

Mental Health and Wellbeing Newsletter

Welcome to the first Sybil Andrews Academy Mental Health and Wellbeing Newsletter of the 2026/2027 academic year. This publication forms part of Sybil Andrews' Mental Health support and aims to provide useful advice and links to parents/carers as well as students themselves.



Soluna by Kooth is an online platform aiming to support young people with their mental health and wellbeing. This is a great free resource to explore!

<https://web.solunaapp.com/intro>



BBC
BITESIZE

BBC Bitesize contains great advice regarding study support, especially linking revision for GCSE exams and how to manage stress and wellbeing.

<https://www.bbc.co.uk/bitesize/groups/cd5exmm663et>



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Supporting positive mental health at the start of a new academic year

The start of a new year can be an exciting yet daunting prospect. From a brand new school for Year 7, to the oncoming prospect of GCSE exams to Year 11, all students may face moments of worry, nervousness and concern. However, below are some top tips for managing any new academic year blues:

1. **Make sure you balance work with social interactions** – homework and revision are important, but make sure you make time for you by meeting up with friends and staying in contact with others!
2. **Get out and exercise or try a new sport** – alongside our friends, making sure we exercise is crucial for our wellbeing. Go out for a run or a bike ride, or get involved with a sports club!
3. **Limit screen time** – getting away from our screens and remembering that not everything everyone posts is a real reflection can help support positive wellbeing.

PSHE provision relating to Mental Health and Wellbeing in Half Term 1

Year 7 – Identity and Influences, Peer Pressure and Belonging, Online Identity and Safety.

Year 8 – Identity and influence, The Power of First Impressions.

Year 9 – Being Me in a Group, Expectations and Perceptions of Relationships, Peer Pressure and Grooming, Risks, Consent.

Year 10 - How I Feel When Things End, How Social Media Affects Me, My Identity and Culture, Online Safety.

Year 11 – Becoming An Adult, Relationships and the Law, Gambling, Gaming and the Illusion of Control.

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5 Ways to Wellbeing



5 Ways to Wellbeing

On the first slide of this newsletter (as well as opposite) are diagrams to show the 5 Ways to Wellbeing. At the start of the new academic year, this is a great summary and reminder to students (and parents) around looking after ourselves and promoting our own wellbeing. The 5 stages are detailed below.

1. Connect – speak to and build positive relationships with other people. Talk to someone new. We are never on our own!
2. Be Active – support our wellbeing by staying physically active. Play sport, go for a run or walk and get out of the house/school/office.
3. Take Notice – pay attention to the moment and what's going on around us. This could include practicing mindfulness!
4. Keep Learning – read a book or listen to a podcast. Learning something new and challenging ourselves can be great for our wellbeing.
5. Give to Others – supporting others makes us feel better. Carry out a random act of kindness or help out a friend/family member.

Find out more here: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>



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NHS Parent Workshops



NHS Suffolk and Norfolk Parent Workshops

The NHS have a series of parental workshops available that relate to mental health and wellbeing.

We have included the link to these below and a summary of the offer on this slide.

<https://www.nsft.nhs.uk/parent-carer-mental-health-workshops>

Anxiety

Parenting the Anxious Adolescent	+
Supporting Your Child to Manage Their Big Feelings: updated January 2026	+
Building Confidence and Managing Anxiety in Your Child (Under 12s)	+
Supporting your child/adolescent with anxiety - Updated June 2026	+

Resilience and Managing Stress

Building Resilience, Managing the Next Steps	+
Managing changes and transitions as we enter summer holidays - Updated July 2026	+
Managing Exam Stress - refreshed March 2026	+
Tools to Manage Uncertainty and Building Resilience in Young People - Updated May 2026	+



Mental Health and Wellbeing Support – Internal



There are many places in school students can seek support relating to Mental Health and Wellbeing.

These are displayed on the school website (shown below) and include:

- Safeguarding Team – Miss Putt and Mr Mason.
- Senior Mental Health Lead – Mr Hope
- Year Team

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Pastoral Care

Our Support for You

Here at Sybil Andrews Academy, we firmly believe that our pastoral and academic support should run hand-in-hand to give the students the very best chances of success.

We want for our students to excel in their studies but we know that excellent pastoral care needs to be in place as the backbone to support them through both their studies as well as their difficult times and even their times to celebrate. After all, being a teenager is both difficult and amazing!

Key contacts

Pastoral & Inclusion

Children in Care

Safeguarding

Enrichment

e-Safety

Pastoral Care

Young Carers

Mental Health, Wellbeing & Support

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Mental Health and Wellbeing Support – External



YOUNGMINDS

<https://www.youngminds.org.uk/>



<https://www.mind.org.uk/>



<https://www.nhs.uk/nhs-services/mental-health-services/>



Anna Freud

<https://www.annafreud.org/>



<https://giveusashout.org/>



Improving children's mental health

<https://www.place2be.org.uk/>



In school support and on
<https://www.sybilandrewsacademy.co.uk/wellbeing-resources-support/>