October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Write down three things you can look forward to this month	 2 Find something to be optimistic about (even if it's a difficult time)	 3 Take a small step towards a goal that really matters to you	 4 Start your day with the most important thing on your to-do list	 5 Be a realistic optimist. See life as it is, but focus on what's good	 6 Remind yourself that things can change for the better	 7 Look for the good in people around you today
 12 Look out for positive news and reasons to be cheerful today	 13 Ask for help to overcome an obstacle you are facing	 14 Do something constructive to improve a difficult situation	 15 Thank yourself for achieving the things you often take for granted	 19 Identify one of your positive qualities that will be helpful in the future	 20 Find joy in tackling a task you've put off for some time	 21 Let go of the expectations of others and focus on what matters to you
 26 Find a new perspective on a problem you face	 27 Be kind to yourself today. Remember, progress takes time	 28 Ask yourself, will this still matter a year from now?	 29 Plan a fun or exciting activity to look forward to	 30 Identify three things that give you hope for the future	 31 Set a goal that brings a sense of purpose for the coming month	

ACTION FOR HAPPINESS

Happier · Kinder · Together





Top 3 Tips for an Optimistic October

Here are the top 3 tips for an Optimistic October:

- Set off hopeful ripples.** Pause and acknowledge any worries you may have and then ask yourself what you can do to make today or tomorrow better for you or somebody else.
- Have a Looking Forward to List** of things that you are looking forward to over the next month. They don't have to be big things i.e. catching up with friends, looking forward to seeing a new film! If you can't find any small things, make it your task this month to find things.
- Have a Goal on the Horizon** that you are actively working towards. Each week, think about what you could do to move you closer to that goal.

Autumn 2026 - Mental Health Message



Dear Parents and Carers,

Hello Yellow/YoungMinds Mental Health Awareness Day - Friday 9 October 2026

On Friday 9 October 2026, The Dormston School will once again be supporting the YoungMinds Charity Event HelloYellow.

Over the past few years, we have raised over £2,000 for this charity and we are keen to continue this good work in the future.

This year, every pupil will be asked to complete an active mile in their PE lessons. Pupils will also be able to take part in various physical activities throughout the week aimed at improving awareness of how exercise can improve wellbeing and mental health.

We are asking all staff and pupils to wear either a yellow item of clothing or display a HelloYellow ribbon which will be available from school. Pupils should however still wear their full school uniform.

Pupils can also make donations upon receiving their ribbon and we will be having a cake sale on the Friday to raise funds for the charity.

This is part of our ongoing support for pupil well-being alongside extra-curricular activities that are published on our school website and the weekly PowerPoint.

Exercise and Teenagers' Mental Health

The teenage years can bring stress, pressure and changes in mood. Regular exercise can be a simple and effective way to support a teenager's mental health and wellbeing.

Physical activity can help reduce stress and anxiety, improve mood and support better sleep. It can also boost confidence and provide a healthy break from schoolwork, social media and other pressures. Exercise does not have to mean competitive sport - a walk, bike ride, dance session or trip to the park all count.

Top tips for parents:

- **Keep it enjoyable:** Encourage activities your teenager actually likes rather than focusing on performance.
- **Start small:** Even 10 - 20 minutes of activity is a positive start.
- **Be active together:** Go for a walk, cycle or swim as a family.
- **Avoid pressure:** Try not to make exercise another source of stress or expectation.
- **Make it part of everyday life:** Walking to school, taking the stairs or getting outside all help.
- **Support good routines:** Regular activity, alongside enough sleep and healthy meals, can support overall wellbeing.
- **Notice changes:** If your teenager seems persistently low, anxious or withdrawn, talk to them and consider seeking professional support. Exercise can help, but it is not a replacement for mental health care when it is needed.

Most importantly, encourage movement as something that helps your teenager **feel good, have fun and look after themselves**, rather than something they have to do to look a certain way.