

MENTAL HEALTH AND WELL BEING NEWSLETTER – April 2026

Dear parents,

We have been incredibly busy at school, and I thought I would update you with our Mental Health and Well-being news!

In the Spring Term our sparkling brand new, fresh from training Mental Health Ambassadors began their roles. They were awarded their certificates in assembly and spoke to the whole school about how they can support them in. Every playtime they wear their tabards, so they are visible, and it is so wonderful seeing them in action, always helping children and ensuring everyone is having a happy and healthy time. They have their own display board, so every child knows a little about them too!



On a Wednesday the Mental Health Ambassadors are running a lunch club. They have lots of ideas for fun and mindful activities to lead during this session but are also always a friendly face and listening ear for any children who want to speak to someone. I am also there and able to listen to children too.

In addition to our assemblies in the Autumn term, in February, we had Annie from the Mental Health Support Team come to lead an assembly, all about Lumi Nova. I have resent the email today as it is a fantastic therapeutic digital game which helps children with their worries and fears and if you haven't taken a look, please do! There is more information here: [For parents - How it works — Lumi Nova: Tales of Courage](#)

Also during the Spring Term, Year 5 had their Decider Skills sessions run by the Mental Health Support Team. The feedback from staff and children was incredibly positive and their Mental Health Display now has a wonderful array of information and techniques which the children have learnt and are continuing to apply. Well done Year 5!! This will continue to run each year in Year 5 so that as the children go into Year 6 and then on to Secondary School, they have these skills in their arsenal to use and apply.

This term, I would love to build on the books some of you have very kindly purchased from our school Amazon Wishlist: <https://amzn.eu/1auPwiy> If anyone has any baskets big enough for a selection of books and willing to donate, I would love each of the mental health areas for the classrooms to have books from the wishlist and an area in the library. If you have any suitable books you would like to donate, please do send them in, we would be happy to have them!

Around school we now have Mark from the Mental Health Support Team supporting children and Becky and Emily from Heads Up. We are incredibly lucky to have not one but two Mental Health providers working closely with us as a school. If you ever feel you need support, the School Nurse Team also offer Mental Health advice and Family Hubs is a newer service, part of Devon's Early Help, and they also can offer support and advice.

If you have any feedback, suggestions or questions regarding any of this or Mental Health and wellbeing in general at our school, please do not hesitate to find me or email me at jnash@devonmoorsfederation.devon.sch.uk

Many thanks,

Miss Nash