



Pinehurst Primary School

Pinehurst Avenue ▲ Anfield ▲ Liverpool L4 7UF

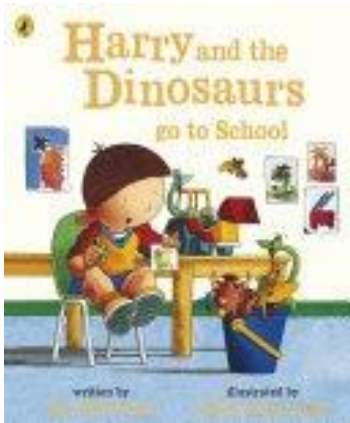
Tel: 0151 263 1300

Headteacher: Miss K Morris Deputy Headteacher: Mr D Briscoe

Experience, Excel and Enjoy

Wellbeing Newsletter September 2021

Book Recommendation



It's Harry's first day at school. He and his dinosaurs are very excited and perhaps a bit nervous. When Harry's dinosaur friends don't join him in the classroom, Harry's not sure he's going to like school, but the dinosaurs come to the rescue and Harry and his new friend learn just how much fun school can really be! An ideal book to help first-day-at-school nerves.

<https://www.youtube.com/watch?v=hOML00vdKbl>

Top Website

It's not just our younger children who need good sleep, so do our older pre-teens. We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting you, we can help you tackle them. Read our parents' survival guide with tips for parents worried about their child.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>

Activity Time

School Day Debrief



Most importantly just let your child know that you're glad to see them! Smile and say "Hello"!

<https://raisingchildren.net.au/school-age/school-learning/school-homework-tips/talking-about-school>

Talking with your child about the **school day** shows you're interested in what's going on in their life. This interest boosts mental health, happiness and wellbeing. It can also have a very positive effect on your child's behaviour and achievement. Get more tips here on avoiding one word answers!



<https://www.un.org/en/observances/international-day-peace>

School Help

A reminder that if you are struggling at this time we are here to help. Contact Ms Wigelsworth in confidence if you require some support for your family. If you require help or support we have an emergency contact number of: 07858 739336



We're working towards Artsmark
Awarded by Arts Council England