



wellbeing newsletter



October 2025



Who are we?

Hi! We are the new wellbeing ambassadors. We are excited to continue the wonderful work of last year's ambassadors (Taya, Harlow and Kaci). We are passionate about making sure everyone is happy, loved and heard.



Our Hopes for Moorland's pupils are:

- To feel welcome
- To feel safe and heard
- To feel supported with emotions and choices
- To know who their 5 trusted adults are
- To recognise and accept all of their emotions - even the difficult ones.
- To avoid bottling things up and talk to others
- To know that it's okay to not be okay all of the time.
- To never feel like they are facing things alone

Think Positive



The Power Of Positivity -

What is Positivity?

- Being positive about yourself and other people
- Commenting good things about yourself and other people
- Thinking about good things rather than bad.
- Remembering that feelings come and go

It doesn't mean you have to be happy all the time - everyone has bad days. But when you have a bad day, you need to think about good things to help you feel better.

Why Positivity Matters

Children who learn to think positively are often:

- More willing to try new things
- Better at handling mistakes
- Kinder to themselves and others
- Happier and have greater self-confidence and self-esteem.

Positivity helps us build resilience, confidence and a sense of hope.

Positivity is Powerful

YOU'VE TOTALLY GOT THIS!



The Power of **YET**

I don't know ...**YET**

This doesn't work ...**YET**

I don't understand this ...**YET**

This doesn't make sense ...**YET**

I'm not good at this ...**YET**

I can't do this ...**YET**

✦ GROW ✦
✦ Positive
Thoughts ✦

Try this at home. . .

Three good things: At dinner, say 3 positive things about yourself / your day

Journalling: Write down positive thoughts and what you're grateful for.

Flip it: When things go wrong, flip it into a positive. Ask "What can I learn from this?" or "What might go right next time?"

Positive post its: Leave little notes for each other with encouraging and kind words.

Smile Challenge: Did you know that smiling makes your brain happier - see how many smiles you can share today!

Positive
Vibes
Only



Final Thoughts

Positivity isn't about being happy all the time, it's about facing challenges with passion and determination. Together we can do anything. We can find the rainbow the storm leaves behind.

Over the school year, we will cover some important topics over the school year, including: loneliness, bullying, online safety, friendships and community, the link between physical and mental health and other things you can do to help yourself at school and at home.

We are always around if you need someone to talk to. We wear blue lanyards on the playground, so we're easy to find.

We look forward to sharing the next newsletter with you!

Renesmae Summer Barasimi Lucy Miss Tompkins