

MANOR ROAD
BOTTFESFORD
SCUNTHORPE
NORTH LINCOLNSHIRE
DN16 3PB
TEL. NO: 01724 867906
EXECUTIVE HEADTEACHER: MISS R BUSBY

Friday 8th May 2026

School Uniform:

Can we please remind parent/carers that artificial nails/painted nails are not permitted under any circumstances at school.

Sunshine & Suncream:

We take the safety of our children seriously and this includes their safety whilst learning and playing outdoors in the sunshine.

Whilst the sunshine makes the world a pleasant place to live and we all want to be outside enjoying the weather, we also must recognise that dangers from the sun can also happen on cloudy days too. The U.V. rays from the sun can be harmful, particularly to young children's skin and eyes. The heat from the sun can also cause dehydration and sun stroke. We make children aware of the dangers of the sun and how to protect themselves both in school and in other settings away from school, e.g. outdoor events, school trips etc.

As parents, you should always be prepared for the likelihood of sunny weather. To prepare for this we advise that you should provide your child with:

Hats which cover the head and neck (these can be brought into school to wear during playtimes and during PE sessions)

Sunglasses for sensitive eyes

Parents should apply high protection sun cream, preferable no lower than SPF 25 before school

Provide your child with a water bottle. Children are encouraged to drink plenty of water which is always available in school.

When conditions are very hot, children will not be outside for prolonged periods, e.g. the whole of playtime or lunchtime. They will be encouraged to seek shady places to sit if the sun is very bright and hot.

Please apply any sun creams before the start of the school day. Unfortunately, staff cannot apply sun creams to your child or supervise the children applying them. We have found that when children attempt to apply creams they do not apply this evenly leaving exposed areas at risk. They also waste cream and their clothing may become marked. We also have to consider the medical needs of children in school who have allergies and the consequences of them coming into contact with some creams. There are many creams available that offer 8 hour protection as long the child does not wash it off. You are also welcome to come into school during the day and re-apply sun creams if necessary. We hope you understand these reasons.

As always we thank you for your support and we hope the children enjoy the summer weather whilst also staying safe.

Blue Door:

The Blue Door offer free support, advice and advocacy across the Humberside Police Force area to reduce the impact of domestic and sexual violence and abuse. Please contact them for advice or support <https://www.thebluedoor.org/>

Scunthorpe Food bank:

There are two local food banks in this area:

St Georges Church Crosby Foodbank Centre - open Wednesday 13:00-14:30

Connect Church Ashby Road - open Tuesday 13:00-14:30

PE kits

Water bottles:

Can we please remind parents/carers to provide their child with a water bottle for School.

Parking:

We kindly ask that extra care is taken when dropping off and collecting children via the rear car park. We have received reports of instances where people are parking in areas which are not designated parking spaces, cars are being damaged and where children have narrowly avoided being hit by cars.

Please see the attached photos below which identify areas which are not designated parking spaces. We ask that you do not park in these areas as this causes significant safety issues. By parking in these areas it can cause cars to drive over pedestrian walkways and cause additional difficulties for cars to enter/exit the car park safely.



We ask that this message is shared with anyone who may also use the car park for dropping off/collecting from school such as Grandparents, Aunties and Uncles. In addition to this we advise that any children using scooters/bikes dismount before entering the car park and walk these into the school grounds and store them in the correct areas.

Alternatively, why not leave the car at home. On the fine spring mornings it would be a lovely, healthy way to start the day.

Jewellery:

Rings, necklaces, bracelets and earrings are a hazard in school:

- Wearing of jewellery can result in tearing or piercing of flesh;
- There is a potential for injury to the wearer due to inadvertent contact of jewellery with other people, clothing etc;
- There is a risk to other people especially at playtimes and PE lessons where injury could occur due to contact with jewellery worn by another person.

Jewellery may be worn if required for medical reasons, e.g. a medical bracelet. Please can we ask that children only wear stud earrings to school (no hoops or dangly earrings) also please could these be removed on PE days or your child be provided with plasters to cover these during PE.

Watches should not be smart watches and not linked to mobile phones. No other bracelets, necklaces or rings should be worn. Thank you

School Lunches:

Recently, we are seeing an increase of monies owed to school, please can we remind parents to keep a credit balance on their parent pay account in order to cover the cost your child's school meal. Thank you.

Mobile phones/devices:

We understand that in some cases, it may be necessary for your child to bring a mobile phone to school, for example, if they are travelling to and from school independently. However, we have noticed an increasing number of pupils bringing their phones to school unnecessarily, without a valid reason. As such, we would like to remind all parents and carers that mobile phones should only be brought to school if they are absolutely necessary. Pupils who do not have a valid reason to bring a phone to school should leave them at home. If your child does need to bring a mobile phone to school, it must be switched off at the school gates on Manor Road.

Unfortunately, we have seen an increase in pupils using their mobiles on the school premises on their way in/out of school – this breaches the signed mobile phone agreement. Can we please ask you to remind the children that they must have their phone turned off whilst on the school site.

By working together, we can ensure that our school remains a safe and focused learning environment, free from the distractions and potential issues that can arise from the use of mobile phones.

CLUBS – SUMMER TERM 1

Monday 27th April – Thursday 21st May unless
stated otherwise (see below)

MONDAY	GOLF – ALL YEARS	3.25 – 4.15
TUESDAY	Y5/6 BOYS FOOTBALL	3.25 – 4.15
TUESDAY	COOKERY – (no consent, group continuing from last term)	3.25 – 4.30
WEDNESDAY	Y3/4 BOYS FOOTBALL	3.25 – 4.15
WEDNESDAY	GIRLS FOOTBALL – ALL YEARS	3.25 – 4.15
THURSDAY	Y3/4 ARTS & CRAFTS	3.25 – 4.15
THURSDAY	Y6 SAT'S CLUB (until 7th May)	3.25 – 4.15

Please note that if your child is signed up for any of the Football Clubs, football boots and shin pads are advisable but not compulsory

Attendance:

All children of primary school age are expected to achieve the government's national expectation for primary schools, which is 96% attendance. The list below shows the approximate attendance figures:

- 1 day off in a 6 week period = 96.5% attendance
- 2 days off in a 6 week period = 93% attendance
- 3 days off in a 6 week period = 90% attendance
- 4 days off in a 6 week period = 86.5% attendance
- 10 days off in a school year = 85% attendance

We are committed to providing a high-quality education for all of our children. In order for a child to reach their full potential, it is essential that their attendance is of a very high level. For this reason, holidays in term time are classed as unauthorised. A leave of absence form must be filled in, and returned to the office for all term-time leave. Please be aware that the Education Inclusion Service may issue a Penalty Notice or prosecution to multiple responsible adults with whom the child resides, regardless of circumstances. The Department for Education have updated the guidance related to school attendance which came into effect on 19th August 2024:

https://assets.publishing.service.gov.uk/media/65f1b048133c22b8eecd38f7/Working_together_to_improve_school_attendance_applies_from_19_August_2024.pdf

Community News (All posters below):

After Bell Club – Summer Sessions

Anisa Lewis – Parenting Clinic (Neurodivergence)

Footy4Kids – Bottesford Town Football Club

North Lincs – Mindful Moments

Parent Clinic: Power struggles

N Lincs Active: Junior Gym membership

North Lincs Council: Mini Music Makers

SCJC – Junior Cooperative Choir

Directions Dance: Classes available

North Lincolnshire Council – EA Sports parent info leaflet

North Lincs Council – Dealing with traumatic and challenging events

Parent/Carer data

Please remember to keep us updated with any changes that may be needed for your child's file. You can make changes to your (and your child's) information via your Arbor account. Alternatively, you can inform the school office admin.bottesfordjuniors@northlincs.gov.uk

Childcare:

Here are the details for the wraparound providers that serve our local schools.

After Bell Club - 07505675454

Little Imps - 01724 761316

Emma Cobb - 07812 567 594

Natalie Watson - 07738 015 976

Dates for your diary so far (subject to change if the need arises):

11.5.26 – SATs Week

18.5.26 – Class photos

22.05.26 – 3C Forest School

22.5.26 - Colour Run - more details to follow

22.5.26 - School closes for half term

1.6.26 - School re-opens

5.6.26 – 3L Forest School

10.06.26 – 6S Forest School (Am only)

12.6.26 - Sports Day - 1.15pm

17.06.26 – 6A Forest School (AM only)

19.06.26 – Frederick Gough Transition Day

24.06.26 - 5Y Forest School

26.06.26 – 5D Forest School

29.6.26 – St Lawrence Transition Day

01.07.26 6S Forest School (AM only)

2.7.26 – St Bedes Transition Day

8.7.26 – Year 6 Performance AM & PM

9.7.26 SJN and Vale Y6 transition Day

15.07.26 – 6A Forest School(AM only)

17.7.26 - School closes for Summer

Rachel Busby

Executive Headteacher

Bottesford Schools Federation



AFTER BELL CLUBS **SUMMER SESSIONS**

Wednesday 29th July

Spiderman and Rapunzel

8:30am - 5:30pm (£45 per child)

Breakfast and Tea Included (please provide a packed lunch for dinner)

Friday 31st July

Spiderman and Elsa

8:30am - 5:30pm (£45 per child)

Breakfast and Tea Included (please provide a packed lunch for dinner)

Wednesday 5th August

Magic with Mister Shiney

8:30am - 5:30pm (£45 per child)

Breakfast and Tea Included (please provide a packed lunch for dinner)

Friday 7th August

Magic with Mister Shiney

8:30am - 5:30pm (£45 per child)

Breakfast and Tea Included (please provide a packed lunch for dinner)

Please contact After Bell Club 07505675454 to book

PARENTING CLINIC

NEURODIVERGENCE & PARENTING

11 MAY

12.00 TO 12.30PM

HOSTED ON ZOOM

Come live or catch the replay

Join Anisa Lewis, Parenting Coach, for this month's Free Parenting Clinic focused on Neurodiversity and Parenting

We will explore:

What neurodiversity really means in everyday family life. Why some children experience the world more intensely.

And how to support your child in a way that works for them, not against them.

This is not about labels or fitting children into boxes.

It is about understanding, curiosity, and responding in a way that builds confidence, safety, and connection.

Whether you are at the very beginning of your journey or already navigating a diagnosis, this session will give you practical, realistic ways to better support your child (and yourself).

Book your free place here:

<https://anisalewis.as.me/theclinic>

or

Email: hello@anisalewis.com for the booking link.



Does your child experience the world a little differently?

Do they feel things deeply?
Struggle with noise, change, or transitions?
Get overwhelmed quickly... or shut down completely?

Do you find yourself thinking:
"Why does this feel so hard for them?"
"Why do the usual approaches not seem to work?"

Maybe you have heard terms like:
ADHD, Autism, Highly Sensitive

Or maybe you just know, in your gut, that your child needs something different.

You are not imagining it
And you are not alone...



Anisa Lewis

Parenting Coach

WORLD CUP MASTERCLASS CAMP

EARLY BIRD SPECIAL

FOOTBALL COACHING
FOOTY 4 KIDS FC
EST. 2018

£20

(UNTIL
24TH MAY)

FEATURING A REAL
WORLD CUP TROPHY
EXPERIENCE!

FRIDAY 29TH MAY

BOTTESFORD TOWN
FOOTBALL CLUB

BOOK NOW

WWW.FOOTY4KIDS.UK



SUPPORTING CHILDREN'S EMOTIONAL WELL BEING

Mindful Moments- Half Term activity

Come and join us for a fun session and to discover how to look after your mental health and wellbeing. Learn new strategies to help when your stressed/anxious and make things to take home to support your mental health, such as stress balls and breathing buddies.



Includes a heathy snack, a wellbeing walk around the football stadium and yoga.

Suitable for ages 6 years-16 years.

Date- Tuesday 26th May 2026

Time- 10am-12pm OR 1.30pm-3.30pm

Venue- Study United, Attis Arena, Glanford Park.

Cost- £5 per child

For more info/to book a place please use this link or the QR code

[Mindful Moments, May Half term 2026 with Study United FC - Eegu](#)



**North
Lincolnshire
Council**

Monday, May 11th, 2026

12:00 PM

The FREE Parenting Clinic with Anisa Lewis

This is a monthly FREE Parenting Clinic on different themes. The Clinics are recorded and a replay is sent out to all participants, so you do not need to attend live if you are unable.

2026

May - Neurodiversity & Parenting

June - Co-Parenting through Separation and Divorce

July - Summer Holiday Survival

These talks are held monthly. If you wish to catch up on talks previously delivered, head here: <https://www.youtube.com/@anisalewis-positiveparenting>

JUNIOR GYM

11-16
YEARS



Junior Gym is a supervised session where 11 to 16 year-olds can access the gym and get active under the supervision of our Health & Fitness Assistants. During the session they'll receive support and guidance and undertake a wide range of gym exercises with emphasis on having fun and keeping fit.

Junior Gym sessions are delivered at all NL Active gyms. Places cost £5.

All new Junior Gym customers will need to complete a four-week induction programme led by qualified fitness instructors before joining the sessions. Each week of the four-week course focuses on a different element of fitness:

- **Week 1: Getting comfortable with cardio machines -** You'll learn how to use things like treadmills, bikes and cross-trainers, and find out which ones you enjoy.
- **Week 2: Learning to use resistance machines safely -** We'll show you how to use the strength machines properly, so you can build muscle without hurting yourself.
- **Week 3: Trying out functional training -** This week you'll explore fun exercises that help your body move better in everyday life, like using light weights, medicine balls or body-weight movements.
- **Week 4: Your own personalised gym plan -** By now, you'll know what you enjoy. We'll put together a simple gym programme designed just for you to help you keep improving.



The induction costs £30 for the four weeks and must be completed before attending regular Junior Gym sessions.

www.northlincs.gov.uk/nlactive

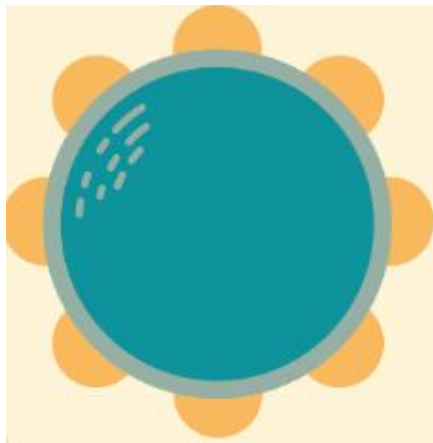
NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that we can help children feel better and get back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

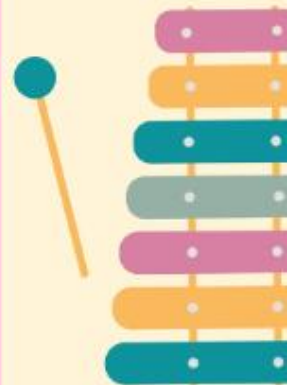
There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

Common condition	Patient eligibility
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over



MINI MUSIC MAKERS



Thursday - Term time only



11:00 - 11:45 (Mixed ages class)



North Lincolnshire Museum



£2.00 No booking required



Supported and public funded by
**ARTS COUNCIL
ENGLAND**



North Lincolnshire **Music**

**North
Lincolnshire
Council**



LITTLE CHOIR: 3 - 8 yrs
5:30pm - 6:00pm

TRAINING CHOIR: 8 - 9 yrs
5:30pm - 6:30pm

MAIN CHOIR: 9 - 19 yrs
6:30pm - 8:00pm

**NO EXPERIENCE
NECESSARY**



**WE ARE LOOKING
FOR NEW SINGERS**

**FRIDAYS, IN TERM TIME,
AT OASIS ACADEMY
HENDERSON AVENUE,
DN15 7RW**

**DANCE
CLASS**

**DIRECTIONS
DANCE**



BEGINNER CLASS - SATURDAYS 9.15 - 10.00AM

AGES 4+

ADDITIONAL CLASSES AVAILABLE

45A NEWDOWN ROAD

SCUNTHORPE

DN17 2TX

CONTACT FACEBOOK

@DIRECTIONS SCUNTHORPE

@KIRSTY RICHARD

GET FIT, HAVE FUN, MAKE FRIENDS



DIRECTIONS-DANCE@HOTMAIL.CO.UK

North
Lincolnshire
Council

DITCH THE CAR IF

IT'S NOT THAT FAR



Introduce walking into your daily routine

Go to www.northlincs.gov.uk/walk-to-school for links, tips and information

What Parents & Educators Need to Know about EA SPORTS FC 26

AGE RESTRICTION
PEGI
3

Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which may expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell coins' – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mimicking of the real world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening loot packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College

Source: See the reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.10.2025

uniform direct

www.uniform-direct.com



Official School Uniform Suppliers for

Bottesford Junior School



Navy Sweatshirt with Logo	from £8.00
Navy Cardigan with Logo	from £9.00
White Polo Shirt with Logo	from £7.00
Grey or Black Trousers	from £6.00
Grey or Black Skirts	from £7.00
Sky Blue PE Hoodie with Logo	from £16.00
Sky Blue PE T-Shirt with Logo	from £5.50
Navy Deluxe Bookbag with Logo	£7.00
Navy PE Bag with Logo	£4.50
Black or Navy PE Shorts	from £4.00



Order your School Uniform **Online** at www.uniform-direct.com
Visit us **in store** Uniform Direct, Market Street, **Gainsborough**
Ordering for **September?** - Allow plenty of time ✓ Order Now

✓ April-June Best time to order

✓ July Expect Delays

✗ Aug-Sept Extreme Delays
We guarantee for back to school



www.shahsuniform.co.uk

109 -111 West St, Scunthorpe DN15 6HX

Official School Uniform Supplier for: **Bottesford Junior School**

Navy Sweatshirt	£13.99
Navy Cardigan	£15.99
Polo Shirt	<i>from</i> £8.99
P.E T-shirt	<i>from</i> £6.99
P.E Hoodie	£16.99
P.E Shorts	<i>from</i> £4.99
Red Sweatshirt	<i>from</i> £11.99
Red Cardigan	<i>from</i> £13.50
Bookbag	<i>from</i> 6.99
P.E Bag <i>including zip pocket</i>	£8.50
Grey or Black Trousers	<i>from</i> £7.99
Grey or Black Skirts	<i>from</i> £7.99

All uniform is **available in store and online** -
Payment plan available online



ATTENDANCE

WHAT THE NEW RULES MEAN FOR ME

1

I'm a single parent of one child and we want to go on holiday for a week.

Your holiday will not be authorised and you must talk to the school before you book anything. Because your child will miss 5 school days you will be given a penalty notice fine. The fine is £160 but if you pay it in 21 days it will be reduced to £80.

£160



2

FOR EVERY CHILD A PENALTY IS GIVEN.



+ £160 + £160 + £160 + £160

4 children & 1 parent = £640

Reduced to £320 if paid in 21 days

IRREGULAR ATTENDANCE

10 IN 10

5

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised. The school will consider prosecution.

1

Day =

2

Sessions

3

FOR A FAMILY OF TWO PARENTS



+ £160 + £160 + £160 + £160



4 children & 2 parents = £1280

Reduced to £640 if paid in 21 days

4

2ND TIME

2 parents and 1 child = £320
2 children = 640
3 children = 960
4 children = 1280

No discount for early payment



3RD TIME

A penalty notice fine will not be given. Instead, your case will be taken to court. A magistrate can fine each parent £2500 for each child
1 parent & 4 children = £10,000
2 parents & 4 children = £20,000

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one-way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bokeman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.10.2026