Broom Barns Primary School

Mental Health Newsletter December 2025

Welcome to the Mental Health newsletter – Autumn 2

Supporting Mental Health This Christmas

As we approach the festive season, we know that Christmas can be a time of great joy, but it can also bring challenges for many families. At Broom Barns, our focus continues to be on supporting the wellbeing of our whole school community — both children and parents — especially during this busy and emotional time of year. Christmas can be a wonderful opportunity to reconnect, reflect, and celebrate the blessings in our lives. However, it is also important to recognise that the season can feel overwhelming for some. Routines change, expectations rise, and emotions can run high. Taking time to care for your mental health, and that of your children, helps everyone enjoy the season in a calm and balanced way. In our first edition, we share advice, activities, and gentle reminders to help you and your family nurture wellbeing and find peace this festive season.

Broom Barns Mental Health and Wellbeing Team

Mrs Phillips

Mrs Hogan

Mrs Ahmed

Mrs Georgiou

Why some children struggle more at Christmas

Understanding these challenges helps us support children with empathy and calm, helping them feel safe and secure.

Changes in routine: The structure of school disappears, which can increase anxiety and tiredness.

Family stress or conflict: Financial pressures or tension at home can affect children's sense of security.

Social comparison: Seeing "perfect Christmases" on TV or social media can make children feel left out or different.

Loneliness or loss: Christmas can remind children of loved ones who are no longer here.

Sensory overload: Bright lights, noise, and busy environments can feel overwhelming, especially for neurodivergent children.

Less access to help: Teachers, pastoral staff, and counsellors may not be available during the break.

Looking After Yourself!

"You cannot pour from an empty cup.

Parents' wellbeing matters at Christmas — caring for yourself helps keep your family happy and allows you to stay calm, strong, and present for your children.

1. Take moments of quiet, even five minutes with a cup of tea or a walk can help.
2. Do not aim for perfection, children remember laughter and love, not how tidy the house was.
3. Ask for help if you need it, talk to a friend, family member, or professional support.
4. Sleep, rest, and nourishment are essential, not optional.

If you ever feel your mental health is declining, please reach out. Seeking help early can make all the difference.

Supporting Children's Mental Health Over Christmas

Keeping a gentle routine

Maintain familiar mealtimes and bedtimes where possible.

Reducing pressure

Focus on togetherness over perfection.

Providing calm spaces

Give children somewhere quiet to reset.

Staying connected

Encourage friendships and open conversations.

Talking about feelings

Let children know it is okay to feel a mix of emotions.

Returning To School After Christmas

The transition back to school can bring mixed feelings, excitement, nervousness, or tiredness.

You can help by:

Reintroducing routines a few days early like regular bedtimes and school-day rhythms make mornings easier.

- Talking positively about school and what they are looking forward to.
- Acknowledging worries and offering reassurance that it is okay to take time to settle.
- Encouraging rest and balanced routines in the first week back.
- Staying in touch with teachers if your child finds the adjustment tricky.

Merry Christmas