



Summer 2 Newsletter

With God's love, we are lights for the world'



Dear Wenlock families,

I am delighted to share our final newsletter of the year with you. It is not until you can reflect on the year that you see how much we have crammed into the year and how far all of the children have come. This was highlighted these last few weeks with the best Y6 production I have ever seen with *Pantastic*; it was so good that I had to award Ekamjeet and Faizan, the head teachers award. Year 5 completed their first residential visit at Kingswood, where outdoor pursuits challenged the children and the staff!

A very important member of staff, Cinnamon, the dog, joined us this year! Many children have benefited from spending time with Cinnamon.

Team Wenlock, especially the SLT would like to thank all of you at home for the increasing support we are getting at school events, including the Winter fair, World Book Week's 'watch me read', and all of our church services.

The curriculum enhancements we added this year were a success, and we will continue next year. These include Careers Day, Y4 Camping, Year 5 Residential to Green Park, and Year 6 CYE. We will continue to use the movie and disco nights to subsidise the educational experiences across the year. Our Heritage and Cultural Day, Science Fair, Number Day and Careers Day, were all massive hits.

This year, we added a new trim trail on the playground and are planning to develop the playground and playtimes further next year. Mr DiMarco undertook forest school training and has passed his final assessments, meaning we are now officially a Forest School. Years 3 and 6 will continue to have forest school sessions as well as our new, very successful forest school club.

We had our official SIAMS inspection this year (think OFSTED for church schools). We passed all sections, and if you still need to read the report, please do; it is on the website, and we are so proud of the children and our school community. We also held our RE day, where the children worked in the houses to create the 'Big Freeze'; if you have not been in to see it, please come and have a look. Now, we will wait for OFSTED to come to visit us next.

We will have a new website up and running next term. We hope it will be much easier to navigate on mobile devices.

We have had a very successful year of sports. We competed in the football and netball leagues, with our football team coming third. For the first time, we entered the girl's football league and came 5th out of 10. The girls were invited to attend a girl's football event at Luton's Kenilworth Road for the cup final of Newcastle and Hashtag United. Lilly Woodham (who has signed up for Orlando Pride) came to school to inspire the children. We were really successful in the Boccia competitions, we competed with two teams and qualified for the finals. We also attended Kurling competitions, and the beams by the children made it all worth it.

In Athletics, Team Wenlock was excited about zone sports. We came 6th out of 10 schools, and 10 pupils qualified for Town sports, with two medalists receiving a bronze and a silver, but all finished in the top 10.

We have run a full complement of educational visits this year, adding to the children's educational experiences, including Lego land, Greek Day, Celtic Harmony and Verilanium.

We improved our pastoral offer this year in the renamed family room (Serenity Room) , which is open at lunchtimes for pupils to access quiet crafting activities and talk to one of our safeguarding leads; we now run nurture groups every week and offer a range of pastoral support sessions, from bereavement to self-esteem and zones of regulation to friendships.

Music has again been a dominant feature of school life, with individual music lessons, choir, singing spectacular, singing to the residential home and airport, and of course, young voices at Wembley.

As a Church of England academy, our values are extremely important to us. Although they are Christian values, they are really transferable to everyone of all faiths and none. Next year will be no different, with our first value focus being 'Thankfulness.'

Finally, this is a small section of all the updates, changes, and improvements we have made this year, and I assure you we will not be slowing down next year either. Thank you again for your support and kind messages over the year; they mean a lot to us all. Have a wonderful and safe summer, and we will see you back in September.

Ms Burke

Key Dates

Wednesday 4th September

Autumn Term Begins—Children return to school—Summer Uniform

Tuesday 1st October

U.K. Parliament Visit—Ambassadors & School Council

Friday 4th October

School Photographer - Individual and sibling photo's

Wednesday 9th October

St Albans Harvest 2.30—3.30—Invited children only

Monday 14th October

Flu vaccinations—more details will follow

Monday 28th October

Half term holiday

Monday 4th November

Inset day. School will be closed to children

Tuesday 5th November

Children return to school

Friday 22nd November

Year 3 trip to Celtic Harmony



We are a Nut Free school for the safety of our children with nut allergies We would like to remind parents that most chocolate spread contains hazelnuts.

Please can you remember to not put chocolate spread in the children's lunch boxes.



Attendance

Well done to Vesper Class who achieved the highest attendance week ending 12th July at 99.34%

The attendance for the whole school was 95.45% which is just above

National—well done!

Our school target is 97%

Our last term in awesome Alpha class!

We have really outdone ourselves in our learning during our last term together in Year 3. There have been exciting, enjoyable and entertaining times in the classroom!

Umar, Kairo & Melvin

Horrible History

In History, we've been learning about the Roman invasion of Britannia. We really enjoyed learning about Boudicca's rebellion and Hadrian's Wall. Did you know that Boudicca drank poison rather than being a slave to the Roman Emperor? Or that Hadrian's Wall was as tall as two double decker buses? Amazing right? – Cleo

Marvelous Maths

In Maths, we have been exploring angles in different shapes. We have even created our own angle monsters to test if the angle measures 90 degrees, also known as a right angle. – Kendrick We've then moved onto looking at two way tables, which shows data and information for different groups. In class we created our own two-way table based on our ages and gender! - Vishan



Delightful DT

In DT, we have designed and created our very own miniature greenhouse! First we needed to measure and cut the wood using a clamp and a saw. Then we glued the frame together making sure it was secure and sturdy on the base. This was great fun! – Iulia



Superb Science

In Science, we have been learning about light and shadows. One thing that we learned is that there are two types of light sources – artificial and natural. Our class has completed a number of interesting experiments to investigate how shadows form, change and move. We know that the closer a light source is to an object the bigger and wider the shadow will be! – Isabella

Professional PSHCE day

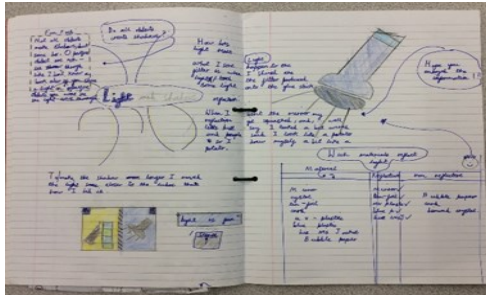
On our PSCHE day we dressed up as the career we hope to be in one day. There were lots of different careers seen that day we had astronauts, vets, makeup artists, footballers and lawyers just to name a few! We really enjoyed thinking about our futures and how we hope to achieve our dreams! - Arthur



Genesis Class—Summer Term 2

Our final half term in Genesis has been packed full of new, exciting learning.

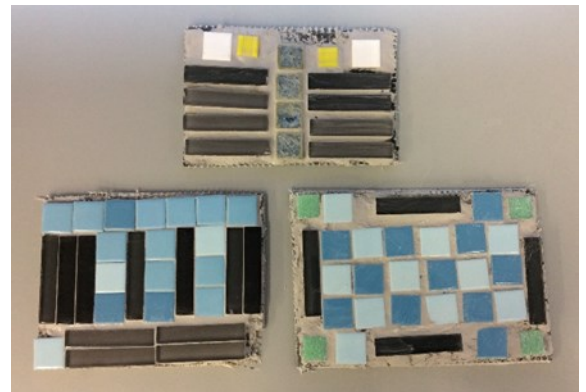
In English, we studied 'The Real Story of the Three Little Pigs' and used this to write our own fictional tale. We used lots of exciting vocabulary and have become much more confident in adding direct speech to our writing as well as 'using personification to describe a setting' - Nelson. We then moved on to exploring persuasive letters that we used to write to Ms. Burke about



something we would like to see in school. We used lots of persuasive techniques such as 'power of three and rhetorical questions to be persuasive' – Emmanuel.

In Science we have explored Light and Shadows. We learnt that 'light travels in a straight line and there are natural and artificial light sources' – Gisane. Using different enquiries, we also explored how a 'shadow is made when light is blocked by opaque objects, translucent and transparent objects wouldn't make good shadows because some light passes through them.' – Patrick. While investigating shadows we also explored how when the 'light source moves, so does the shadow and it can change shape.' - Success

During our Art lessons this half term we have looked at different mosaics. We learnt that in modern times mosaics can be 'found in bathrooms and kitchens' – Amani. Our mosaic learning has linked to our Roman learning where we have explored where the Romans used the mosaics techniques and we have used these to inspire our own mosaic designs.



In RE we have enjoyed learning about the submission and obedience of Muslims. We have found learning about the Islamic culture really interesting, especially learning about the story of 'Bilal and how he became the first person to call people to prayer' – Zahra.

Finally, in History, we have continued to explore the Roman Empire. We

have learnt that 'life was hard for the Celtic tribes that were living in Britain, when the Romans came it started to change for some people because the Romans built towns and cities.' –Emmanuel. We looked at the rebellion of Boudicca 'a tribe's person who didn't like the Romans and while they were invading wales she attacked some of their cities. They were furious and went to war with her.' – Adam. We found learning about Hadrian's wall really interesting, we enjoyed finding out that it was originally made from 'moss and mud but that was too weak so they replaced it with stone to make it stronger' –

Daniel.



Omega Class Newsletter

Omega class have been working extensively hard in all areas of the curriculum this year. We have had an amazing year together and I wish them the best of luck as they transition to Year 4 with their brand-new teacher. It has been a pleasure to watch them progress, mainly in their writing; some children have even achieved their pen license.

Our highlights this term are;

"My biggest highlight of this year is when we went to the cinema to watch Paddington and the Year 4s shared their gummy bear sweets with us"- Archie

"My biggest highlight was writing our very own hot write about the three little pigs"- Molly

"I like how I have made lots more friends I made Omega Class"- Clarke

"My biggest highlight in Year 3, was when we had sports day and played laser tag"- Aya

"I liked joining in with sports day, I liked playing basketball"- Adam

"My favourite part of Year 3 when we had the believe and achieve assembly because I got a certificate"- Mahfouz

"My biggest highlight was when I made a new friend. I played with her on the playground and taught her our school rules"- Alayna

"My biggest highlight was when we were learning about the Roman Empire timeline"-Arewa

"My favourite part of Year 3 was when we made Ratatouille. We had to slice the vegetables"- Zine

"My biggest highlight is playing football on the playground with my friends"- Valentin

English

In English we have been learning to a narrative after hearing 'The True Story of the Three Little Pigs'. "It was really fun to story map and learn the funny actions"- Fatima. We innovated our very own version of the story using our own characters and settings. "My character was a lava dragon who was borrowing some vanilla from the three jaguars"- Candace. Moreover, we have been exploring the features of persuasive writing. We created a toolkit. "We need to use emotive language and rhetorical questions in our persuasive writing"- Liyana.

Maths

In Maths we have been learning about statistic, focusing predominately at bar charts, tally charts, pictograms. "We practiced our skills of drawing accurately bar charts"- Tamara. Additionally, we have learnt about 2D and 3D shapes and their properties, looking closely at right angles, obtuse angles and acute angles. "An acute angle is less than a right angle and an obtuse angle is greater than a right angle"- Michele. "Properties of a rectangle include, 4 sides with 2 sets of parallel lines and 4 vertices. This shape also has 4 rights angles"- Daniel.

Religious Education

In RE, we have been learning about Islam and the story of Bilal. "We learnt that Bilal was a slave and later become a Muezzien. A muezzien is the caller to prayer"- Yahya. We learnt about how Muslims show obedience and submission to God. "Muslims show submission to God by praying fives a day to ask for guidance, protection and forgiveness"- Kaiyann. "We learnt how to write Allah in Arabic"- Cody. "We learnt how to write in Arabic because our holy book, the Qu'ran, is written in Arabic"- Hali-ma.

Science

In Science we have been learning about light and shadow. “We used torches to experiment with the length and width of shadows”- Denis. “We learnt about different types of transparent, opaque and translucent materials and we were investigating whether a light would travel through them”- Sofia. “We used different coloured plastic lenses and predictions of what would happen to the light as it travelled through the lenses. The lights changed colour”- Nuzhat.

“In Year 4, I want to develop my swimming skills. I will go swimming with my class”- Imarniyah.

“I want to improve my handwriting in Year 4, I am going to try really hard to use cursive writing in all of my books”-Caitlyn.

“I want to work on my handwriting in Year 4. I want to develop my creative bubble writing”- Bareerah.

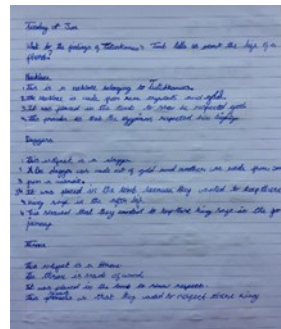


Vesper Newsletter

This half term has flown by, and I can't believe it's time for Vesper class to move into Year 5! They have truly flourished this year, and I am incredibly proud of all their achievements.

Science

During our science lessons, we delved into the fascinating world of sound. We learnt about how sound waves travel to create different volumes and pitches. The children were curious and engaged, conducting investigations and exploring the differences they noticed in various sounds.

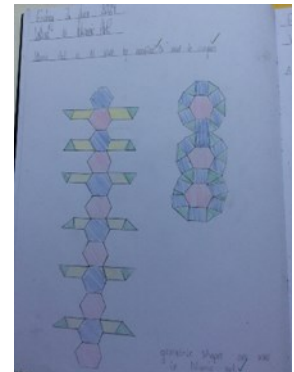


History

This term in history, we have enjoyed learning about Ancient Sumer and Ancient Egypt. We have been working hard to identify similarities and differences between both hierarchies. Our favourite part was definitely learning about the artefacts buried within a pharaoh's tomb we were amazed with all the artefacts they had buried with them!

Art

This term in Art, we have been exploring Islamic art. We have studied Islamic motifs and learned how to create our own designs using geometric shapes. Additionally, we have discovered that Islamic art does not include portraits



Other events

We have had some special events this term that added lots of excitement and joy. Sports Day was a huge success, with everyone showing great enthusiasm and sportsmanship throughout the afternoon.

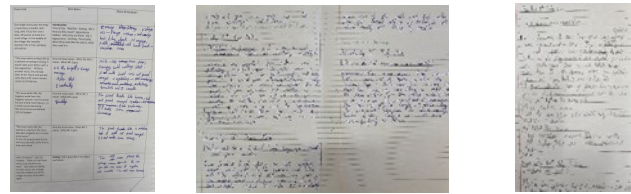
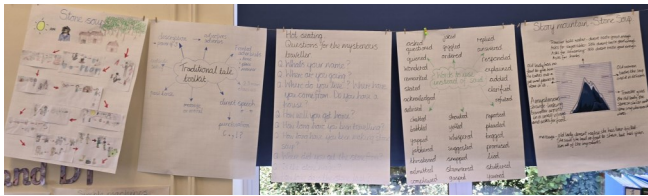
Some of us attended the Camp Night Out, which was a fantastic adventure. The children had great fun taking part in a range of activities from toasting marshmallows, using flint and steel to light a small fire, and some even showed great courage when eating bugs!

We also enjoyed PSHE day, where we spoke about our dream jobs and how we might achieve them. It was inspirational to talk to professionals from various careers.



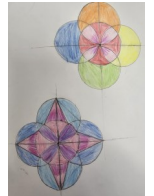
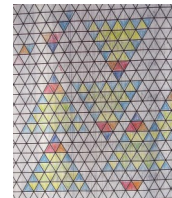
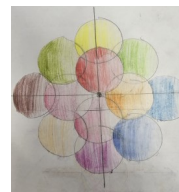
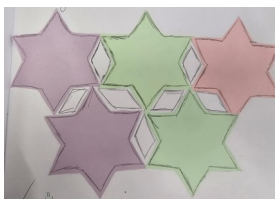
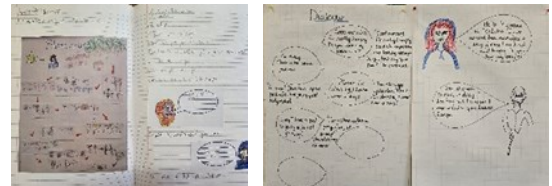
Aurora class - Summer term 2

This half term we have been using the Fable 'The Lion and the Mouse' and the traditional tale 'Stone Soup' for our English innovative writing. The children are now familiar with the Talk 4 Writing process and can write their own innovated version of the story once we have completed a shared version in class.

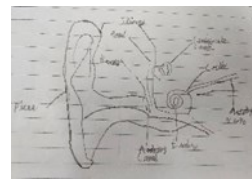
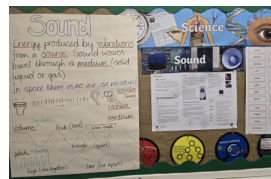


The children have been learning the rules of direct speech so they can include dialogue in their stories.

In Art this half term we have been using Islamic art and the geometric patterns it contains to create our own patterns. The use of repetition and overlapping to make new shapes has been interesting and allowed the children to use some of their mathematical knowledge.



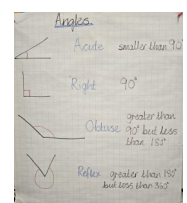
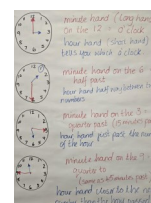
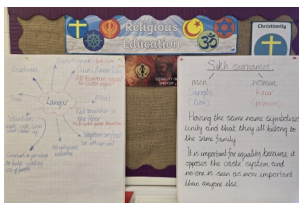
Science has been all about Sound. We have looked at the parts of the ear and how we hear, as well as how to measure volume, and what affects the pitch of a sound



In R.E. we have been learning how Sikhs practice equality in everyday life as part of their religion. From all having the same last names, to wearing their hair a certain way and sharing a meal called Langar. Sikhism practices treating everyone equally.

History has been all about the Ancient Civilizations of Sumer and Egypt. We have looked at both and been able to use evidence to compare similarities and differences between them. The children were surprised to learn how many aspects of our modern life have their roots in life thousands of years ago.

Maths has been busy since we have been learning about several topics including, Time, Angles & turns, Shape, Symmetry & reflection, as well as Graphs



It has been a busy half term with Sports day, the Careers fayre, a Story session where the children watched stories from around the world performed and of course did their Year 4 Times Tables check. They also had the pleasure of watching the dress rehearsal of the Year 6's performance 'Pantastic' which was thoroughly enjoyed by all.

ALINA CLASS

CORE LEARNING

ENGLISH

This term in English we have been creating our own fables based upon the story of 'stone soup.' We have utilised the use of inverted commas to use speech to move the story on as well as looking at using the power of 3 to provide a vivid description of characters and settings.

MATHS

This term in Maths we have been looking at using our understanding of symmetry to identify different lines of symmetry within regular polygons. We have also used an X and Y axis to help us to identify co-ordinates and begin to translate shapes using clearly explained steps "along the corridor and up the stairs!"

SCIENCE

This term in Science we have been learning about the creation of sound and how we are able to hear different sounds within the world. We have used our enquiry skills to group and classify different sounds while making connections of how the pitch of a sound is different based on the size of area used to play the sound.

THE ARTS

Art

This term in Art we have been looking at using geometric patterns to create different Islamic art styles. We have also looked at using tessellation to support with each pattern and making use of all space.

PE

Within PE this term the children have been looking at the use of throwing and catching skills and applying them within the game of cricket. The children have also begun to develop their striking technique looking at putting bat to ball.

HISTORY AND GEOGRAPHY

This term within History and Geography we have continued our study of Ancient Civilisations and looked at the rise of the Ancient Egyptians. We have studied where in the world they were found, who was their ruler, looked at artefacts to determine what life was like and also looked at the social hierarchy. To finish the unit we then made comparisons between both THE Ancient Sumerians and the Ancient Egyptians



**HAVE A FANTASTIC
SUMMER!**

Solar Newsletter

What a fantastic year of learning it has been! The children have worked tremendously hard and have made us very proud. They have looked at and explored lots of different topics.

In English, we spent time looking at persuasive texts particularly letters. Children spent time identifying the features of persuasive texts and using these in their writing. They created a class toolkit that they were able to use in their writing later on in the unit. Some of these areas included, rhetorical questions, alliteration and strong arguments. Children planned and created their own persuasive letters to various teachers persuading them to give them extra break time - the arguments were well thought out and contrasted.

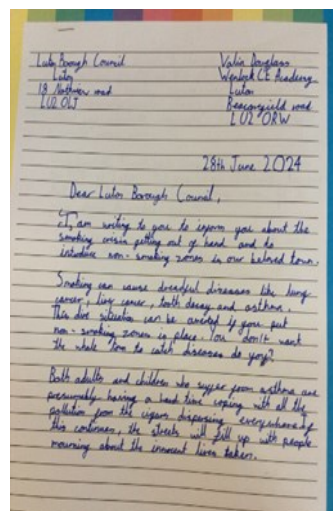
In Maths, children have done so well with their learning, they have been motivated and true mathematicians. We have learnt all about negative numbers and ordering them correctly as well as looking at volume and converting units. Children have improved their reasoning and use of vocabulary in maths lessons.

In DT, children have been learning all about ancient Greek architecture, building strong structures and learnt how to use a computer aided programme and have created their own Ancient Greek inspired buildings. Children spent time exploring the features before planning and executing their plan to create their own.

In R.E, children have explored Islam particularly the revelation in the Quran. They have discussed key questions such as What do the names of Allah reveal to Muslims? They have used Surah's from the Quran and explored what they reveal to Muslims about the revelation. Children have made comparisons to other religions and have been respectful in sharing their views and ideas.

In Science, children have explored Earth and Space. They have discussed and understood why we have seasons and day and night time. They have also explored why the moon and earth are spherical and the impact this has on the Earth. Some children have spent time to create fantastic solar systems.

We are so immensely proud of the children in Solar class. We have had a lovely year this year with many laughs and lots of hard work. We will truly miss them over the summer and would like to take this opportunity to thank families for their ongoing support. We wish you a safe and well deserved summer break!



Stellar class

Stellar class have had another successful and busy half term. There have been lots of subjects to explore this term. Let's take a look below...

English The children have been continuing with Talk 4 Writing and looking at fairy tale type stories, in specific, openings and endings. They are now becoming experts at being able to unpick stories to identify the underlying patterns and being able to create their own versions.

Maths

We have been exploring Converting units and volume this half term, with a particular focus on estimating volume and capacity. The children worked exceptionally hard and have been able to apply their skills and knowledge to their work.

Art

This term we have been looking at mixed media and paper craft. The children have learned skills such as quilling and fabric crumbing. They have produced some lovely pieces of work, which can be seen below.

RE

This term, we have looked at Islam and how the Qu'ran's teachings allow Muslims to follow the word of the Prophet Mohammed, (PBUH). Children have been looking at scripture and how these are written in and around many holy places and objects.

History

This term, we have been studying Ancient Greece. The children were delighted to have taken part in the Greek day, which featured Greek dancing and old meets new with the VR exploration.

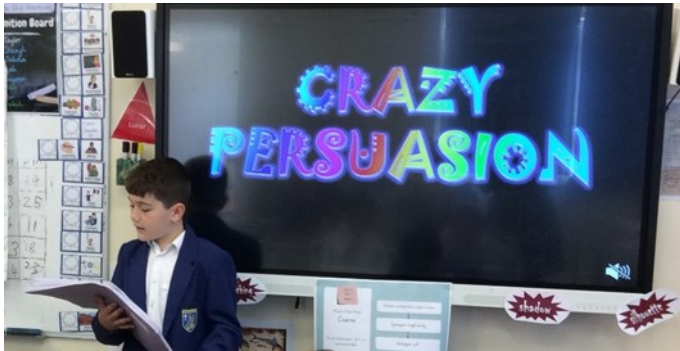


We ended this term with a trip to Kingswood for our residential, so keep your eyes peeled for the updates on our Social Media pages.

It has been a pleasure teaching Stellar class this year and I wish them the best for year 6.

Lunar Class Newsletter

It has been an interesting final term of learning in Lunar class! The children have been very reflective over the progress of their learning and some are eager to develop their learning in Year Six.



In English, we have been exploring the art of persuasion in our persuasive letter writing unit. The children have been able to use emotive language and different literary skills to create powerful letters regarding the state of lunch and play.

We have been counting and calculating problems below zero with negative numbers as well as perfecting our addition and subtraction skills with decimal numbers in Maths. The children are getting more confident when explaining mathematical procedures. They were shocked when they realised just how far one kilometre was: "You mean that it's further than this?" ~Jason.

Speaking of going the distance, the children had a fun time at Sports Day. Thank you to all those who came to support. In PE, the children have been practising their striking and fielding skills in rounders. We have had some awesome launches! In RE, the children have been exploring the revelations of the Qur'an and Arabic calligraphy. It's great to see that the children have been respectful throughout their religious education.

Looking into the space has captivated Lunar class as they learned about the phenomena of solar and lunar eclipses, phases of the moon and researching the planets of the Solar System. The Olympic Motto is now "Faster, Higher, Stronger – Together" and the children have embraced this with consolidating all their knowledge about the Ancient Greeks to create great historical podcasts with the support of their friends.

It has been a full-on year of learning and it has been a great adventure with Lunar class. Our journey together has come to an end and I wish you a fabulous and relaxing summer holiday!



AQUARIUM NEWSLETTER

SUMMER TERM 2



We have reached the end of our journey at Wenlock CE Academy - and what a half term! The children have been amazing: working so hard to put together the most wonderful end of year performance of *Pantastic!* They have also all received their SATS results and I am unbelievably proud of each and every single member of Aquarium class and what they have achieved during their time in Year 6.

We have also worked hard to finish our curriculum this year: working on our sewing skills in our DT topic of *Make Do and Mend*, and revisiting our work on *Pop Art* by creating work on the topic of *minibeasts!*

We also worked hard to create our own props and scenery for the production. They have also prepared for their *Leavers Service* at *St Mary's Church* by reflecting on their time with us and the journey they have been on.

AQUARIUM CLASS

**WE WISH YOU ALL
THE BEST AT
SECONDARY SCHOOL**



Aviary Class Newsletter

🎯 What have we Learnt?

English

The children have been working hard on their writing this term. They have been using different forms of writing to advise. They have worked especially hard on their poems for the end-of-term service.

Math

In Maths, we have been looking at Maths that applies to real-life situations. For example, look at how taxes work and how to budget effectively and save money. The children have responded well to these lessons and demonstrated a good understanding.

History

This term, we have been looking into the Second World War. We have studied what the possible causes of the war were and which leaders were involved. Before the end of the term, we will be studying how the war ended.

PANTASTIC

The children have worked extremely hard in their Pantastic play. The singing was fantastic, and all of them really gave it their best shot! I would like to say an extra special well done to all the leads in the play; having to learn all these lines is no small feat! I hope the children are proud of themselves and have a well-deserved rest in the summer term.

End of Term



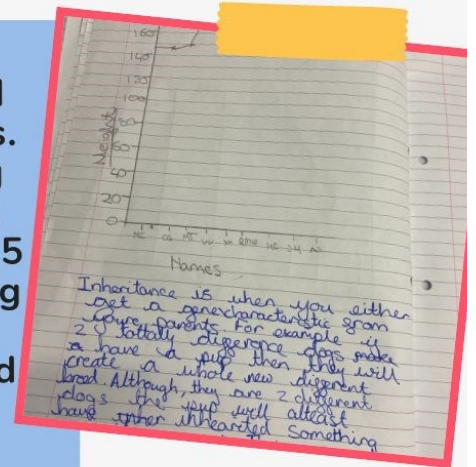
Lastly, I would just like to take the opportunity to say that it has been a pleasure to teach your children this year, and I wish them all the best in their new high schools.

ARBOREAL

Newsletter

Lessons

While SATs may have been done, Arboreal have still been hard at work in their lessons. We continued working on our final writing pieces of the year - based on Roald Dahl's 'Boy'. We wrote a narrative, letters to Year 5 and created a balanced argument discussing Boarding schools. In Maths, we looked at real world topics such as salaries, taxes and biased data. In Science, we have studied Evolution and Inheritance - focussing on Darwin's theory of Evolution. RE has drawn on our knowledge of the Creation story and our Science about the start of the world to help us work on our comparison skills.



Pantastic

During this half term, the year group have worked extremely hard to rehearse their play 'Pantastic'. Everyone took on a role, whether that was set design, stage handler, acting or singing, The children did a fantastic job and should be very proud of the performance they put on!



Good luck!

I would like to take this opportunity to wish all of the children the best of luck for the future. Go out and shine!



We offer free school uniform and emotional and practical support to all Luton families through the Uniform Exchange



We provide coats and learning resources for children and young people.



We supply primary and secondary students with branded/non-branded uniforms and PE kits



In collaboration with schools, we provide free shoe vouchers for primary and secondary students.

For further information
contact us on:
admin@level.trust.org

www.leveltrust.org

**You can also order free
uniform at:
www.uniform.exchange**

Opening Hours:
Monday - Thursday & Saturday
10AM - 2PM



What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

