John Perry Primary School

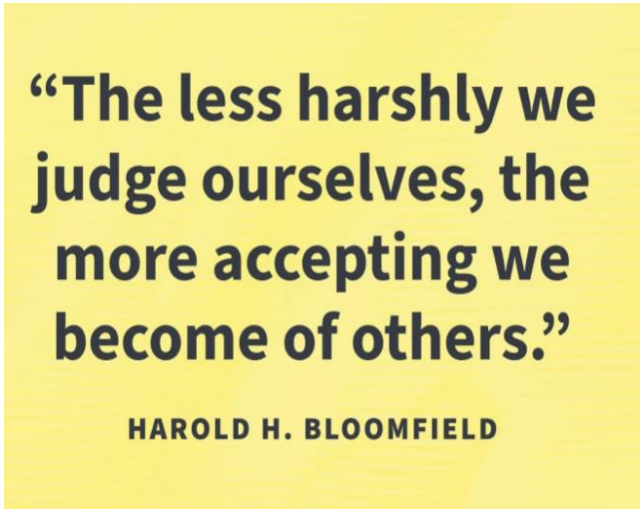
Mental Health & Wellbeing Newsletter - Issue 4 (March 2026)

Welcome to the fourth 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.

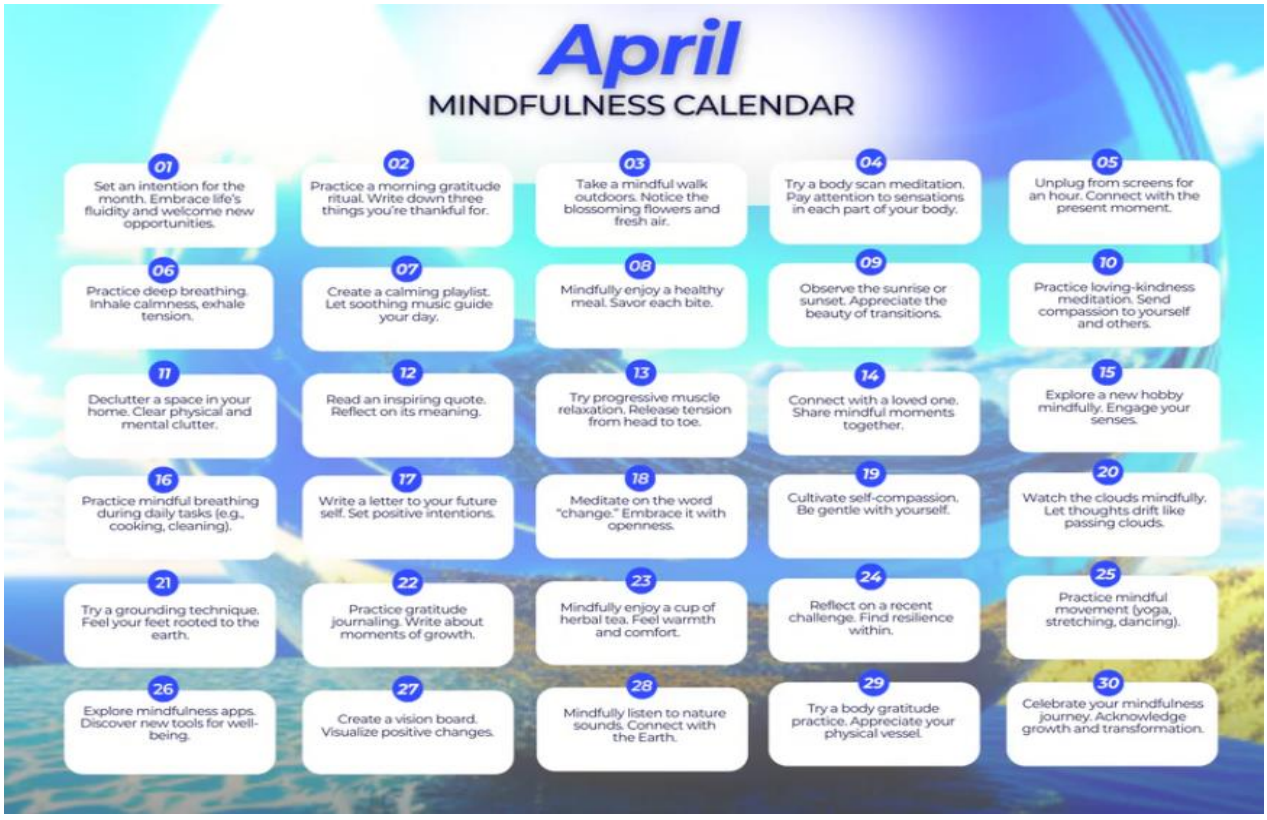
We are always open to constructive feedback and suggestions. Please speak to a member of SLT or email the school office (office@johnperryprimary.co.uk) if you would like us to include information about a particular area of mental health and wellbeing or if you have any ideas or suggestions to improve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



Wellbeing Top Tip: Eat well

Eating well is not just important for our bodies, but it's also important for our minds. Certain mineral deficiencies, such as iron and vitamin B12 deficiencies, can give us a low mood. Try to eat a balanced diet.

If you find you are a particularly stressed or anxious person, you should try limiting or cutting out caffeine as this can make you feel jittery and anxious.



Mental Health Help

Urgent – I need help now

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, you can now contact your local crisis service calling:

NHS 111 Option 2 for Mental Health, or Mental Health Direct on **0800 995 1000 (24/7)**.

North East London NHS Foundation Trust also run Child and Adolescent Mental Health Services (CMHS).

If you or someone else is in danger, call 999 or go to A&E now.

The Samaritans is a charity who support anyone experiencing distress, despair, or suicidal thoughts. They can be contacted by phone on 116 123 or email on jo@samaritans.org at any time of day or night.

Mental health and wellbeing information

The NHS has a lot of useful information on mental health, including

- Tips, guides, tools and activities to support and improve mental health
- Advice for life situations and events

Anxiety Disorders

Did you know…

- Anxiety disorders are the world's most common mental disorders
- More women are affected by anxiety disorders than men.
- Symptoms of anxiety often have onset during childhood or adolescence.
- There are highly effective treatments for anxiety disorders.
- Approximately 1 in 4 people with anxiety disorders receive treatment for this condition.

Everyone can feel anxious sometimes, but people with anxiety disorders often experience fear and worry that is both intense and excessive. Anxiety disorders interfere with daily activities and can impair a person's family, social and school or working life.

There are several different kinds of anxiety disorders, such as:

- generalized anxiety disorder (persistent and excessive worry about daily activities or events);
- panic disorder (panic attacks and fear of continued panic attacks);
- social anxiety disorder (high levels of fear and worry about social situations that might make the person feel humiliated, embarrassed or rejected);
- agoraphobia (excessive fear, worry and avoidance of situations that might cause a person to panic or feel trapped, helpless or embarrassed)

If you, or someone you know, is experiencing an anxiety disorder, speaking to your GP can be a helpful first step, as they may be able to guide you towards the appropriate support and services.

British Summer Time:
when do the clocks change in 2026? And how does that affect our health?

The clocks change twice a year in the UK. They move forward by one hour in March, for what is known as British Summer Time, and turn back by one hour in October. If you're unsure about which way the clocks are changing, remember the helpful phrase "spring forward, fall back".

Some studies show a link between the clocks going back in the autumn, and an increased risk of depressive episodes. On the positive side, at least turning the clocks back doesn't appear to be as bad for your health as turning the clocks forward, which is linked to increased heart attacks, strokes and road traffic accidents.

Pushing the clocks forward in spring makes the mornings darker and the evenings lighter, and robs people of an hour of sleep. Losing that one hour of sleep on the night of the spring transition can have a cumulative effect on sleep loss, leading to increased sleep fragmentation across the following week.

If you would like to find out more about the plethora of health impacts from changing the clocks, please visit https://www.bbc.co.uk/future/article/20251024-how-daylight-saving-time-affects-our-health

