

# St Faith's Church of England Infant and Nursery School

## Parent and Carer Wellbeing Newsletter: Spring 2026



Hello there! Welcome to our Spring Wellbeing Newsletter. We want to help to signpost you to different types of support that is available, in order to care for the health and wellbeing of yourselves and your children.

Some of the support available is in school but we will also signpost you to external agencies and websites. We do hope that it is useful for you. If you do access some of the external support, we'd love to hear from you – and find out how useful it is, so that we can encourage others to access it.

Thank you so much!



### MRS SIMPSON

Mrs Simpson is our wonderful Nurture Lead in School. If you hear the children talk about the Treehouse that is where you will find Mrs Simpson! If you would like to have a snapshot of the work that Mrs Simpson does, have a look at our website.

<https://www.st-faiths.lincs.sch.uk/nurture-and-wellbeing/>

If you think that you or your child would benefit from some time with Mrs Simpson, do contact us! Thank you!

### Useful Numbers

Mind – [mind.org.uk](http://mind.org.uk)

0300 123 3393

Steps2change – [Lincs.spa@nhs.net](mailto:Lincs.spa@nhs.net)

0303 123 4000

Free Mental Health advice service.



### SUMO Course

(Stop Understand & Move On)

It's arrived!

New dates for the S.U.M.O course have landed.

21<sup>st</sup> April, 28<sup>th</sup> April

5<sup>th</sup> May and 12<sup>th</sup> May.

Starting at 9.15 am – 11am

To book your places please email [gemma.simpson@st-faiths.lincs.sch.uk](mailto:gemma.simpson@st-faiths.lincs.sch.uk)

### Handle With Care

Don't forget that, if your child has had a tricky morning, evening or weekend, drop an email to Mrs Simpson [gemma.simpson@st-faiths.lincs.sch.uk](mailto:gemma.simpson@st-faiths.lincs.sch.uk) with the message **Handle with Care** and your child's name, and we can offer the appropriate support during the day – for your child and you too, if needed. You may add extra detail or just leave their name, and we will support them.

### Lincoln Community Grocery

Beaumont Manor, Beaumont Fee, Lincoln, LN1 1UL

Membership is £5 for the year, for up to three visits a week at just £3 per shop. You can choose your own food

- X 1 Bread item
- X 5 fruit and veg
- X 5 box and canned food
- X 2 frozen items
- X 2 mix and match items
- X 1 Non-food item
- 

Members can also access cookery classes, debt advice, employment clubs and Mental wellbeing support.

Monday - Friday 9.30am - 4.30pm



[01522 265511](tel:01522265511)



[Community Grocery Lincoln](https://www.facebook.com/CommunityGroceryLincoln)



[@communitygrocerylincoln](https://www.instagram.com/communitygrocerylincoln)



[lincoln@communitygrocery.org.uk](mailto:lincoln@communitygrocery.org.uk)



### MRS PALMER

Mrs Palmer is our Special Educational Needs and Disabilities Leader in school. If you have any questions or would like advice on your child's additional needs, please do contact Mrs Palmer, by either ringing the school office or email [sendco@st-faiths.lincs.sch.uk](mailto:sendco@st-faiths.lincs.sch.uk)  
Thank you.

### Local NHS urgent mental health helpline for Lincoln: Lincolnshire Partnership NHS Foundation Trust

[0800 001 4331](tel:08000014331)

Help is available 24 hours a day, 7 days a week.

If you call, you'll speak to a professional in your local NHS mental health service.

They can discuss your current mental health needs and provide access to further support if needed.

Calls to NHS urgent mental health helplines are free.

### Healthy Minds

**Healthy Minds** is a service that provide emotional wellbeing support for children and young people aged up to 19 years.

This service can help with:

- Exam Stress
- Worries
- Low Mood
- Low Self- esteem
- Low Body confidence
- Coping with change
- Self harm

**Healthy Minds** offer online workshops for children as well as Parents/Carers. Some examples of workshops they can offer are:

- Managing worries and feelings
- Managing angry feelings
- Building positive self-esteem.

Lots more offered online, go check them out!

[www.lpft.nhs.uk](http://www.lpft.nhs.uk)

or

Call the **Here4you** line on  
08002346342

# DO's and DON'Ts of SCHOOL PICKUP



- Don't bombard with questions ("How was your day?").
- Don't jump straight into homework or chores.
- Don't criticise behaviour or reports at the gate.
- Don't overwhelm with loud excitement or multiple demands.
- Don't compare their mood with siblings or peers.
- Don't dismiss signs of tiredness or overload.



- Smile and greet warmly without pressure.
- Offer a snack and drink straight away.
- Keep your tone calm and predictable.
- Allow quiet time to decompress before talking.
- Use gentle physical connection if welcomed (hug, hand squeeze).
- Move slowly into the afternoon routine.