



Crossley Street Primary School

Pupil Wellbeing Newsletter

January 2026



Happy New Year! We hope you have all enjoyed a wonderful time with friends and family and we hope that 2026 will be a happy and healthy year for you all. The cold weather and dark mornings and nights can make January feel like quite a gloomy month! Hopefully this newsletter will give you some tips and advice on how to start the new year in a positive way.

A New Year, A Fresh Start!

New hobby (aim to learn a new skill/join a group)
Exercise more (we all know moving more is good for us, reduce screens)
W

Year to be proud of (little acts to help others go a long way)
Eat healthily (try and eat more fruit/veg and and reduce snacks)
Ask for help (talk to a trusted friend/adult anytime)
Rest (take time to rest and relax, read a book, take a bath)



Beat Those Winter Blues!

1.

Children's Mental Health Week w/c 9th Feb 2026

'This is My Place.'

As a school, we will be taking part in Children's Mental Health Week where the children will be involved in a variety of activities over the course of the week. The theme this year is 'This is My Place,' This theme focuses on the vital role of **belonging** in the mental health and wellbeing of children and young people. It encourages schools, families, and communities to create inclusive and nurturing environments where every child feels they have a place where they belong.



WOW - Walk to School

We all know that walking is good for us and walking to school wherever possible is always encouraged. Since beginning the WOW campaign we have seen a **9% increase** in the number of people walking to school and **16% decrease** in car journeys which is amazing. We recorded **3039 active trips** last term, let's aim to beat that this term! Don't forget that a park and stride also counts if you live too far from school!

Key Dates:

W/C 9th Feb - Children's Mental Health Week
Tues 10th Feb - Safer Internet Day
Friday 13th March - World Sleep Day
W/C 17th March - Neurodiversity Celebration Week
Friday 20th March - International Day of Happiness