November 2026 - Parkside House School

Wellbeing Newsletter

THEME OF THE MONTH: GRATITUDE

WELCOME

Hello everyone!
Welcome to our November Wellbeing Newsletter. As we move further into autumn and the darker evenings arrive, this month's wellbeing theme is Gratitude. Taking a moment to notice and appreciate the good things in our lives, no matter how small, can have a positive impact on our wellbeing and help us build resilience through challenging times.

TRY THIS AT HOME

Gratitude Jar

All you need is a jar, box or container and some small pieces of paper.
Each family member writes down something they are grateful for and places it in the jar throughout the month.
At the end of November, spend some time reading them together and celebrating the positive moments you've shared.

A simple, free and a lovely way to encourage positive conversations at home.

This Month At Parkside

Looking Back to October

Bake Sale

This month, students across both sites held a bake sale to raise money for the Newcastle Dog & Cat Shelter. It was wonderful to see everyone pulling together for such a great cause, and thanks to the generosity of our students, staff and families, we raised an amazing £240!

Teamwork

As part of our SMSC Teamwork Week, students took part in a non-uniform day where each tutor group chose a shared theme to represent their class. We saw some fantastic creativity, collaboration and team spirit, and it was lovely to see everyone working together and supporting one another.

SMSC Week: Around the World

Miss Heaton and Mrs Bhattacharyya took students on a trip around the world! Throughout the week, students explored Australian wildlife and geography, learned about Indian and Chinese cultures and traditions, and discovered the Mexican celebration of Día de los Muertos (Day of the Dead).
Students and staff had great fun learning about different countries, cultures and traditions, while celebrating the diversity that makes our world so unique.

Being Grateful

Gratitude means taking time to notice the people, experiences and small moments that bring us happiness.
Research shows that practising gratitude can help improve mood, reduce stress and increase overall wellbeing.
Some simple ways to practise gratitude include:

💛 Thanking someone who has helped you

💛 Noticing something positive each day

💛 Keeping a gratitude journal

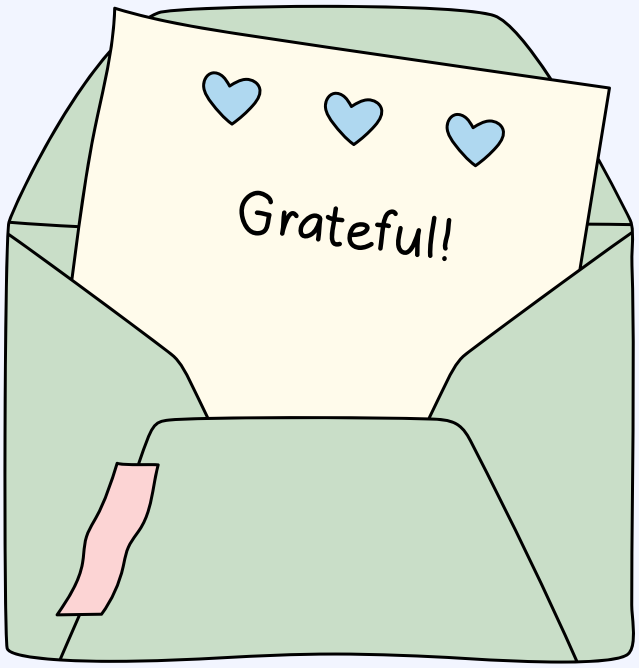
💛 Sharing good news with family and friends

Sometimes it's the little things that make the biggest difference.

A Self-Paced, Web-Based, Positive Emotion Skills Intervention for Reducing Symptoms of Depression: Protocol for Development and Pilot Testing of MARIGOLD. Cheung EO, Addington EL, Bassett SM, Schuette SA, Shiu EW, Cohn MA, Leykin Y, Saslow LR, Moskowitz JT. JMIR Res Protoc. 2018 Jun 5;7(6):e10494. doi: 10.2196/10494. PMID: 29871853

Family Wellbeing Tip

Share one good thing about your day.
At dinner time, before bed, or on the journey home, ask each family member to share one positive thing that happened during their day. It doesn't have to be something big, simply encouraging conversations about positive moments can help young people develop a more balanced outlook.



Gateshead Parent Support Groups

Gateshead Parent Support Groups: Facilitated by the Gateshead Autism Hubs team from Daisy Chain, these drop-in sessions provide a relaxed environment to address challenging childhood behaviours and share parenting tips.

- *Birtley Family Hub: Monday 2 November 2026 | 1:00pm to 3:00pm*
- *Deckham Family Hub: Thursday 5 November 2026 | 9:30am to 11:30am*
- *Felling Family Hub: Wednesday 25 November 2026 | 9:30am to 11:30am*

Sparkz Focus Group (ages 13 to 17)

A safe, supportive space to meet others, try new activities and share ideas. For neurodivergent young people, including those with autism and ADHD.

- *Wednesday 28 October 2026, 4pm to 6pm*
- *Wednesday 11 November 2026, 4pm to 6pm*
- *Wednesday 25 November 2026, 4pm to 6pm*

Phone: *0191 256 2444 or 0191 272 7824*
Email: *enquiries@children-ne.org.uk*

Requires prebooking: If interested in joining, select 'Sparkz' at the top of the CFN Self Referral Form (On the Children NE Website). *Then complete and submit it.*
To find out more about the groups in your area contact masquer-aid@children-ne.org.uk or call 0191 273 3997.

Dates For The Diary

What is Happening At Parkside in November

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

- **Pupil Voice (starting on Nov 9th)**
- **Safety and Responsibility (starting on Nov 23rd)**

November: Men's Mental Health Awareness Month

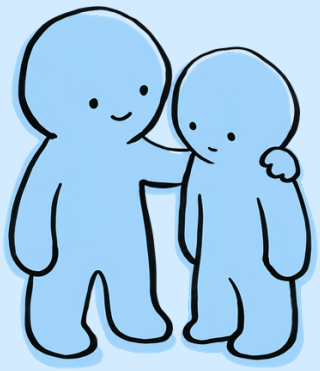
4th November: National Stress Awareness Day

16th - 22nd November: Anti Bullying Week

20th November: Children In Need Fundraising Day

"November is tied together with the heartstrings of gratitude." - J.A. McIntosh

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
- **Wellbeing Email address:** pauline.appleby@parksidehouseschool.co.uk
- **Safeguarding email address:** speakup@parksidehouseschool.co.uk