John Perry Primary School

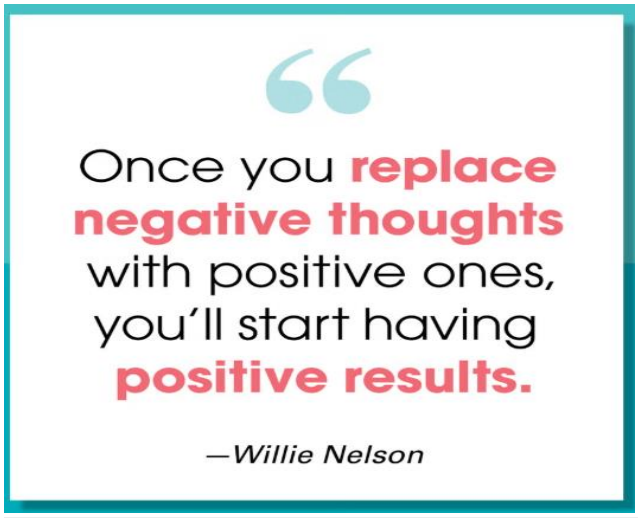
Mental Health & Wellbeing Newsletter - Issue 3 (January 2026)

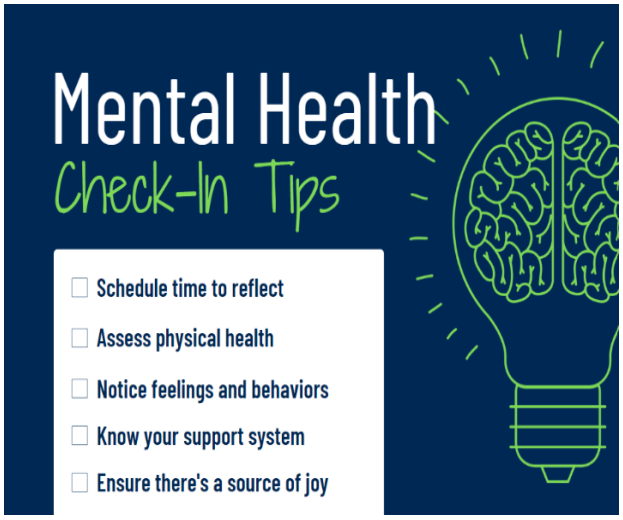
Welcome to the third issue of our Mental Health & Wellbeing Newsletter for the academic year 2025-2026.

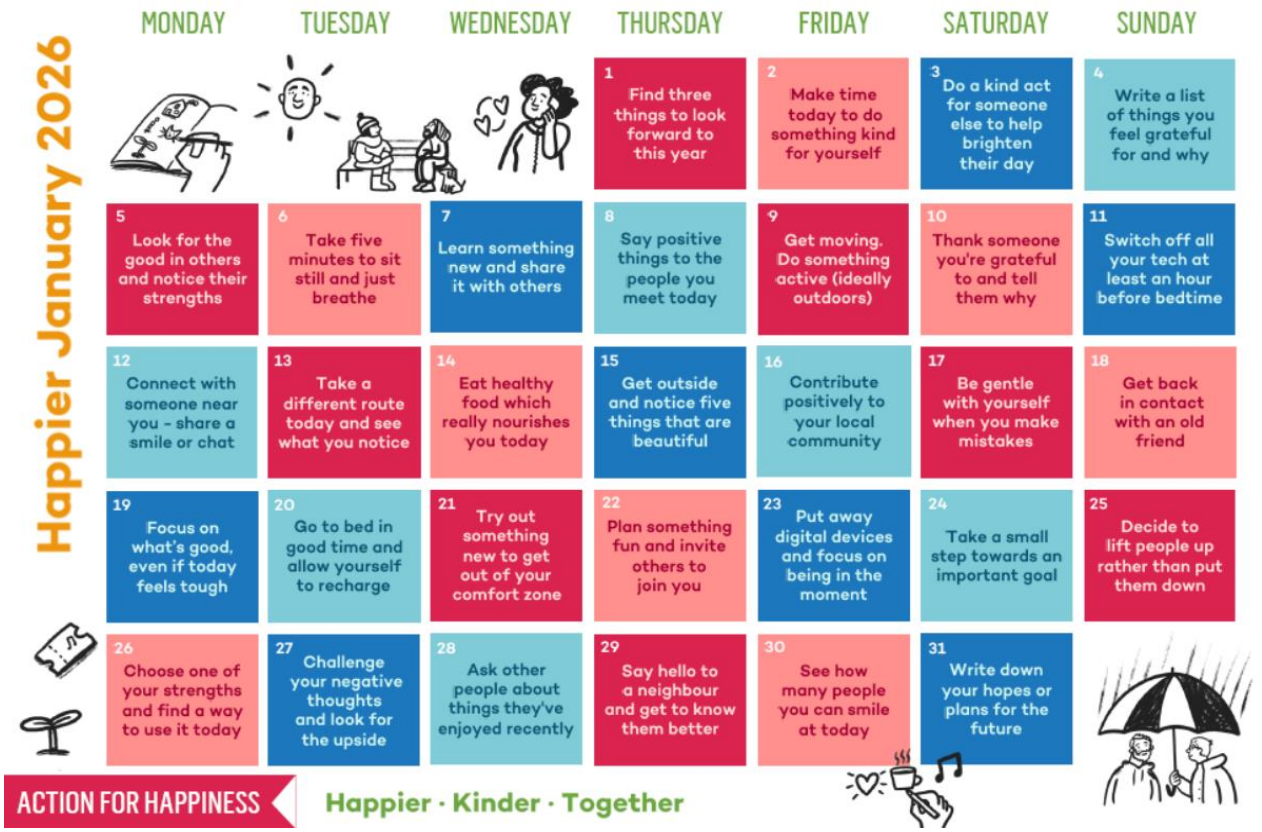
Primary schools have a vital role to play in supporting children's mental health. At John Perry, we believe that teaching young people the skills they need to recognise and deal with their emotions, and helping those with difficulties get the support they need, is key to giving them the best start in life.

These newsletters are sent out half-termly and they aim to provide hints and tips for looking after your child's and your own mental health and wellbeing.

We are always open to constructive feedback and suggestions. Please speak to a member of SLT or email the school office (office@johnperryprimary.co.uk) if you would like us to include information about a particular area of mental health and wellbeing or if you have any ideas or suggestions to improve the mental health and wellbeing of our staff, pupils and John Perry community.







Eating Disorders

What are eating disorders?

Eating disorders are serious mental health conditions that can have a huge impact on someone's mental and physical health. They can affect anyone with any body shape or lifestyle – regardless of their gender, culture, age or ethnicity.

Lots of young people who develop an eating problem or disorder are also going through other mental health issues. This can include anxiety or stress, feeling low or depressed, or struggling with their self-esteem.
Young people can use their behaviour around food and eating to try to cope with these difficult thoughts, feelings and experiences. They might limit how much they eat, consume large quantities of food quickly, or use methods such as making themselves sick to get rid of food from their body.
Over time, these kinds of thoughts and behaviours around food might become very fixed and difficult to change – and may start to take over daily life. When this happens, it can have a hugely negative effect on a young person's social life and their relationships with friends and family. It can also lead to very serious physical health problems, and affect a young person's physical growth and development. In very serious cases, and without the right kind of support and treatment, eating disorders can cause death.

Different types of eating disorders

Some eating problems develop or fit into a certain type of eating disorder. But if your child has an eating problem that's affecting their day-to-day life, they still need professional help to find out what's going on – even if you're not sure that they have an eating disorder. These are some common eating disorder diagnoses: Anorexia nervosa, ARFID, Bulimia, Binge-eating disorder (BED), OSFED, Pica. You can find out more about each of these conditions on the Beat website.

Signs that your child might be developing an eating problem or disorder

Every child and young person will show, or not show, what's going on in different ways. The signs that they're struggling might also look different depending on what type of eating problem they have.
While it's not always easy to tell, some early signs that your child is developing an eating problem or disorder might include:

- becoming more controlling or limiting about what, how much or when they eat – including avoiding eating with other people
- obsessing about their body shape, having an inaccurate view of their body shape, or feeling afraid of putting on weight
- leaving the table quickly after meals (for example to hide food or be sick)
- exercising a lot, or much more than they used to
- seeming different in themselves – including seeming more tired than usual, or finding it difficult to concentrate
- wearing loose or baggy clothes to hide their weight loss
- losing or gaining weight

As a parent or carer, it's not always easy to know what's going on – and a young person with an eating problem may try to hide what they're doing. But you know your child, and you know when something is wrong.
If you've noticed changes that are worrying you, the next steps are to open up a conversation with your child and to get professional advice. You don't need to wait for your child to lose or gain weight before getting professional help – ask for advice now.
To read the rest of this blog, please visit https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/eating-disorders/

Mental Health – Local Support

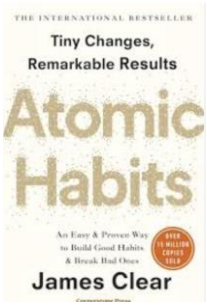
Tulip Mental Health Group provides support for people who are experiencing mental health difficulties. **Tulip Stepping Stones** supports individuals with mental health problems by providing individualised support and meaningful opportunities to enable service users to focus on independence, self-reliance and positive mental health and wellbeing.

You can contact them on 020 8889 6921. Alternatively, you can email them at info@tulip.org.uk.

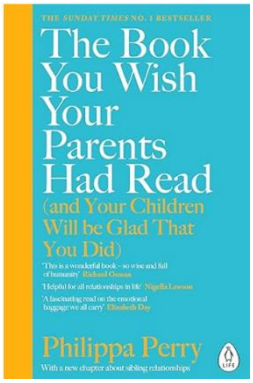
Self-Help Books

A **self-help book** is a book or text that is written with the intention to instruct its readers how to solve their personal problems. They cover diverse topics from anxiety management and productivity to building confidence and achieving goals, empowering readers to take charge of their personal development.

Here is a small selection of self-help books that you may find interesting and useful:



Atomic Habits will teach you how to make small changes that will transform your habits and deliver amazing results. This breakthrough book from James Clear is the most comprehensive guide on how to change your habits and get 1% better every day. This book will teach you exactly how to form good habits, break bad ones, and master the tiny behaviours that lead to remarkable results.

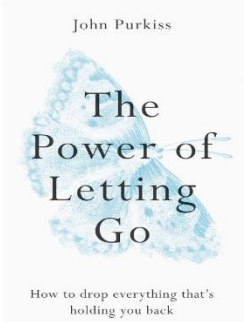


In this absorbing, clever and funny book, renowned psychotherapist Philippa Perry tells us what really matters and what behaviour it is important to avoid - the vital dos and don'ts of parenting.

Instead of mapping out the 'perfect' plan, Perry offers a big-picture look at the elements that lead to good parent-child relationships. This refreshing, judgement-free book will help you to:

· Understand how your own upbringing may affect your parenting
· Accept that you will make mistakes and learn what you can do about them
· Break negative cycles and patterns
· Handle your own and your child's feelings
· Understand what different behaviours communicate

This is the book that every parent will want to read and every child will wish their parents had.



In *The Power of Letting Go*, John Purkiss explains why we should let go and how we can do it, using proven techniques to make things happen.

Through his insights and practical guidance, he empowers readers to let go of what no longer serves them, creating space for growth, joy and self-forgiveness.

If you learn to let go, your life will take off!