

October 2026 - Parkside House School

Wellbeing Newsletter

THEME OF THE MONTH: MANAGING WORRY



WELCOME

Welcome to our first Wellbeing Newsletter!
My name is Mrs Appleby, and I have recently taken on the role of Wellbeing Coordinator at Parkside House School. Each month, I'll be sharing wellbeing tips, useful resources, school updates and simple ideas to support the emotional wellbeing of our young people, families and carers. My aim is to share practical ideas that can be used both at home and in school, helping our young people build confidence, manage emotions and develop positive wellbeing habits.
I hope you find something useful each month!

TRY THIS AT HOME

Worry Leaf Activity

Got something on your mind?
Try putting your worry onto a paper leaf. You can write it down, draw it, or simply talk about it.

Then ask yourself:

- Can I do something about it?
- Do I need someone to help me?
- Is it something I can't control?

Put your leaf in a jar, box or worry tree. If there's something you can change, choose one small step you could take. If you need help, think about who you could talk to.

You don't have to carry every worry on your own

This Month At Parkside

Looking Back to September

Student Wellbeing Champions

This month, we held our first Student Wellbeing Champion Meeting at Backworth. Students came together to share their ideas, talk about wellbeing and think about ways they can help make Parkside an even better place for everyone.

Positive Shoutouts

Mrs Pankhurst's tutor group have started giving each other positive shoutouts throughout the week, which are then shared every Friday.

It's a simple way to celebrate each other and build positive relationships within the group. They also have a wellbeing box which students can use.

SMSC Week: Kindness & Choices

During SMSC Week, our learners explored kindness, positive emotions and the choices we make.

They looked at how kindness can make a difference to how we and others feel, how positive emotions can affect our brains, and the different ways we can show kindness in everyday life. Small choices can make a big difference.

Managing Worry

Everyone worries sometimes. You might worry about school, friendships, family, the future, or things happening around you. Sometimes a small worry can start to feel much bigger than it really is.

When you're feeling worried, try asking yourself: "Is this something I can change, something I can get help with, or something I can't control?"

You could also try taking a few slow breaths, going outside, listening to music, doing something you enjoy, taking a break from social media, or talking to someone you trust.

You don't have to deal with everything on your own. Talking about a worry doesn't make it bigger; sometimes sharing it can make it feel a little lighter.

If your child or young person is struggling with worries or anxiety, the charity Mind offers practical tips for managing anxious thoughts and building healthy coping strategies. Their advice is suitable for young people and adults, making it a useful resource for the whole family.

Visit: www.mind.org.uk

Family Wellbeing Tip

Making time to eat together as a family/group can benefit everyone, not just young people. Research suggests that regular family meals are linked to stronger family relationships, improved self-esteem, lower stress levels, and better emotional wellbeing for both parents/carers and children/young people. Even if it's only a few times a week, sharing a meal provides an opportunity to connect, chat about the day, and enjoy quality time together. It doesn't have to be anything fancy, what matters most is spending time together.

(Source: Utter, J., Larson, N., Berge, J. M., Eisenberg, M. E., Fulkerson, J. A., & Neumark-Sztainer, D. (2018). Family meals among parents: Associations with nutritional, social and emotional wellbeing. *Preventive medicine*, 113, 7-12.
<https://doi.org/10.1016/j.ypmed.2018.05.006>)



Positive Behaviour Support Workshops

Skills for People are running sessions for parents/carers who have a child or young person (under 18) who is either autistic, has a learning disability, or is waiting for a diagnosis of either autism or a learning disability. The aim of the workshops is to come up with strategies and give a supportive space for attendees. The workshops are free to attend and lunch is provided. Booking is required and participants must attend all three sessions to complete the course.

AUTUMN TERM 2026 DATES

NORTHUMBERLAND

Monday 14th, 21st & 28th September
10am - 2pm
Blyth Central Family Hub, 103 Wright St, NE24 1HG

NORTH CUMBRIA

Wednesday 16th, 23rd & 30th September
10am - 2pm
Autism Support Allerdale and Copeland, Oxford Street, Workington, CA14 2AH

NORTH TYNESIDE

Monday 5th, 12th & 19th October
10am - 2pm
Howdon Family Hub, 11A Howdon Ln, Wallsend, NE28 0AL

NEWCASTLE

Thursday 8th, 15th & 22nd October
10am - 2pm
Byker Sands Family Hub, 19 Raby Cross, NE6 2FF

ONLINE

Wednesday 4th, 11th & 18th November
10am - 12.30pm
Online via Zoom.

GATESHEAD

Tuesday 3rd, 10th & 17th November
10am - 2pm
Deckham Family Hub, Elgin Centre, Elgin Road, Gateshead, NE9 5PA

SOUTH TYNESIDE

Thursday 5th, 12th & 19th November
10am - 2pm
Bede Family Hub, Inverness Road, Jarrow, NE32 4AQ

SUNDERLAND

Tuesday 24th November, 1st & 8th December
10am - 2pm
Bede Tower, Burdon Road, Sunderland SR2 7EA

NEWCASTLE

Wednesday 25th November, 2nd & 9th December
10am - 2pm
Fawdon Children's Centre, Cairns Way, NE3 2SN

BOOKING IS ESSENTIAL. E-mail information@skillsforpeople.org.uk or give us a call at 0191 281 8737 and ask for the PBS team.
Please note you need to attend all 3 days to complete the course.

Dates For The Diary

What is Happening At Parkside in October

This month's SMSC week topics are going to be:

- Teamwork (starting on the 5th October)
- Around the world (starting on the 19th October)

8th - 9th October: Residential Trip

10th October: World Mental Health Day

13th and 15th October: Parents / Carers Evening

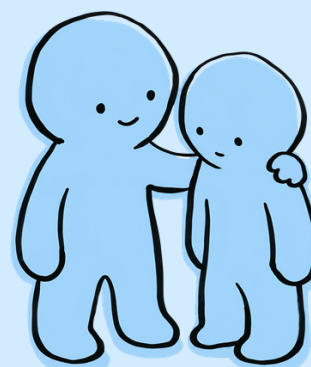
October Half Term: Last day of school is Friday 23rd October, Students return to school Tuesday 2nd November

Need Support?

If you or your young person has any concerns about wellbeing, please don't hesitate to get in touch with school.

Whether something feels small or more difficult to manage, you don't have to deal with it alone. We're here to listen, support and help where we can.

- **School phone number:**
[0191 216 1051](tel:01912161051)
- **Wellbeing Email address:**
pauline.appleby@parksidehouseschool.co.uk
- **Safeguarding email address:**
speakup@parksidehouseschool.co.uk



*“Autumn reminds us
that change can be
beautiful”*